



**DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY**  
**COURSE OUTLINE – FALL 2021**  
**PE2400 A2: Introduction to Sports Injuries (A2), 3 credit (3-0-2) UT [75 hrs. 15wks]**

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<b>OFFICE HOURS:</b>	By appointment		

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honored to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

**CALENDAR DESCRIPTION:**

The course allows an analysis of practical and theoretical concepts of sports injuries. It includes an overview of sports medicine, care and prevention of injuries, and safety in athletics and physical education.

**PREREQUISITE(S)/COREQUISITE:**

Prerequisite: PE 1000 Human Anatomy or equivalent.

**DELIVERY MODES:** This course will involve lectures, case studies, online and in-class activities, tests, labs, and group discussion.

**Fall 2021:** High-flex Delivery. Students can attend lectures either in person or online via zoom. All labs will be in person, whereas all exams should be written online. All students must have a computer with a webcam and reliable internet connection for classroom activities. In class use of a GPRC laptop can be arranged in advance, if required. Technological support is available through [helpdesk@gprc.ab.ca](mailto:helpdesk@gprc.ab.ca). Note: GPRC reserves the right to change the course delivery.

**MAIN REQUIRED TEXT/RESOURCE MATERIALS:**

- Sports Medicine Council of Alberta's Sports taping and strapping manual. Available for purchase directly from the SMCA (<https://www.sportmedab.ca/>)

- Sports Medicine Council of Alberta’s Athletic injury management manual. Available for purchase directly from the SMCA (<https://www.sportmedab.ca/>)
- Principles of athletic training: A guide to evidence-based clinical practice, 17<sup>th</sup> edition. International student version. McGraw-Hill. 2021. Available for purchase from the GPRC bookstore.
- Other selected readings, as specified (provided with no cost on Brightspace/D2L).

**COURSE OBJECTIVES:**

- To provide the student with a knowledge and understanding of the basic concepts of athletic injuries; injury assessment; prevention and management.
- To develop an awareness of the function of the athletic therapist as a participant in the sports medicine community.
- To develop students’ skills in injury assessment and various taping techniques.
- To prepare students for the Sports Medicine Council of Alberta (SMCA) Sports Trainer credential

**LEARNING OUTCOMES:**

Students who successfully complete this course will be able to:

- Identify the various health professionals and their roles on the sports medicine team
- Identify the roles and responsibilities of the athletic therapist
- Identify and assess athletic injuries/conditions for treatment
- Explain athletic injuries/conditions to the athlete or client, and
- Develop proficiencies – preventative taping and strapping techniques for use with athletic injuries/conditions.

**TRANSFERABILITY:**

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlineSearch.html?SearchMode=S&step=2>)

**\*\* Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability**

**GRADING CRITERIA:**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>		<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>
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A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

**COURSE SCHEDULE/TENTATIVE TIMELINE:**

**Lecture: M W, 14:30-15:50**

**Labs:**

**L01- F, 14:30-16:20**

**L02- R, 11:30-13:20**

Topics that will be covered include:

- Injury prevention
- Injury classification and assessment
- Injury management
- Taping theory and practice
- Extensive coverage of important sport injuries that affect different regions of the body

**Labs**

**In-person attendance at labs is mandatory.** Each unexcused absence from a lab will result in a 10% reduction from the student’s final mark. Students who miss more than 3 labs will be required to withdraw from the course due to truancy.

Week	Labs	Topic(s)
<b>Aug 30- Sept 3</b>		<b>First week, no lab</b>
<b>Sept 6- 10</b>	i.	Emergency care 1- Primary assessment, Secondary assessment pt.1
<b>Sept 13- 17</b>	ii.	Emergency care 2- Secondary assessment pt.2
<b>Sept 20- 24</b>	iii.	Concussion assessment
<b>Sept 27- Oct 1</b>	iv.	Introduction to taping: medical bags, shoulder strapping and elbow taping,
<b>Oct 4-8</b>	v.	Wrist taping

<b>Oct 11-15</b>		<b>Fall break, no lab</b>
<b>Oct 18-22</b>	vi.	Thumb taping
<b>Oct 25-29</b>	vii.	Hip and thigh wrapping
<b>Nov 1-5</b>	viii.	Knee taping
<b>Nov 8-12</b>	ix.	Ankle taping 1
<b>Nov 15-19</b>	x.	Ankle taping 2
<b>Nov 22-26</b>	xi.	Foot taping
<b>Nov 29-Dec 3</b>	xii.	<b>Practice lab</b>
<b>Dec 6-10</b>	xiii.	<b>Practical exam (students will select from available timeslots)</b>

## STUDENT RESPONSIBILITIES:

**Note: Students must show proof of Standard First Aid and CPR to pass the course. There will be additional costs borne by the student for this certification.**

- Students are required to come to class prepared
- Regular attendance (in class or remote) is critical to succeed in this class. Students should contact the instructor in advance if they are unable to attend.
- **Any student who misses more than 10 lectures without prior approval, or more than 3 labs will be required to withdraw from the class due to truancy.**
- If a student misses tests or labs for medical reasons, a doctor's note must be provided
- Late assignments will be deducted 10% per day submitted past the deadline
- Assignment details will be provided on D2L
- We are at the tail end of a pandemic. If you are ill, please self-isolate. Make up activities and remote testing options can be arranged for those with a doctor's note. The high-flex design of the lecture component is meant to safeguard students and provide flexibility- if you feel ill but are well enough to attend class, join us via zoom.

## CREDIT FROM THE SPORTS MEDICINE COUNCIL OF ALBERTA:

Students who receive a final mark of B- or better in the course will be eligible to apply for the SMCA's Sports trainer certificate. An additional fee that is directly payable to the SMCA will apply (approximately \$10). Students are not obligated to purchase the certificate, but it is highly recommended due to its utility and low cost.

## STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at [www.gprc.ab.ca/about/administration/policies/\\*\\*](http://www.gprc.ab.ca/about/administration/policies/**)

\*\*Note: all Academic and Administrative policies are available on the same page.

## Assessment:

Task	Date(s)	Percent of final mark
Completion of in-class activities (formative)	Throughout term	10%
Midterm	Oct 25th	15%
Completion of weekly quizzes	Weekly	20%
Practical final exam	Dec 4-10 <sup>th</sup> (students will select from available timeslots)	25%
Written final exam	TBD	30%

Students must pass both the lecture and lab components to successfully pass the class.

## **POLICY ON RECORDING TEACHING ACTIVITIES**

Students may not record classroom activities (such as lectures, group activities, group presentations delivered in class, etc.) without the advance written permission of the instructor. This policy is set to protect the privacy and reputation of students, to uphold the copyrights of the instructor and other content creators, and to facilitate free and open discussion of ideas. The classroom is meant to be a psychologically safe environment, where students are free to explore and think through new and controversial ideas without fear of public repercussions. Recording lectures can undermine this goal. If permission to record an activity is granted, the recorded material can only be used for the student's own private use and is not to be posted online or otherwise distributed. Students will be notified in advance by the instructor when someone has been granted permission to record a classroom activity. Students will also be given the option of being excused from actively participating in recorded activities. In the case of student presentations, the recording student must show proof that the presenting student(s) have agreed to be recorded before the instructor will grant permission.

## **COPYRIGHT NOTIFICATION**

Any course material created by your instructor is his intellectual property and is provided to you based upon your registration for this class. As such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor. Third party materials (such as assigned readings) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.