

DEPARTMENT OF PHYSICAL EDUCATION,
ATHLETICS AND KINESIOLOGY OF
GRANDE PRAIRIE REGIONAL COLLEGE

JUN. 08 2001

PE 2400

INTRODUCTION TO SPORTS INJURIES

COURSE OUTLINE: JANUARY – APRIL 2000

I GENERAL INFORMATION

Instructor: Ray Kardas

Office: C418 Phone: 539-2990

Class Days & Times: Tuesdays and Thursdays @ 10:00 to 11:20 (J204)

Lab: Thursday @ 8:30 to 9:50 (J126)

II COURSE EVALUATION

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|----|-------------|---------|---|-----|
| 1. | Five Tests: | 5 x 15% | = | 75% |
| 2. | LAB tests | | | 25% |

III COURSE TEXT

Arnheim, Daniel D. (1999). *Essentials of athletic training*, 4th Edition
B. F. Louis: Mosby

IV PROPOSED COURSE SEQUENCE

*Note that this sequence may be changed to accommodate the 4th edition of the textbook. Additionally, the Instructor does reserve the right to make changes for the perceived and real needs of the students as the semester evolves.

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|---------|-----|---|
| January | 4: | Introduction to Course, Requirements, Orientation to Sport Safety |
| | 6: | Introduction to Athletic Training |
| | 11: | Injury Prevention & Physical Conditioning |
| | 13: | Psychological Stress and Sports Injuries |
| | 18: | Nutrition |

	20:	Protective Sports Devices
	25:	Test #1 (15%)
	27:	Mechanisms, Characteristics, and Classes of Sports Injuries
February	1:	Selected Emergency Procedures
	3:	The Musculoskeletal Healing Process
	8:	Wound Bandaging and Dressing
	10:	Taping
	15:	Test #2 (15%)
	17:	TBA
	21 – 25:	WINTER BREAK
	29:	The Foot
March	2:	The Ankle and Lower Leg
	7:	The Knee and Related Structures
	9:	The Thigh, Hip, Groin and Pelvis
	14:	Test #3 (15%)
	16:	The Abdomen and Thorax
	21:	The Spine
	23:	The Head and Face
	28:	Test #4 (15%)
	30:	The Shoulder Complex and Upper Arm
April	4:	The Elbow, Forearm, Wrist and Hand
	6:	Other Health Concerns and the Athlete
	11:	Test #5 (15%)

V PROPOSED LAB SCHEDULE

January	6:	Sports Facilities – Safety Checklists
	13:	Evaluation of Protective Equipment
	20:	Visitation to Therapy Clinics*
	27:	Introduction to Taping, Wrapping, and Bandaging
February	3:	Conditions of Foot and Ankle
	10:	Conditions of Knee and Thigh
	17:	Taping Practice (continued)
March	2:	Condition of Forearm, Wrist and Hand
	9:	Other Assorted Taping Procedures
	16:	Taping
	23:	Taping
	30:	Lab Theory Test/Practicals
April	6:	Lab Practical

*Due to the fact that these are businesses, the class will most probably have to meet at times that are convenient to the clinics...i.e. outside of normal lab times.