

**DEPARTMENT OF
PHYSICAL EDUCATION, ATHLETICS, & KINESIOLOGY
GRANDE PRAIRIE REGIONAL COLLEGE**

P E 2 4 0 0

INTRODUCTION TO SPORTS INJURIES

UT: 3 CR (3 - 1.5)

COURSE OUTLINE: Winter Semester 2007

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: PE 1000 or equivalent

I GENERAL INFORMATION

Instructor: Ray Kardas
Office: C418
Phone: 539-2990
Email: rkardas@gprc.ab.ca

Class Days & Times:
Tuesdays and Thursdays
8:30 – 9:50 (H211)
Class Format: Lectures, assigned questions.
Lab: Wednesday, 2:30 – 3:50 (J226)

II COURSE EVALUATION

1. Five Class Tests: = 80%
2. LAB Practicals/Written = 10%
3. Student Participation (Review Questions) = 10%

Grading for PE2400 is based on the following:

Letter Grade	Grade Point Value	Percentage Range
A+	4.0	94 – 100
A	4.0	89 – 93
A-	3.7	85 – 88
B+	3.3	81 – 84
B	3.0	77 – 80
B-	2.7	72 – 76
C+	2.3	69 – 71
C	2.0	64 – 68
C-	1.7	60 – 63
D+	1.3	55 – 59
D	1.0	50 – 54
F	0.0	Below 50

III COURSE TEXTS

- (1) Prentice William E. (2006). *Arnheim's principles of athletic training: A competency-based approach*. 12e. Boston: McGraw-Hill
- (2) Sport Medicine Council of Alberta (2004) *Athletic First Aid*.

IV PROPOSED COURSE SEQUENCE

The Instructor reserves the right of adjusting the course material for the perceived and real needs of the students which may result in a deviation from the following plan.

NOTE: Lab attendance is compulsory. Evaluations will be ongoing from January 11th. Missed labs result in a 1% deduction from your lab mark for each lab missed. Final lab tests will be conducted during the week of April 2-6, 2007.

Date	Description
Jan. 4	Intro. To course and requirements, Part I; Chapters 1-3
9, 11, 16, 18	Part II: <u>Risk Management</u> : Chapters 4-8. Part III: <u>Pathology of Sports Injury</u> : Chapters 9-10
23	Test #1: 20%
25, 30	Part IV: <u>Management Skills</u> : Chapters 11 & 7
Feb. 1, 6	
8	Test #2: 10%
13, 15, 19	SMCA Athletic First Aid Course Family Day: No classes
20-23	<i>Winter Break: No Classes</i>
Mar. 6	Test #3: 10%
8, 13, 15, 20, 22	Part V: <u>Musculoskeletal Conditions</u> : Chapters 18-25
27	Test #4: 20%
29	Part VI: General Medical Conditions: Chapters 26-29.
April 3, 5, 10	
12	Test #5: 20%

V TRANSFERABILITY

U of A - PEDS 240 (3)

U of C - Jr. KNES (3)

U of L - KNES 4650 (3)

Transferable for 3 credits at Athabasca, Augustana, Concordia, and Kings College.

NOTE: Students will also receive Level I certification for athletic First Aid through the Sports Medicine Council of Alberta for which additional costs may be incurred.