



## DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

### COURSE OUTLINE – WINTER 2015

#### PE2400A3 INTRODUCTION TO SPORTS INJURIES

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<b>OFFICE HOURS:</b>	As posted and as requested	<b>CLASS</b>	Tuesdays/Thursdays, D308
		<b>TIMES:</b>	10:00 a.m. – 11:20 a.m.
		<b>LAB:</b>	Thursdays 14:30 – 16:20, J227

**PREREQUISITE(S)/COREQUISITE:** PE1000 or Equivalent

#### **REQUIRED TEXT/RESOURCE MATERIALS:**

Prentice, W.E. (2013). Essentials of Athletic Injury Management, 9<sup>th</sup> Edition. New York: McGraw-Hill.

Sport Medicine Council of Alberta: AIM and Taping Manuals.

#### **CALENDAR DESCRIPTION:**

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

**CREDIT/CONTACT HOURS:** 3 (3-0-2) UT [75 hours]

**DELIVERY MODE(S):** Lecture, Problem-Solving exercises, practical labs

#### **OBJECTIVES (OPTIONAL):**

1. To provide the student with a knowledge and understanding of the basic concepts of athletic injuries; injury assessment; prevention and management.

2. To develop an awareness of the function of the athletic therapist as a participant in the sports medicine community.
3. To develop students' skills in injury assessment and various taping techniques.

**TRANSFERABILITY:**

UA, UC (as jr. Kines.), UL (KNES 4650) AU, AF, CU, KUC (See page 163 of GPRC 2010-2011 Calendar.)

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:**

<b>GRANDE PRAIRIE REGIONAL COLLEGE</b>			
<b>GRADING CONVERSION CHART</b>			
<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>	<b>Designation</b>
<b>A<sup>+</sup></b>	<b>4.0</b>	<b>90 – 100</b>	<b>EXCELLENT</b>
<b>A</b>	<b>4.0</b>	<b>85 – 89</b>	
<b>A<sup>-</sup></b>	<b>3.7</b>	<b>80 – 84</b>	<b>FIRST CLASS STANDING</b>
<b>B<sup>+</sup></b>	<b>3.3</b>	<b>77 – 79</b>	
<b>B</b>	<b>3.0</b>	<b>73 – 76</b>	<b>GOOD</b>
<b>B<sup>-</sup></b>	<b>2.7</b>	<b>70 – 72</b>	
<b>C<sup>+</sup></b>	<b>2.3</b>	<b>67 – 69</b>	<b>SATISFACTORY</b>
<b>C</b>	<b>2.0</b>	<b>63 – 66</b>	
<b>C<sup>-</sup></b>	<b>1.7</b>	<b>60 – 62</b>	
<b>D<sup>+</sup></b>	<b>1.3</b>	<b>55 – 59</b>	<b>MINIMAL PASS</b>
<b>D</b>	<b>1.0</b>	<b>50 – 54</b>	
<b>F</b>	<b>0.0</b>	<b>0 – 49</b>	<b>FAIL</b>
<b>WF</b>	<b>0.0</b>	<b>0</b>	<b>FAIL, withdrawal after the deadline</b>

## EVALUATIONS:

Evaluation will be completed and expressed in raw marks (%) throughout the course. Grades (using the letter grading system) will be assigned only to the final distribution of mark totals for the course. Such assignment will be based on a combination of absolute achievement and relative performance in the class. Final grades will be assigned as per information in the current GPRC Admission Guide.

## EXAMINATIONS

<b>Test #1</b>	<b>February 25 (Chapter 1-9)</b>	<b>25%</b>
<b>Test #2</b>	<b>April 2<sup>ND</sup> (Chapters 11-19)</b>	<b>25%</b>
<b>Practical Lab Exams</b>	<b>April 6<sup>th</sup> – 10<sup>th</sup></b>	<b>20%</b>
<b>Final Exam</b>	<b>TBA</b>	<b>30%</b>

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

## STUDENT RESPONSIBILITIES:

It is the student's responsibility to read and understand the required areas of the text. The objective of the lectures is to highlight the major concepts of each topic area and provide examples to facilitate comprehension.

Lab attendance in proper attire is compulsory. Students will lose 2% from the lab grade for each absence.

## STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the Student Conduct section of the College Admission Guide at <https://www.gprc.ab.ca/programs/viewcatalog.1.-1.14.html>

## STATEMENT ON ACADEMIC REGULATIONS AND STUDENT CONDUCT:

Please refer to pages 47-50 of the 2012-2013 College Calendar.

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

## COURSE SCHEDULE/TENTATIVE TIMELINE:

Tuesdays & Thursdays  
8:30 a.m. – 9:50 a.m. (D308)  
Thursday, 14:30 – 16:20 (J227)