

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Winter 2025

PE2400 (A3): Introduction to Athletic Injuries – 3 (3-0-2) 75 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Steven Novakowski, PT **PHONE:** 587-888-0488
OFFICE: TBD **E-MAIL:** steven.novakowski@kinesispt.com
OFFICE HOURS: By Appointment

CALENDAR DESCRIPTION: The course introduces practical and theoretical concepts of athletic injury. This includes an overview of athletic therapy and the prevention, assessment, acute management, and rehabilitation of injuries.

PREREQUISITE(S)/COREQUISITE: PE1000 or equivalent

REQUIRED TEXT/RESOURCE MATERIALS: Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice 18th ed. by W. Prentice, McGraw Hill.

DELIVERY MODE(S): This course will involve lectures, case studies, online activities, tests, labs, and group discussion.

LEARNING OUTCOMES:

Upon successful completion of this course, students will be able to:

- Understand and explain core concepts related to athletic injury assessment, prevention, acute management, and rehabilitation.
- Describe the roles and responsibilities of different sports medicine professionals, including athletic therapists.

- Evaluate athletic injuries and provide acute treatment within the scope of first aid.
- Refer injured athletes to appropriate healthcare providers based on the type and severity of injury.
- Use pre-habilitation exercises and other practices to reduce the risk of athletic injury.
- Tape and strap athletes to prevent athletic injury/reinjury, at a proficiency congruent with the Sports Medicine Council of Alberta (SMCA) Sports Trainer credential.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

**** 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.**

EVALUATIONS:

| | | |
|--------------------------------|----------------------|-----|
| Activities/Discussions/Quizzes | In Class | 10% |
| 2 Midterm Exams: | Midterm I: Feb. 6 | 20% |
| | Midterm II: March 13 | 20% |
| Lab Practical Exam | April. 10 & 11 | 20% |
| Final Examination | Date TBD | 30% |

GRADING CRITERIA:

Please note that most universities will not accept your course for transfer credit **IF** your grade is less than C-.

| Alpha Grade | 4-point Equivalent | Percentage Guidelines | Alpha Grade | 4-point Equivalent | Percentage Guidelines |
|-------------|--------------------|-----------------------|-------------|--------------------|-----------------------|
| A+ | 4.0 | 95-100 | C+ | 2.3 | 67-69 |
| A | 4.0 | 85-94 | 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 | A3 | T R | 13:00-14:20 | J201 |
| Lab | L1 | F | 14:30-16:20 | J204 |
| | L2 | R | 18:00-19:50 | J202 |

Topics that will be covered include injury prevention, injury mechanism and classification, injury assessment, taping theory and practice, and extensive coverage of important sport injuries that affect different regions of the body. The instructor reserves the right to alter the pace, scope, and/or breadth of the topics covered to facilitate student learning and to cohere with the natural progression of class discussions.

Lab Schedule:

| | |
|---|---|
| Jan 6-10: No Lab | Feb 24-28: Elbow Assessment and Taping |
| Jan 13-17: Basics of Taping, Safety, Musculoskeletal Assessment | March 3-7: Shoulder Assessment and Taping |
| Jan 20-24: Ankle Assessment and Taping | March 10-14: Ankle Review, Ankle Specialty Taping |
| Jan 27-31: Knee Assessment and Taping | March 17-21: Sideline Concussion Assessment |
| Feb 3-7: Hip Assessment and Wrapping | March 24-28: Slings, Fracture Stabilization, Wound Management |
| Feb 10-14: Wrist, Thumb, Finger Assessment and Taping | March 31-Apr 4: Open Lab for Lab Final Practice |
| Feb 17-21: Reading Week, No Lab | April 7-11: Lab Final |

STUDENT RESPONSIBILITIES:

Lab Attire: Proper and thorough examination requires suitable body exposure. Appropriate lab attire includes shorts for males and shorts and sports bra/tank top for females.

Lab Attendance: The lab component for PE2400 is a comprehensive introduction to athletic taping and strapping. At the end of the course the student will have developed advanced expertise in those techniques and practices valued by athletic therapists. To that end, lab attendance is mandatory. Each unexcused absence will result in a 2% reduction from the total lab component for the course (20%). Attendance and absences will be reviewed on a case-by-case basis and documentation may be required.

Lecture Attendance: For-credit activities will be completed periodically during lecture time. These activities may or may not be announced in advance and will contribute to the 10% of each students' overall grade. Consideration will be made for excused absences.

STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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