

KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Winter 2026

PE2400 (A3/L1): 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:	Brye McMorran	PHONE:	780-539-2971
OFFICE:	K215	E-MAIL:	bmcMorran@nwpolytech.ca
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): PE1000 or equivalent

REQUIRED MATERIALS:

- Prentice, W. (2024). *Principles of athletic training: a guide to evidence-based clinical practice* (18th ed.). McGraw Hill – Available for purchase at the bookstore
- Sport Medicine Council of Alberta's Athletic Injury Management Manual – Available for purchase directly from SCMA (<https://www.sportmedab.ca/nwp-pe2400>)
- Sport Medicine Council of Alberta's Sport Taping & Strapping Manual – Available for purchase directly from SMCA (<https://www.sportmedab.ca/nwp-pe2400>)

**Sport Medicine Council of Alberta's Athletic Injury Management Manual, Taping and Strapping Manual, USB with videos, as well as additional materials/supplies that are not required for this course is available in packages.*

DELIVERY MODE(S): This course will involve lectures, in class activities, online activities, tests/quizzes, labs, and group discussions

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

1. Understand and explain core concepts related to athletic injury assessment, prevention, acute management, and rehabilitation.
2. Describe the roles and responsibilities of different sports medicine professionals, including athletic therapists.
3. Evaluate athletic injuries and provide acute treatment within the scope of first aid.
4. Refer injured athletes to appropriate healthcare providers based on the type and severity of injury.
5. Use pre-habilitation exercises and other practices to reduce the risk of athletic injury.
6. 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 the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

****** For courses with alpha (letter) grading, a 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:

Assessment	%	Due Date
Assignment 1	5	Feb. 6 - During Lab
Basic Life Support Online Portion	5	Due Jan. 27 @11:59pm
Basic Life Support In-Person Portion <i>*This portion of Basic Life Support (BLS) will require travel to the Health Education Centre (HEC; 10726 106 Ave; ~15 min walk from main campus)</i>	10	Group A - Jan. 29 (10:00-11:20am) & Jan. 30 (8:00-9:50am) Group B - Mar. 19 (10:00-11:20am) & Mar. 20 (8:00-9:50am)
Midterm	25	Feb. 26 - In Lecture
Assignment 2	10	Mar. 20 by 11:59pm
Lab Practical	20	Week of Apr. 6-10 - Sign-up
Final Exam	25	Exam period (TBD)

GRADING CRITERIA

Please note that most institutions 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:

The instructor reserves the right to alter the pace, scope, & breadth of topics, for student learning.

**Travel to Health Education Centre (HEC) required – 10726 106 Ave - (~15 min walk from main campus)*

Week	Day	Lecture Topic (Tuesday)	Lecture Topic (Thursday)	Lab Topic (Friday)
1	Jan. 6-9	Course introduction	Roles and Responsibilities	On-Field Assessments
2	Jan. 12-16	Injury Mechanisms and Classifications	Injury Mechanisms and Classifications	Off-Field Assessments
3	Jan. 19-23	Introduce BLS	Injury Prevention	In-class Assignment
4	Jan. 26-30	Injury Prevention	BLS (A)*	BLS (A)*
5	Feb. 2-6	Spine Injuries	Concussion	Concussion Assessment
6	Feb. 9-13	Head Injuries	Tissue Response to Injury	Tissue Response to Injury
7	Feb. 16-20	WINTER BREAK		
8	Feb. 23-27	Review	Midterm	Foot Assessment + Taping
9	Mar. 2-6	Foot and Ankle Injuries	Foot and Ankle Injuries	Ankle Assessment + Taping
10	Mar. 9-13	Foot and Ankle/Shank and Knee Injuries	Shank and Knee Injuries	Knee Assessment + Taping Elbow Assessment + Taping
11	Mar. 16-20	Shank and Knee Injuries	BLS (B)*	BLS (B)*
12	Mar. 23-27	Thigh, hip, groin injuries	Upper limb Injuries	Hip Assessment + Hip Spica Shoulder Assessment + Wrap Hand & Wrist Assessment + Tapping
13	Mar. 30-Apr. 3	Shoulder Injuries	Thoracic & Abdominal Injuries	No Lab (Holiday)
14	Apr. 6-10	Review	Review	Practical Test



STUDENT RESPONSIBILITIES:

Students are expected to come to class prepared and regular attendance is critical to succeed in this class. Students should contact the instructor in advance if they are unable to attend. It is the student's responsibility to acquire any materials and content missed due to absence.

Lectures/Slides will be provided to students in a format of the instructors choosing. You may not always receive complete slides or there may be alterations to the ones posted. It is the student's job to ensure they are taking appropriate notes.

Refer to Northwestern Polytechnic policy on the Student Rights and Responsibilities on the NWP website.

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 <https://www.nwpolytech.ca/about/polytechnic-leadership/policies-directory>.

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

Additional Information:

CREDIT FROM THE SPORTS MEDICINE COUNCIL OF ALBERTA (SMCA): Students who earn a minimum grade of C- or better, are eligible to receive Certificates of Achievement in BOTH Athletic Injury Management and Sport Taping & Strapping. To verify eligibility, students must upload a copy of their transcript to <https://www.sportmedab.ca/upload-post-secondary-transcript>. The certificates are an additional fee (\$30 individually, or \$20 if bought with the manual package).

BASIC LIFE SUPPORT (BLS): Students who participated in all aspects of this training and successfully completed it, will receive certification.

POLICY ON INSTRUCTIONAL RESOURCES AND MATERIALS: Any course resource/material should be properly used: the content created by your instructor is their 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, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.

POLICY ON ATTENDANCE: Attendance in this course is MANDATORY. Students are strongly recommended to attend all lectures and labs; however, they must attend at least 70% of the labs. This translates to 7 labs. **If a student misses more than 30% of the labs (3 labs), they will be debarred from the Final exam, see Final Examination Policy.** In exceptional circumstances, the instructor may allow a student to miss more classes than the minimum, but these issues will be addressed case-by-case.

POLICY ON LATE/MISSED ASSESSMENTS: All assignments are expected to be submitted on the due date. Late assignments will be deducted 10% per day up to 5 days late. After 5 days late, assignments will not be accepted and receive a grade of 0. Each day will consist of the 24-hour period following the due date, including weekdays and weekends. Valid reasons for the submission of late assignments as well as absence from labs, tests, quizzes, midterm, and the final exam need to be communicated to the instructor within 10 days from the missed assessment and are limited to:

- Medical emergencies (physician note may be required)
- Death in the immediate family (death certificate may be required)
- Other significant occurrences (some form of documentation may be required)

POLICY ON INFORMED CONSENT FOR PARTICIPATION IN PHYSICAL ACTIVITY: This course includes physical activity, exercise, and/or fitness assessments as part of its learning and evaluation components. By enrolling in this course, you acknowledge and accept the following:

- You may be asked to participate in physical activity sessions, which include aerobics and/or musculoskeletal training.
- While the risk is minimal, physical activity may involve potential adverse effects such as episodes of transient light-headedness, loss of consciousness, abnormal heart rate and/or blood pressure, chest discomfort, leg cramps, nausea). You voluntarily assume these risks.
- You are responsible for promptly informing your instructor(s) of any pain, discomfort, fatigue, or other symptoms experienced during or within 48 hours of the course session.
- You must disclose any health conditions that could be affected by physical activity. The instructor(s) will make reasonable modifications, where appropriate, and may request documentation from a qualified health professional.

POLICY ON THE USE OF ARTIFICIAL INTELLIGENCE (AI): The use of Artificial Intelligence (AI), including Large Language Models (LLMs) and other related technologies, has grown significantly in recent years and is now part of everyday reality. The intent of this policy is not to prohibit their use entirely, but to ensure it is applied appropriately and transparently in accordance with established course guidelines. This policy applies only to this course; other instructors may have different policies, and students should not assume these rules apply elsewhere. When no specific rules are established for a given task, the following defaults will apply: **i. For Assignments, Reports, and Presentations** – AI tools may be used to assist in brainstorming but may not be used to generate the complete work; if AI is used, references are required, students must read and verify them to ensure accuracy and existence; any information generated by AI must be independently verified using credible sources; and students must fully understand the material they submit. The instructor may interview students to assess their understanding, and a demonstrated lack of knowledge will be treated as probable academic misconduct. **ii. For Tests, Exams, and Quizzes** – the use of AI tools, search engines, communication devices, or any feature enabling communication with external entities is strictly prohibited. Once specific rules are set for a task, those rules override these defaults, which will no longer apply. Any breach of the applicable rules will be addressed under the institution's academic misconduct procedures.