

GRANDE PRAIRIE REGIONAL COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS

PE 1200

W-94

INTRODUCTION TO ATHLETIC THERAPY

COURSE OUTLINE

INSTRUCTOR: Ray Kardas

Telephone:	539-2990
Office:	C418
Office Hours:	As Posted

LECTURES: All lectures are held in D208
Monday, Wednesday, Friday: 12:00 - 12:50

LAB SESSIONS: PE 1200 AL1 - Tuesdays 15:00 - 16:20 J227
PE 1200 AL2 - Thursdays 15:00 - 16:20 J228

**LAB
INSTRUCTOR:** Ray Kardas

Date	LECTURE	LAB
January 5 - 7	Introduction/Chapter 6	No Lab
January 10 - 14	Soft Tissue Injury/ICE Chapter 7	Cold, Therapy Stretching
January 17 - 21	Emergency Procedures/ Chapter 8 & 9	Unconscious Athlete
January 24 - 28	Chapters 1 - 5	Chapter 11 Taping and Bandaging
January 31	Test # 1	Taping LAB #1.
February 1 - 4	Returning the Injured Athlete to Competition Chapter 12, 13	Taping LAB #2.
February 7 - 11	The Foot/Ankle and Lower Leg Chapters 16, 17	Taping LAB #3.
February 14 - 18	Knee and Related Structures Chapter 18	Taping LAB #3.

DATE	LECTURE	LAB
FEBRUARY 21 - 25	HERITAGE DAY AND WINTER BREAK	NO CLASSES
February 28 - March 4	Thigh, Hips, Groin and Pelvis Chapter 19	Taping LAB #4.
March 7	Test #2	
March 9 -11	Abdomen and Thorax	Taping LAB #5.
March 14 - 18	Spine, Head and Face Chapters 21 & 22	Taping LAB #6.
March 21 - 25	Shoulder complex and Upper Arm Chapter 23	LAB EXAMS
March 28 April 4	Elbow, Forearm, Wrist and Head	CLASS/LAB EXAM
April 6 - 8	Other Health Conditions/Skin Chapter 15, 25	CLASS/Lab Exam
April 11 - 15	Final Evaluations (3 parts)	

LAB CLASSES:

Due to the practical nature of the lab, students must come prepared in shorts and T-shirt. Failure to do so may effect your final grade. Attendance and actual participation of labs will be graded. The material covered in your laboratory section will count 25% towards your final grade.

EXAMINATIONS AND TESTS:

- a) Test # 1 Monday, January 31, 1994, 50 minutes long. Multiple choice, true/false = 20% final grade.
- b) Test # 2 Monday, March 7, 1994, 50 minutes long. Multiple choice, true/false = 20% final grade.
- c) Final Evaluation: To be held April 11 - 15. Comprehensive tests which may include take-homes, oral examinations, and short answers = 40% of final grade.
- d) Lab: The lab exam will be held during the last two weeks of class = 20% of your final grade.

It is important to recognize that this course is only thirteen weeks long, and the potential scope of concepts, theories, and applications is immense. Thus, we are necessarily going to be selective and also intense in moving through the material. We will spend only a session on topics that could take an entire course. The goal is to expose you to the basic ideas and some applications of those ideas, to give you a framework on which you can both hang your own experience as well as additional learning and reading you will be doing.

EXPECTATIONS:

You are expected to read the text book closely and critically because information from any of the assigned chapters may appear on your exams.

You are expected to read the assigned chapters in the text closely and critically because information from any of the assigned chapters can appear on your exams.

You are expected to attend lectures as much of the lecture material will appear on your exams.

You are expected to complete the Course Workbook: for PE 1200 compiled by Ray Kardas.

- (1) **COURSE CONTEXT:** Modern Principles of Athletic Training (Eighth Edition).
Author - Dan. D. Arnheim, and William E. Prentice.
- (2) **LAB MANUAL:** The Sports Therapy Taping Guide. Robert Kennedy and David Berry. 1991
- (3) **COURSE WORKBOOK** for PE 220.