

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION & ATHLETICS

PE 220

INTRODUCTION TO ATHLETIC THERAPY

W.92

COURSE OUTLINE

INSTRUCTOR: Ray Kardas

Telephone: 539-2990 Office: C418 (Old Building) Office Hours: As Posted

LECTURES: All lectures are held in PQ-E
 Monday, Wednesday, Friday: 9:00 - 9:50

LAB SESSIONS: PE 220 L1 - Tuesdays 1:30 - 3:00 PO-D.
 PE 220 L2 - Thursdays 1:30 - 3:00 PO-D.

LAB INSTRUCTOR: Ray Kardas

Date	LECTURE	LAB
January 6 - 10	Introduction/Inflammation Chapter 7	No Lab
January 13 - 17	Soft Tissue Injury Chapter 8	Cold, Therapy Stretching 1
January 20 - 24	Soft Tissue Regeneration	Unconscious Athlete 2
January 27 - 31	ICE Chapter 7 - 13	Head Injury 3
February 3	Test # 1	
February 5 - 7	Returning the Injured Athlete to Competition Chapter 14, 15	Injury to the Spine 4
February 10 - 14	Head Injury Face Injury Chapter 9, 22	Injury to the shoulder, upper arm 5
FEBRUARY 17	FAMILY DAY	NO CLASSES

DATE	LECTURE	LAB
February 19 - 21	Injury to upper spine Chapter 22	Injury to the elbow, forearm, wrist 6
FEBRUARY 24 - 28	WINTER BREAK	
March 2 - 6	Injury to upper spine	Injury to the pelvis genitalia, groin 7
March 9 (1)	Test # 2	
March 11 - 13	Injury to the shoulder Injury to the elbow Chapter 24	Injury to thigh and knee
March 16 - 20	Injury to the wrist and hand chest, abdomen Chapter 21	Knee
March 23 - 27	Low back, groin, genitalia Chapter 20, 21	Ankle
March 30 April 1 - 3	Thigh, Knee Chapter 19, 20	Lab Review
April 6 - 10	Low leg Ankle Chapter 17, 18	Lab Exam
April 13 - 15	Review	

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:

- Test # 1
Monday, February 3, 1992, 50 minutes long. Multiple choice, true/false, short answer questions = 20% final grade.
- Test # 2
Monday, March 9, 1992, 50 minutes long. Multiple choice, true/false, short answer questions = 20% final grade.
- Final:
To be held during final exam week. Two-three hours duration multiple choice, true/false, short answer and comprehensive = 35% of your final grade.
- Lab:
The lab exam will be held during the last week of class = 25% of your final grade.

Final Grading Scheme

9	=	93+
8	=	87 - 92
7	=	83 - 86
6	=	76 - 82
5	=	67 - 75
4	=	55 - 66
3	=	45 - 54
2	=	35 - 44
1	=	0 - 34

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: compiled by Ray Kardas.

- (1) **COURSE CONTEXT:** Modern Principles of Athletic Training (Seventh Edition).
Author - Dan. D. Arnheim, Publisher - Times/Mirror/Mosby.
- (2) **LAB MANUAL:** Clinical experiences in Athletic Training. Author Ken Knight,
Human Kinetics Book.
- (3) **COURSE WORKBOOK for PE 220.**