



Department of Physical Education, Athletics & Kinesiology

Course Outline – Fall 2019

PE 2400 - Introduction to Sports Injuries

3 credit (3-0-2) UT [75 hrs.]

Instructor: Steven Novakowski
Office: Kinesis Physical Therapy
#120, 8805 Resources Road
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Email: steven.novakowski@kinesispt.com
Office Hours: By Appointment

Course Times:
Lectures: Tuesday and Thursday
1130 – 12:50 (D308)
Labs: Section A2 - Monday
14:30 – 16:20 (J226)
Section B2 - Wednesday
14:30 – 16:20 (J226)

Required Text:

Prentice, W.E. (2016) Essentials of Athletic Injury Management, 10e, McGraw Hill.

Course Description:

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

Prerequisite:

PE 1000 (Human Anatomy) or equivalent

Objectives:

Students who successfully complete this course will be able to:

- Identify the various health professionals and their roles on the sports medicine team,
- Identify the roles and responsibilities of the athletic therapist
- Identify and assess athletic injuries/conditions for treatment
- Explain athletic injuries/conditions to the athlete or client, and
- Develop proficiencies – preventative taping and strapping techniques for use with athletic injuries/conditions

Lab Component

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 absence will result in a 2% reduction from the total lab component for the course (20%).

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.

Course Evaluation:

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.

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|----|--------------------|----------------|-----|
| 1. | 2 Midterm Exams: | 20% each | 40% |
| | Midterm I: | Oct. 10 | |
| | Midterm II: | Nov. 7 | |
| 2. | Lab Practical Exam | Date TBD | 20% |
| 3. | Final Examination | Date TBD | 40% |

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

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities on the GPRC website.

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the College Student Misconduct: Academic and Non-Academic Policy on the GPRC website. **Note: all Academic and Administrative policies are available at www.gprc.ab.ca/about/administration/policies/

UNIVERSITY TRANSFER:

UA, UC, UL, AU, AF, CU, CUC, GMU, KUC

** 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. Please refer to the Alberta Transfer guide for current transfer agreements at www.transferalberta.ca