

Grande Prairie Regional College
Department of Physical Education, Athletics & Kinesiology

PE 2400 Course Outline

Introduction to Sports Injuries UT: 3 CR (3 - 2)
Lecture: Tuesdays and Thursdays 8:30 – 9:50 (E306)
Lab: Wednesdays 17:00 – 18:50(J201)

Instructor: Dave Hurta
Office: Kinesis Physical Therapy
#103, 10418 99 Ave.
Phone: 780-513-8313 (W)
780-402-6088 (H)
Email: DHurta@GPRC.ab.ca
Office Hours: By appointment

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

Transferability:

U of A - PEDS 240 (3)

U of C - Jr. KNES (3)

U of L - KNES 4650 (3)

Transferable for 3 credits at Athabasca, Augustana, Concordia, and Kings College.

Objectives:

1. To contribute to a knowledge and understanding of the basic concepts of athletic injuries, injury assessment; prevention and management.
2. To develop an awareness of the function of the athletic therapist in the sports community.
3. To develop student's skills in injury assessment and various taping techniques.

Required Text:

Anderson, Parr, Hall. (2009). *Foundations of Athletic Training*, 4e. Boston: Lippincott Williams & Wilkins.

Attendance:

Lab attendance is compulsory. More than 3 unexcused absences may result in debarment from the final exam.

Note: Some labs may be held at Kinesis Physical Therapy

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:

1. 2 Midterm Exams: 20% each 40%
Midterm I: **Feb. 2**
Midterm II: **Mar. 4**
2. Lab Practical Exam 30%
Saturday April 10th
3. Final Examination 30%

- The Instructor reserves the right of adjusting the course material for the perceived and real needs of the students which may result in a deviation from this plan.
- Cell phones, PDA's and pagers must be turned off and placed out of sight in classrooms and computer labs during instructional time. Devices can only be turned on and set to silent mode with the expressed consent of individual instructors. Sending or receiving text messages or gaming on a cell phone during class is not acceptable. In addition, cell phones and other personal electronic devices incorporating cameras must be turned off and out of sight in any area in which individuals have reasonable expectations of privacy. This includes classrooms and computer labs.

Grading for PE2400 is based on the following Grading System:

A+	4.0	90 - 100	<i>Excellent</i>
A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>
B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<i>Satisfactory</i>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<i>Minimal Pass</i>
D	1.0	50 - 54	
F	0.0	0 - 49	<i>Fail</i>