

**DEPARTMENT OF
PHYSICAL EDUCATION, ATHLETICS, & KINESIOLOGY
GRANDE PRAIRIE REGIONAL COLLEGE**

P E 2 4 0 0

INTRODUCTION TO SPORTS INJURIES

UT: 3 CR (3-1-5)

COURSE OUTLINE: Winter Semester 2004

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 or equivalent

I GENERAL INFORMATION

Instructor: Ray Kardas
Office: C418
Phone: 539-2990
Email: rkardas@gprc.ab.ca

Class Days & Times:
Tuesdays and Thursdays
8:30 – 9:50 (POJ)
Class Format: Lectures, assigned questions.
Lab: Wednesday, 2:30 – 3:50 (POJ)

II COURSE EVALUATION

- | | | |
|----------------------|---|-----|
| 1. Five Class Tests: | = | 75% |
| 2. LAB Practical | = | 10% |
| 3. LAB Written | = | 15% |

Grading for PE2400 is based on the following:

Letter Grade	Grade Point Value	Percentage Range
A+	4.0	94 – 100
A	4.0	89 – 93
A-	3.7	85 – 88
B+	3.3	81 – 84
B	3.0	77 – 80
B-	2.7	72 – 76
C+	2.3	69 – 71
C	2.0	64 – 68
C-	1.7	60 – 63
D+	1.3	55 – 59
D	1.0	50 – 54
F	0.0	Below 50

III COURSE TEXT

1. Marcia K. Anderson, Susan J. Hall, and Melissa Martin (2000). *Sports injury management, 2e*. Philadelphia: Lippincott Williams & Wilkins.

IV PROPOSED COURSE SEQUENCE

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 the following plan.

Week	Date	Description	Lab Date	
1	Jan.	6 Intro: Sports Injury Management (Ch. 1) 8 Chapter 2 & 3	7	Practical Component (10%)
2		13 Test #1 (Section I) 5% begin Section 2 15 Chapters 4 & 5	14	
3		20 Chapters 6 & 7 22 Test #2 (Section II) 10%	21	
4		27 Chapter 8 29	28	
5	Feb.	3 Chapter 9 5	4	
6		10 Chapter 10 12	11	
7		16 – 20 WINTER BREAK 24 Test #3 (Section III) 15%/Ch. 11 26 Chapter 11	25	
8	Mar.	2 Chapter 12 4	3	
9		9 Chapter 13 11	10	
10		16 Test #4 (Section IV) 15%/Ch. 14 18 Chapter 14	17	
11		23 Chapter 15 25	24	
12		30 Chapter 16	31	
13	Apr.	1 6 Test #5 (Section V) 15% 8 Chapter 17 – 20	7	Final Lab Test (15%)
14		13 Chapters 21 – 24 15 Chapters 25 – 27	14	Student Summary Presentations (15%)

NOTE: Lab attendance is compulsory. Evaluations will be ongoing from January 7th. Missed labs mean missed marks.

IV 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.

NOTE: Students will also receive Level I certification for athletic First Aid through the Sports Medicine Council of Alberta for which additional costs may be incurred.