



# Grande Prairie Regional College

Department of Physical Education, Athletics & Kinesiology

COURSE OUTLINE – WINTER 2011

PE 2400 Introduction to Sports Injuries

**INSTRUCTOR:** Ray Kardas

**PHONE**

Office: 539-2990

**E-MAIL**

[rkardas@gprc.ab.ca](mailto:rkardas@gprc.ab.ca)

**OFFICE  
HOURS**

C418  
Drop in or by  
appointment

**CLASS TIMES**

Tuesdays & Thursdays  
8:30 a.m. – 9:50 a.m. (E305)

**LAB TIMES**

Wednesday, 4:00 – 5:50 pm  
(J202)

**PREREQUISITE(S):**

PE1000 or Equivalent

**REQUIRED TEXT/RESOURCE MATERIALS:**

Anderson, Marcia K., Parr, Gail P., and Hall, Susan J.(2009) *Foundations of athletic training: Prevention, assessment, and management*, 4e. Boston: LWW.

SMCA Taping Manual.

**CALENDAR DESCRIPTION:**

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

**CREDIT/CONTACT HOURS: 3** (3-0-2) UT [75 hours]

**DELIVERY MODE:** Lecture, Problem-Solving exercises, practical labs

**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 within

- the sports medicine community.
- To develop students' skills in injury assessment and various taping techniques.

**TRANSFERABILITY:**

UA, UC (as jr. Kines.), UL (KNES 4650) AU, AF, CU, KUC (See page 163 of GPRC 2010-2011 Calendar.)

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.

**GRADING CRITERIA:**

Alpha Grade	4-point Equivalent	Designation
A+	4.0	EXCELLENT
A	4.0	
A-	3.7	FIRST CLASS STANDING
B+	3.3	
B	3.0	GOOD
B-	2.7	
C+	2.3	SATISFACTORY
C	2.0	
C-	1.7	
D+	1.3	MINIMAL PASS
D	1.0	
F	0.0	FAIL
WF	0.0	FAIL, withdrawal after the deadline

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.

## EXAMINATIONS

Test #1	January 18 (section 1)	10%
Test #2	February 8 (section 2)	10%
Test #3	March 1 (section 3)	15%
Test #4	March 15 (section 4)	15%
Test #5	March 29 (section 5)	15%
Test #6	April 12 (section 6)	15%

Lab Exams will be held during the

Week of April 4-8

20%

100%

**Note:** Student must show proof of student First Aid and CPR to pass the course. Opportunity will be provided to secure this during the course.

## STUDENT RESPONSIBILITIES:

It is the student's responsibility to read and understand the required areas of the text. The objective of the lectures is to highlight the major concepts of each topic area and provide examples to facilitate comprehension.

Lab attendance in proper attire is compulsory. Students will lose 2% from the lab grade for each absence.

## STATEMENT ON PLAGIARISM AND CHEATING:

Please refer to pages 47-50 of the College calendar regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.