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| COURSE IMPLEMENTATION DATE: | September 2003 |
| COURSE REVISED IMPLEMENTATION DATE: | September 2007 |
| COURSE TO BE REVIEWED: | September 2007 |
| (Four years after implementation date) | (MMMM YY format) |

OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.

Shaded headings are subject to change at the discretion of the department and the material will vary
- see course syllabus available from instructor

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| FACULTY/DEPARTMENT: | Kinesiology & Physical Education | |
| KPE 371 | KPE 271 | 4 |
| COURSE NAME/NUMBER | FORMER COURSE NUMBER | UCFV CREDITS |
| | Introduction to Athletic Injuries | |
| | COURSE DESCRIPTIVE TITLE | |

CALENDAR DESCRIPTION:

This course is designed to introduce students to the role of the athletic trainer in the prevention, recognition and immediate care of a wide spectrum of common athletic injuries and health problems which may affect performance. In-class laboratory sessions will emphasize the principles and techniques of basic protective strapping and taping.

PREREQUISITES: KPE 170

Note: As of September 2008, 54 university-level credits and admission to the Bachelor of Kinesiology degree or Kinesiology minor (or instructor's permission) will also be required.

COREQUISITES:

| | |
|--|---------------------------|
| SYNONYMOUS COURSE(S) | SERVICE COURSE TO: |
| (a) Replaces: KPE 271 | |
| (Course #) | (Department/Program) |
| (b) Cannot take: _____ for further credit. | |
| (Course #) | (Department/Program) |

| | |
|--------------------------------------|--------------------------------|
| TOTAL HOURS PER TERM: 60 | TRAINING DAY-BASED INSTRUCTION |
| STRUCTURE OF HOURS: | LENGTH OF COURSE: _____ |
| Lectures: 40 Hrs | HOURS PER DAY: _____ |
| Seminar: _____ Hrs | |
| Laboratory: 20 Hrs | |
| Field Experience: _____ Hrs | |
| Student Directed Learning: _____ Hrs | |
| Other (Specify): _____ Hrs | |

MAXIMUM ENROLLMENT:
24
EXPECTED FREQUENCY OF COURSE OFFERINGS:
WILL TRANSFER CREDIT BE REQUESTED? (lower-level courses only)
 Yes No

WILL TRANSFER CREDIT BE REQUESTED? (upper-level requested by department)
 Yes No

TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE:
 Yes No

AUTHORIZATION SIGNATURES:

| | |
|---------------------------------------|--------------------------------|
| Course Designer(s): _____ | Chairperson: _____ |
| Gregory Anderson | <i>(Curriculum Committee)</i> |
| Department Head: _____ | Dean: _____ |
| Rebecca Frechette | Linda Matwichuk (acting) |
| PAC Approval in Principle Date: _____ | PAC Final Approval Date: _____ |
| May 28, 2003 | Mar. 30, 2007 |

KPE 371

COURSE NAME/NUMBER

LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:

To develop the student's understanding of the role of the athletic trainer in the recognition and acute care of common athletic injuries.

To develop an appreciation of the mechanisms of injury, and an understanding of preventative measures.

To develop the student's understanding of the steps involved in the recognition, acute care, and rehabilitation of common athletic injuries and conditions.

To develop a general understanding of the healing process.

METHODS:

Lecture, audio-visual, class discussion, laboratory sessions.

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR (Please check :) Yes No

METHODS OF OBTAINING PLAR:

TEXTBOOKS, REFERENCES, MATERIALS:

[Textbook selection varies by instructor. An example of texts for this course might be:]

Prentice, W.E. (2003). *Arnheim's Principles of Athletic Training: A Competency-Based Approach* (11th Edition). Boston, MA: McGraw-Hill.

SUPPLIES / MATERIALS:

STUDENT EVALUATION:

[An example of student evaluation for this course might be:]

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| Laboratory exams | | |
| A. | ankle wraps | 5% |
| B. | ankle taping | 10% |
| C. | injury recognition/ treatment/taping | 10% |
| Term paper | | 25% |
| Midterm | | 20% |
| Final exam | | 30% |
| | Total: | 100% |

KPE 371COURSE NAME/NUMBER

COURSE CONTENT:

[Course content varies by instructor. An example of course content might be:]

Introduction to athletic training.

- the athletic trainer and trainer concerns
- the training program

Injury prevention.

- conditioning and training
- protective sports devices

Emergency action plan.

- role of the athletic trainer
- injury evaluation (generic onsite/offsite)
- vital signs

Mechanism of injury.

- soft tissue
- bone and joint

Healing and follow-up care.

- three phases (soft tissue)
- rehabilitation (phases)
- introduction to rehabilitation modalities

Ankle sprains.

- recognition and acute care
- rehabilitation, cryotherapy, and home care
- taping and strapping

Regional injuries and conditions.

- foot and lower leg
- knee
- thigh, hip and groin
- abdomen
- spine (by section)
- head and face
- shoulder
- elbow and wrist

Taping.

- general objectives and considerations
- generic taping procedures and use
- ankle cloth wrap
- tensor application
- ankle (closed)
- achilles tendon
- longitudinal arch
- knee demonstration (students not responsible for knee taping)
- wrist (hyperextension)
- thumb (hyperextension)
- groin