## 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.

<table>
<thead>
<tr>
<th>Faculty/Department:</th>
<th>Kinesiology and Physical Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Name/Number:</td>
<td>KPE 271</td>
</tr>
<tr>
<td>Former Course Number:</td>
<td></td>
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<tr>
<td>UCFV Credits:</td>
<td>4</td>
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### 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 session will emphasize basic injury assessment techniques as well as the principles and techniques of basic protective strapping and taping.

### Prerequisites:
- KPE 170

### Corequisites:
- None

### Synonymous Course(s):
- (Course #)

### Service Course To:
- (Department/Program)

### Total Hours Per Term: 60

### Training Day-Based Instruction

<table>
<thead>
<tr>
<th>Structure of Hours</th>
<th>Training Day-Based Instruction</th>
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<tbody>
<tr>
<td>Lectures: 40 Hrs</td>
<td>Hours per Day:</td>
</tr>
<tr>
<td>Seminar:</td>
<td>Hrs</td>
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<tr>
<td>Laboratory: 20 Hrs</td>
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<tr>
<td>Field Experience:</td>
<td>Hrs</td>
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<tr>
<td>Student Directed Learning:</td>
<td>Hrs</td>
</tr>
<tr>
<td>Other (Specify):</td>
<td>Hrs</td>
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</tbody>
</table>

### 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:

<table>
<thead>
<tr>
<th>Course Designer(s):</th>
<th>Chairperson:</th>
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<tbody>
<tr>
<td>Gregory S. Anderson, Ph.D.</td>
<td>(Curriculum Committee)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Department Head:</th>
<th>Dean:</th>
</tr>
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<tbody>
<tr>
<td>Rebecca Frechette</td>
<td>Jackie Snodgrass</td>
</tr>
</tbody>
</table>

PAC Approval in Principle Date: PAC Final Approval Date: November 27, 2002
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, Audiovisual, 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:]


SUPPLIES / MATERIALS:

STUDENT EVALUATION:

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

Laboratory exams
- Ankle wraps  5%
- Ankle taping  10%
- Injury recognition/treatment/taping  10%

Midterm Exam  25%

Final Exam  40%

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
Mechanisms 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