

Course Name: KNPE 331/3.0 Care and Prevention of Athletic Injuries	Course Instructor: Mr. David Ross	Contact Hours: Lecture 2 x 1.0 hours/wk / 12 weeks Lab 1 x 2.0 hours/wk / 12 weeks
		Prerequisite: Level 3 or above in a KINE Plan and ANAT 315/3.0 and ANAT 316/3.0
		Exclusion:

Course Description: Students will be exposed to many of the common athletic injuries that occur in everyday sporting activities. A close examination of musculoskeletal injuries will be covered throughout the academic course. Special attention will be made to acute injuries, with the emphasis on their treatment and prevention. The practical portion involves the taping of common sport injuries and also includes the use of assessment skills. The theory and practical portions are closely interwoven to provide the student with a practical application to these injuries. The outcome of this course should provide the student with a basic understanding of athletic injuries, and some practical knowledge to assess and treat these musculoskeletal injuries.	Recommended Text: W.E. Prentice, Arnheim's Principles of Athletic Training, 17 th Ed. Required - KNPE 331 Lab Manual
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Learning Outcomes: <ul style="list-style-type: none"> • Identify key approaches to the prevention of athletic injuries • Practice care and treatment of athletic injuries • Describe rehabilitation of athletic injuries • Apply preventive and supporting taping of athletic injuries 	Course Evaluation: <table style="width: 100%; border: none;"> <tr> <td>Practical Examination</td> <td style="text-align: right;">30%</td> </tr> <tr> <td>Class Test</td> <td style="text-align: right;">30%</td> </tr> <tr> <td>Exam Theory</td> <td style="text-align: right;">35%</td> </tr> <tr> <td>Assignment</td> <td style="text-align: right;">5%</td> </tr> </table>	Practical Examination	30%	Class Test	30%	Exam Theory	35%	Assignment	5%
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Course Outline	
Lectures	Labs
Introduction - Injuries Identification, classification and prevention	Athletic Trainer, Classifying Injuries, Protective Sports Devices
Inflammatory response	Tissue Healing, Cold and Heat
Foot and Ankle Injuries	Off the Field Injury, Evaluation
Lower Leg Injuries	Foot, Ankle, Lower Leg (Biomechanics)
Knee Injuries	Knee and Related Structures

Buttocks and Groin Injuries	Thigh, Hip and Pelvis
Thigh and Hip Injuries	Abdomen, Thorax
Shoulder Injuries	Shoulder
Doctor of Chiropractic, Back Problems	Elbow, Forearm, Wrist, Hand, Fingers
Facial Injuries	Head, Facial Injuries, Spine
Off the Field Injury, Evaluation	Emergency Procedures
Heat Illness	Environmental Consideration