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| <p>Course Name: KNPE 331/3.0</p> <p>Care and Prevention of Athletic Injuries</p> | <p>Course Instructor:</p> <p>Mr. David Ross</p> | <p>Contact Hours: Winter 2021 – Remote Delivery</p> |
| | | <p>Prerequisite:</p> <p>Level 3 or above in a PHED or KINE Plan and ANAT 315/3.0 and ANAT 316/3.0</p> |
| | | <p>Exclusion:</p> |
| <p>Course Description:</p> <p>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.</p> | | <p>Recommended Text:</p> <p>W.E. Prentice, Arnhem's Principles of Athletic Training, 17th Ed.</p> <p>Required - KNPE 331/3.0 Lab Manual</p> |
| <p>Intended Student Learning Outcomes:</p> <p>To gain knowledge of the following aspects:</p> <ul style="list-style-type: none"> • Prevention of athletic injuries. • Care and treatment of athletic injuries. • Rehabilitation of athletic injuries. • Preventive and supporting taping of athletic injuries. | | <p>Course Evaluation:</p> <p>Test – 20%</p> <p>Assignments – 5%</p> <p>Practical Exam – 35%</p> <p>Final Exam – 40%</p> |
| <p>Course Outline</p> | | |
| 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) |

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| 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 |

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