

<b>Course Name:</b> <b>KNPE 331/3.0</b>  Care and Prevention of Athletic Injuries	<b>Course Instructor:</b>  Jean Soleyn	<b>Contact Hours:</b> Lecture 2 x 1.0 hours/wk / 12 weeks Lab 1 x 2.0 hours/wk / 12 weeks								
		<b>Prerequisite:</b>  Level 3 or above in a KINE Plan and ANAT 315/3.0 and ANAT 316/3.0								
		<b>Exclusion:</b>								
<b>Course Description:</b>  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.		<b>Text:</b>  There is no textbook for this course.  Notes and assigned readings will be posted on onQ.								
<b>Learning Outcomes:</b>  To gain knowledge of the following aspects: <ul style="list-style-type: none"><li>• Prevention of athletic injuries</li><li>• Care and treatment of athletic injuries</li><li>• Rehabilitation of athletic injuries</li><li>• Preventative and supportive taping of athletic injuries</li></ul>		<b>Course Evaluation:</b>  <table><tr><td>Assignment</td><td>10%</td></tr><tr><td>Midterm Test</td><td>30%</td></tr><tr><td>Final Exam</td><td>40%</td></tr><tr><td>Practical Exam</td><td>20%</td></tr></table>	Assignment	10%	Midterm Test	30%	Final Exam	40%	Practical Exam	20%
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<b>Course Outline</b>										
<b>Lectures</b>	<b>Labs</b>									
Introduction – Injury Prevention, Identification, Classification, Role of the Student Trainer	Emergency Action Plans, Intro to Taping/wrapping, Prevention: Protective Equipment, Bracing & Orthotics, Foot types									
Tissue Response to Injury	Use of heat, cold, massage, wound care									
Emergency Conditions	Emergency Procedures									
Non-urgent Conditions	HOPS, SAMPLE, PQRST, Fracture Testing									
Ankle and Foot	Ankle & arch taping									

Knee and Lower Leg	Knee & shin splints taping
Hip, Thigh and Groin	Hip, thigh, groin wraps
Abdomen, Thorax, Spine	Abdomen, thorax, spine assessment
Head, Face, Throat	Concussion assessment, face & throat
Shoulder	AC taping, Slings, Swath
Elbow, wrist and hand	Elbow, Wrist, & Thumb Taping
Heat & cold injuries, pediatric injuries	Environmental considerations