

CURRICULUM GUIDELINES

A: Division: **Science & Technology** Date: **November 16, 2000**
B: Department/ **Sport Science** New Course Revision
 Program Area:
 If Revision, Section(s) Revised: **C**
 Date Last Revised: **January 4, 1993**

C: SPSC 180 **D: Introduction to Sports Injuries** **E: 3**

Subject & Course No.	Descriptive Title	Semester Credits																		
F: Calendar Description: In this course, the basic principles of sports aid will be examined from theoretical and practical viewpoints. Students will learn about the field of athletic training and about sport safety. Common sports injuries will be studied along with the principles of taping associated with the care of these injuries. This is an introductory course in sports injuries.																				
G: Allocation of Contact Hours to Types of Instruction/Learning Settings Primary Methods of Instructional Delivery and/or Learning Settings: Lecture/Practice Number of Contact Hours: (per week / semester for each descriptor) 4 Number of Weeks per Semester: 14	H: Course Prerequisites: None	I: Course Corequisites: None																		
J: Course for which this Course is a Prerequisite: None		K: Maximum Class Size: 35																		
L: PLEASE INDICATE: <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%; text-align: center;"><input type="checkbox"/></td> <td style="width: 40%;">Non-Credit</td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td>College Credit Non-Transfer</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;"><input checked="" type="checkbox"/></td> <td>College Credit Transfer:</td> <td style="text-align: center;">Requested</td> <td style="text-align: center;"><input checked="" type="checkbox"/></td> <td style="text-align: center;">Granted</td> <td style="text-align: center;"><input checked="" type="checkbox"/></td> </tr> </table> <p style="text-align: center;">SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)</p>			<input type="checkbox"/>	Non-Credit					<input type="checkbox"/>	College Credit Non-Transfer					<input checked="" type="checkbox"/>	College Credit Transfer:	Requested	<input checked="" type="checkbox"/>	Granted	<input checked="" type="checkbox"/>
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Equivalent Courses: S.F.U. KIN (unassigned 3 credits) Granted U.VIC. PE (unassigned 3 credits) Requested																				

M: Course Objectives/Learning Outcomes

Upon completion of the course the student will be able to:

1. Describe the field of the athletic training
2. Describe and demonstrate sports safety principles
3. Describe common sports injuries
4. Describe the relationship of sport and fitness principles to sports injuries
5. Demonstrate basic taping techniques

N: Course Content1. Athletic Training

The student will:

- 1.1 Describe the role of the athletic trainer
- 1.2 Describe the components fo the athletic training program
- 1.3 Describe the human body as related to sports injuries:
 - 1.3.1 structural factors
 - 1.3.2 functional factors
 - 1.3.3 movement concepts

2. Sports Safety Principles

The student will:

- 2.1 Describe the principles of the prevention of sports injuries
- 2.2 Describe emergency sports aid preparation and procedure
- 2.3 Describe and demonstrate the application of standard sports aid:
 - 2.3.1 R.I.C.E. principles
 - 2.3.2 Care of overuse and chronic injuries

3. Common Sports Injuries

The student will:

- 3.1 Identify the types of sports injuries
- 3.2 Describe the etiology and pathology of common sports injuries

4. The Relationship of Sport and Fitness Principles to Sports Injuries

The student will:

- 4.1 Describe the role of nutrition and drug ingestion within sports injuries
- 4.2 Describe the application of the principles of fitness and training to sports injury prevention and care
- 4.3 Describe the concept of wellness as applied to sports injuries
- 4.4 describe the management of sports injuries

5. Basic Taping Techniques

The student will:

- 5.1 Describe and demonstrate the use of basic sports aid supplies
- 5.2 Describe and demonstrate functional taping principles:
 - 5.2.1 biomechanical factors
 - 5.2.2 procedures
 - 5.2.3 technique

O: Methods of Instruction

Lecture
 Discussion groups and group projects
 Practical applications and experiences
 Field observation
 Guest presenters
 Technology assisted learning

P: Textbooks and Materials to be Purchased by Students

Booher, J. and G. Thibodeau (2000) Athletic Injury Assessment (4th Edition) McGraw Hill.

1. Sports First Aid: A Guide to Sports Injuries Sport Medicine Council of B.C.
2. Athletic Taping Sport Medicine Council of B.C.

Q: Means of Assessment

Mid-term Examination	20%
Final Examination	10%
Term Project (Sport Aid)	20%
Practical Application Project (Taping)	30%
Research Project	20%

TOTAL:	100%

R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR

 Course Designer(s)

 Education Council/Curriculum Committee Representative

 Dean/Director

 Registrar