

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 Content:1. Athletic Training

The student will:

- 1.1. Describe the role of the athletic trainer.
- 1.2. Describe the components of 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. Techniques

<p>O: Methods of Instruction</p> <p>Lecture Discussion groups and group projects Practical applications and experiences Field observation Guest presenters Technology assisted learning</p>												
<p>P: Textbooks and Materials to be Purchased by Students</p> <p>Ritter, M. A. and J. J. Albohm (1987), <u>Your Injury</u>. Dubuque, Iowa: Brown and Benchmark Publishers Sport Medicine.</p> <p>Council of British Columbia publications:</p> <ol style="list-style-type: none"> 1. <u>Sports First Aid: A Guide to Sports Injuries</u> 2. <u>Athletic Taping</u> 												
<p>Q: Means of Assessment</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Mid-term Examination</td> <td style="text-align: right; padding: 2px;">20%</td> </tr> <tr> <td style="padding: 2px;">Final Examination</td> <td style="text-align: right; padding: 2px;">10%</td> </tr> <tr> <td style="padding: 2px;">Term Project (Sport Aid)</td> <td style="text-align: right; padding: 2px;">20%</td> </tr> <tr> <td style="padding: 2px;">Practical Application Project (Taping)</td> <td style="text-align: right; padding: 2px;">30%</td> </tr> <tr> <td style="padding: 2px;">Research Project</td> <td style="text-align: right; padding: 2px;"><u>20%</u></td> </tr> <tr> <td style="text-align: right; padding: 2px;">TOTAL:</td> <td style="text-align: right; padding: 2px;">100%</td> </tr> </table>	Mid-term Examination	20%	Final Examination	10%	Term Project (Sport Aid)	20%	Practical Application Project (Taping)	30%	Research Project	<u>20%</u>	TOTAL:	100%
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TOTAL:	100%											
<p>R: Prior Learning Assessment and Recognition: specify whether course is open for PLAR</p>												

 Course Designer(s)

 Education Council / Curriculum Committee Representative

 Dean / Director

 Registrar