

## **EFFECTIVE SEPTEMBER 2004** CURRICULUM GUIDELINES

A.	Division:	Education	E	ffective Date:		September 2004
B.	Department / Program Area:	Science and Technology Sport Science	R	evision	X	New Course
C:	SPSC 1180	D: Introduction	If R D D n to S	Revision, Section(s) evised: ate of Previous Revisio ate of Current Revision ports Injuries	n: :	C November 16, 2000 September 2004 E: 3
	Subject & Cour	rse No. Descrip	tive T	itle	Sen	nester 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 Co / Learning Settin Primary Method Learning Setting Lecture / Practi Number of Cont for each descript 4 Number of Weel 15	ontact Hours to Type of Instruction ags s of Instructional Delivery and/or s: <b>ice</b> act Hours: (per week / semester for) ks per Semester:	H: I: J: K:	Course Prerequisites none Course Corequisites: none Course for which thi none Maximum Class Size 35	: s Cour; e:	se is a Prerequisite
L:	PLEASE INDIC Non-Credi College Cr X College Cr SEE BC TRANS	CATE: t redit Non-Transfer edit Transfer: SFER GUIDE FOR TRANSFER DI	ETAII	LS (www.bccat.bc.ca)		

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

0:	Methods of Instruction						
	Lecture						
	Discussion groups and group projects						
	Practical applications and experiences						
	Field observation						
	Guest presenters						
	Technology assisted learning						
<b>P:</b>	Textbooks and Materials to be Purchased by Students						
	Kitter, M. A. and J. J. Albonm (1987), <u>Your Injury</u> . Dubuque, Iowa: Brown and Benchmark Publishers Sport Medicine						
	Medicine.						
	Council of British Columbia publications:						
	1 Sports First Aid: A Guide to Sports Injuries						
	2. Athletic Taping						
Q:	Means of Assessment						
	Mid-term Examination 20%						
	Final Examination 10%						
	Prostical Application Project (Toning) 20%						
	Practical Application Project (Taping) 50%						
	$\frac{20\%}{100\%}$						
	101AL. 10070						
R:	Prior Learning Assessment and Recognition: specify whether course is open for PLAR						

Course Designer(s)

Education Council / Curriculum Committee Representative

Dean / Director

Registrar

© Douglas College. All Rights Reserved.