



ORIGINAL COURSE IMPLEMENTATION DATE: September 2003  
 REVISED COURSE IMPLEMENTATION DATE: January 2019  
 COURSE TO BE REVIEWED: (six years after UEC approval) March 2024  
 Course outline form version: 09/15/14

## OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

**Note: The University reserves the right to amend course outlines as needed without notice.**

<b>Course Code and Number:</b> KIN 371	<b>Number of Credits:</b> 4 <a href="#">Course credit policy (105)</a>																
<b>Course Full Title:</b> Introduction to Athletic Injuries <b>Course Short Title (if title exceeds 30 characters):</b> Intro to Athletic Injuries																	
<b>Faculty:</b> Faculty of Health Sciences	<b>Department (or program if no department):</b> Kinesiology																
<b>Calendar Description:</b> <p>Introduces students to the role of the athletic trainer in the prevention, recognition, and immediate care of a wide spectrum of common athletic injuries and health problems that may affect performance. In-class laboratory sessions emphasize anatomy and the principles and techniques of basic musculoskeletal assessment and athletic taping.</p> <p>Note: Students with credit for KPE 371 cannot take this course for further credit.</p>																	
<b>Prerequisites (or NONE):</b>	Admission to the Bachelor of Kinesiology degree and 60 university-level credits including KIN 170 (formerly KPE 170). Note: Students who have declared a Kinesiology minor can contact the department for permission to register.																
<b>Corequisites (if applicable, or NONE):</b>	NONE																
<b>Pre/corequisites (if applicable, or NONE):</b>	NONE																
<b>Equivalent Courses (cannot be taken for additional credit)</b> Former course code/number: <b>KPE 271, KPE 371</b> Cross-listed with: Equivalent course(s): <b>KPE 271, KPE 371</b> <i>Note: Equivalent course(s) should be included in the calendar description by way of a note that students with credit for the equivalent course(s) cannot take this course for further credit.</i>	<b>Transfer Credit</b> Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Transfer credit requested (OReg to submit to BCCAT): <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form) Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> .																
<b>Total Hours: 60</b> <b>Typical structure of instructional hours:</b> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr><td>Lecture hours</td><td style="text-align: center;">40</td></tr> <tr><td>Seminars/tutorials/workshops</td><td></td></tr> <tr><td>Laboratory hours</td><td style="text-align: center;">20</td></tr> <tr><td>Field experience hours</td><td></td></tr> <tr><td>Experiential (practicum, internship, etc.)</td><td></td></tr> <tr><td>Online learning activities</td><td></td></tr> <tr><td>Other contact hours:</td><td></td></tr> <tr><td style="text-align: right;"><b>Total</b></td><td style="text-align: center;"><b>60</b></td></tr> </table>	Lecture hours	40	Seminars/tutorials/workshops		Laboratory hours	20	Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours:		<b>Total</b>	<b>60</b>	<b>Special Topics</b> Will the course be offered with different topics? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, different lettered courses may be taken for credit: <input type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit <i>Note: The specific topic will be recorded when offered.</i>
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<b>Total</b>	<b>60</b>																
<b>Department / Program Head or Director:</b> Alastair Hodges <b>Faculty Council approval</b> <b>Campus-Wide Consultation (CWC)</b> <b>Dean/Associate VP:</b> Joanne MacLean <b>Undergraduate Education Committee (UEC) approval</b>																	
<b>Date approved:</b> October 2017 <b>Date approved:</b> October 2017 <b>Date of posting:</b> November 24, 2017 <b>Date approved:</b> October 2017 <b>Date of meeting:</b> March 23, 2018																	
<b>Maximum enrolment (for information only):</b> 36 <b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> twice annually																	

**Learning Outcomes**

Upon successful completion of this course, students will be able to:

1. Describe the role of the athletic trainer in the recognition and acute care of common athletic injuries.
2. Explain the mechanisms of injury and preventative measures.
3. Identify the steps involved in the recognition, acute care, and rehabilitation of common athletic injuries and conditions.
4. Describe the healing process in relation to common athletic injuries and care.
5. Demonstrate proficiency in the application of several basic taping techniques.

**Prior Learning Assessment and Recognition (PLAR)**

Yes     No, PLAR cannot be awarded for this course because

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Lecture, audio-visual, class discussion, laboratory sessions, group presentation.

**Grading system:** Letter Grades:  Credit/No Credit:  Labs to be scheduled independent of lecture hours: Yes  No

**NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.**

**Typical Text(s) and Resource Materials (if more space is required, download Supplemental Texts and Resource Materials form)**

Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1. Prentice, W.E.	Principles of Athletic Training: A Competency-Based Approach	<input checked="" type="checkbox"/>	McGraw-Hill	2014
2.		<input type="checkbox"/>		

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

Athletic tape (\$2.25 per roll)

**Typical Evaluation Methods and Weighting**

Final exam:	30%	Assignments:	7%	Midterm exam:	20%	Practicum:	%
Quizzes/tests:	%	Lab work (3 exams):	30%	Field experience:	%	Shop work:	%
%		Presentation:	13%	Other:	%	Total:	100%

**Details (if necessary):**

**Typical Course Content and Topics**

Introduction to athletic training

- the athletic trainer and trainer concerns
- the training program, scope of practice

Injury prevention

- conditioning and training
- protective sports devices

Emergency action plan

- role of the athletic trainer
- injury evaluation (generic onsite/offsite), assessment procedures and techniques
- vital signs

Mechanism of injury

- soft tissue
- bone and joint

Healing and follow-up care

- three phases (soft tissue)
- rehabilitation (phases)
- introduction to rehabilitation modalities
- components of a rehab program

Ankle sprains

- recognition and acute care
- rehabilitation, cryotherapy, and home care
- taping and strapping

**Regional anatomy, injuries and conditions, and treatment/rehab**

- foot and lower leg
- knee
- thigh, hip, groin and pelvis
- head /concussions
- shoulder
- elbow and wrist/hand

**Taping**

- general objectives and considerations
- generic taping procedures and use
- tensor application
- ankle (closed and open demonstration)
- achilles tendon
- longitudinal arch
- knee demonstration (students not responsible for knee taping)
- wrist (hyperextension and hyperflexion)
- thumb (contact and non-contact)
- groin (hip spica demonstration)