



## KNES-203 – Introduction to Athletic Injuries

Health and Human Services

**Effective Term & Year:** Fall 2022

**Course Outline Review Date:** 2026-04-01

**Program Area:** Health

### Description:

This course is an introduction to the recognition, prevention and treatment of injuries associated with sport and exercise. It is offered in a modular format including sports first aid, athletic taping and advanced issues in athletic injuries and practical application. Completion of all components, in addition to a standard first aid and current CPR level may result in recognition by the Sports Medicine Council of BC's "Sports Aid Training Certificate".

### Program Information:

This is a required course in the Kinesiology Diploma Program and may be used as an elective for students in other disciplines.

**Delivery Methods:** On-campus (Face-to-Face)

**Credit Type:** College of the Rockies Credits

**Credits:** 3

**Course type/s:** Sciences, Social Sciences, Lab Sciences

### Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45
Seminar/Tutorials	
Laboratory/Studio	30
Practicum/Field Experience	

Co-op/Work Experience	
Other	
Total	75

**Course Requisites:**

- Earned a minimum grade of C- (55%) in at least 1 of the following:
  - [KNES190](#) – Basic Human Anatomy (3)
  - [KNES200](#) – Functional Anatomy & Physiology 1 (3)

**Flexible Assessment:** Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

**Course Transfer Credit:**

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

**Textbook Resources:**

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Prentice, W.E., Aigheim, D. *Essentials of Athletic Injury Management*, 7th Edition. McGraw Hill.

Recommended: Perrin, D.H. *Athletic Taping and Bracing*, 2nd Edition. Human Kinetics: 2005.

*Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.*

---

## Learning Outcomes:

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

- recognize and manage life-threatening situations in sport and exercise;
  - understand and initiate acute emergency care in sport and exercise;
  - understand and implement preventative measures for athletic injuries;
  - understand the etiology (mechanism) and incidence of athletic injuries and illnesses;
  - develop a working knowledge of functional human anatomy and the mechanisms to injury;
  - know and demonstrate the general objectives of taping and wrapping in athletic training;
  - know when to tape and when not to tape;
  - apply the basic taping principles to a variety of athletic injuries;
  - develop the ability to recognize, evaluate, report on, and present common athletic injuries; and
  - develop an understanding and appreciation of the scope of Sports Medicine and its interrelationship with medicine, physiotherapy, athletic training, and fitness.
- 

## Course Topics:

### Introduction to the Course

- Introduction to the Sports Medicine Council of BC
- Anatomy Review

### Organizing and Establishing an Effective Athletic Health Care System

- Fitness Professionals, Coaches, and the Sports Medicine Team
- Organizing and Administering an Athletic Health Care Program
- Legal Liability and Insurance
- Planning for Emergencies

### Techniques for Preventing and Minimizing Sport Related Injuries

- Prevention of Injuries
- Primary and Secondary Procedures (lab)
- Stabilization and Transportation of Injured Athletes (lab)
  
- Preventing Injuries through Fitness Training
- Sports Nutrition and Supplements
- Selecting and Using Protective Sports Equipment
- Handling Emergency Situations and Injury Assessment
- Blood-borne of pathogens, Universal Precautions, and Wound Care
- Helping the Injured Athlete Psychologically
- Understanding the Potential Dangers of Adverse Environmental Conditions

## Recognition and Management of Specific Injuries and Conditions

- Bandaging and Taping Techniques
- Understanding the Basics of Injury Rehabilitation
- Recognizing Different Sports Injuries
- Protective Taping and Wrapping
- The Foot
- The Ankle and Lower Leg
- The Knee and Related Structures
- The Thigh, Hip, Groin and Pelvis
- The Shoulder Complex
- The Elbow, Forearm, Wrist, and Hand
- The Spine
- The Thorax and Abdomen
- The Head, Face, Eyes, Ears, Nose, and Throat

## Other Athletic Conditions and Concerns

- Conditions and Illnesses
- Communicable Disease
- Common Drugs in Athletics
- Nutrition and Weight Control

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

## Evaluation and Assessments

### Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Midterm	20%
Lab Exams	25%
Practicum "Athletic Training"	10%
Assignments	25%
Final Exam	20%
Total	100%

### Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

**Pass requirements:** None

**Evaluation Notes:** A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

**Exam Attendance:**

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

---

**Academic Policies:**

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

---

**Equivalent Course(s) and Course Code Changes**

Prior Course Code: HKIN 203 >> KNES 203

Date changed: September 2012

**Course Changes:**

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.