

**School of Kinesiology  
Faculty of Health Sciences  
Western University  
KINESIOLOGY 2236A Summer Evening 2017**

**Introduction to Athletic Injuries**

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**Office Hours: Tuesday 400PM-530PM by appointment only**

**Class Times and Location: Lecture 6 hours/ week – UCC-37**

**Tuesdays & Thursdays 6PM – 9PM**

**NOTE:** All course information including grades, assignment outlines, deadlines, etc. are available via OWL.

**Calendar Course Description**

Students will be introduced to all aspects of coverage for activities /athletic teams. This will include important aspects of injury prevention and management, including commonly occurring activity injuries. Initial treatments/ assessments, return to sport, and ways to maximize performance will also be discussed.

**Course Description**

This course is meant to give the student a broad introduction to musculoskeletal injuries. As such we will discuss a range of topics from anatomy, mechanisms and features of common injuries, and injury prevention.

**Learning Objectives**

**Upon completion of this course students will be able to:**

Identify and delineate theoretical terms, concepts, and philosophies related to Injury prevention, assessment and treatment. Discuss and apply basic biomechanics, anatomy and physiology with regards to assessment, treatment and prevention of common injuries.

**Pre-requisites: Kinesiology 2222a/b or Anatomy and Cell Biology 2221**

The student is responsible for ensuring that they have successfully completed all course pre-requisites, and that they have not taken an anti-requisite course. Lack of a pre-requisite or the completion of an anti-requisite cannot be used as a basis for appeal. If a student is found ineligible for a course, they may be removed from it at any time and will receive no adjustment to fees paid. This decision cannot be appealed.

**Marks:** 40% Midterm Test  
60% Final Exam

**Note** – Unless adequate evidence of illness or compassionate circumstances is presented in the event that the midterm is missed, the final exam will count as 100% of the course mark.

**Textbook:** Recommended but not required.

Prentice W.E. Principles of Athletic Training, 14th Edition, McGraw Hill, Toronto, 2011

**LECTURE OBJECTIVES AND SCHEDULE**

<b>LECTURE</b>	<b>DATE</b>	<b>EVALUATIONS</b>	<b>TOPIC</b>
	<b>Tuesday May 9</b>		<b>Course Outline</b>
<b>1</b>	<b>Tuesday May 9</b>		<b>Model of Injury Causation, Injury Prevention</b>  <b>Structure and Function of Soft Tissues, Classification of Injury</b>
<b>2</b>	<b>Thursday May 11</b>		<b>The Healing Process, The Role of Heat / Cold</b>
<b>3</b>	<b>Tuesday May 16</b>		<b>Soft Tissue Analysis &amp; Testing</b>  <b>Postural Alignment &amp; Deviations, Gait Cycle</b>
<b>4</b>	<b>Thursday May 18/ Tuesday May 23</b>		<b>Foot and Ankle Injuries</b>
<b>5</b>	<b>Tuesday May 23</b>		<b>Lower Leg Injuries</b>
<b>6</b>	<b>Thursday May 25</b>		<b>Knee Injuries</b>
	<b>Tuesday May 30<sup>th</sup></b>	<b>Mid-Term Exam (Includes material up to Lecture #6)</b>	
<b>7</b>	<b>Tuesday May 30<sup>th</sup> / Thursday June 1</b>		<b>Shoulder Injuries</b>
<b>8</b>	<b>Tuesday June 6</b>		<b>Elbow, Wrist, Hand Injuries</b>  <b>C-Spine Injuries and Emergency Action Plan</b>
<b>9</b>	<b>Thursday June 8</b>		<b>Head &amp; Face Injuries</b>  <b>Concussions</b>
<b>10</b>	<b>Tuesday June 13</b>		<b>Protective Equipment</b>  <b>Medical Conditions</b>
	<b>Thursday June 15</b>	<b>Final Exam (All material)</b>	

**Note – The above topics and outline are subject to adjustments and change as needed.**

## Course/University Policies

1. **Lateness/Absences: A missed mid-term examination without appropriate documentation will result in a zero (0) grade.** The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.
2. **Written documentation:** Students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the Kinesiology Undergraduate Office **not** to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An "Accommodation Consideration Request Form" found online or in the Kinesiology Undergraduate Office" for **ALL** such accommodation requests must be submitted into the Kinesiology Undergraduate office. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.  
See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.
3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.
4. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:  
[http://www.uwo.ca/univsec/handbook/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf).
  - A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>)
  - B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. **Formatting** (*as recommended by the course instructor*): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.
6. According to the **Examination Conflict policy**, “A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor.” *\*This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.
7. **Classroom Behaviour**: Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.
8. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.
9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

### **STUDENT CODE OF CONDUCT**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit

<http://www.uwo.ca/univsec/board/code.pdf>

### **ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES**

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

### **SUPPORT SERVICES**

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

Students who are in emotional/mental distress should refer to Mental Health@Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help