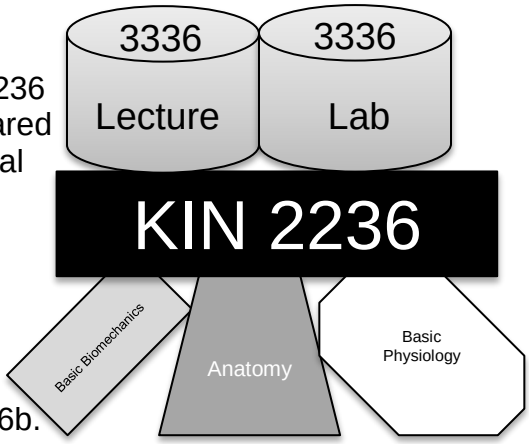
School of Kinesiology
Faculty of Health Sciences
Western University
WELCOME TO KINESIOLOGY 3336A/B!
Introduction to the Practical Aspects of Athletic Injuries

Dave Humphreys
Office: **TH 4182** **Telephone: 519-661-2111 x82685**
Email: **dhumphr4@uwo.ca**
Office Hours: **I am happy to meet with you daily 7:00 am - 2:30 pm by appointment**

Class Times and Location: **Lecture: Monday/Wednesday 8:30-9:20**
Labs: Monday or Wednesday 9:30-11:20 Th1102

Calendar Course Description
The purpose of this course is to facilitate the recognition, initial assessment, immediate treatment and methods of prevention of injuries commonly occurring in sport. Practical field-side assessment skills, adhesive strapping and wrapping are emphasized in the labs.

My Course Description:
This course builds on content and theories learned in Kin 2236 and is predicated on active learning. Come to lecture prepared to discuss and give feedback with regards to field and clinical scenarios. The laboratory component adds a hands-on experience that drives home key concepts while paralleling lecture content.



Pre-requisites*: Kinesiology 222a/b or Anatomy 221 or equivalent.
Kinesiology 241a/b and Kinesiology 236b.

Textbook:
Humphreys, Dave. Laboratory Experience in Athletic Injuries Lab Manual - 2012

Mark:

Midterm Test –(Oct. 24 during class time) ……			**- 25%**
Lab Mark:	**Practical 1 –week of Nov. 26**	**-15%**	
	Practical 2 –week of Dec. 3	**-15%**	
	Lab test written –(Dec. 3 during class time)	**-15%**	
Lab Total ……			**- 45%**
Final Written Exam……			**- 30%**

PRACTICAL EXAMS:

Will be completed the final two weeks during lab time. Specifics on content will be given prior to exams. You and a partner will each complete two 5 minute cards per session.

Anti-requisite(s)/Pre-requisite(s)/Co-requisite(s) if applicable:
You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you 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 you are found ineligible for a course, you may be removed from it at any time and you will receive no adjustment to your fees. This decision cannot be appealed.

LECTURE OBJECTIVES AND SCHEDULE

The following is a guide only. Some topics may be added or deleted.

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- The student will be able to demonstrate an understanding of general assessment strategies including subjective/history, selective tissue tension and manual muscle testing by applying the theory to contrived injuries (review/self-study from lab book)
- To familiarize the student with gross and functional anatomy of the foot and ankle and to develop a competency of structure testing by performing tests on classmates

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<tr><td rowspan="3">Week 1
Sept
10-14</td><td></td><td>Lec. 1</td><td>Introduction to course, course outline and evaluation criteria.
Ankle Review</td></tr>
<tr><td>LAB 1</td><td></td><td>Ankle Surface Anatomy & Testing part 1</td></tr>
<tr><td></td><td>2</td><td>Heat/ice and STTT</td></tr>
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- Identify and assess structures and compartments of the lower leg including Achilles tendon injuries, MTTP and compartment syndrome.

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<tr><td rowspan="3">Week 2
Sept
17-21</td><td></td><td>3</td><td>Lower leg injuries part 1- High ankle sprains</td></tr>
<tr><td>LAB 2</td><td></td><td>Ankle Part 2</td></tr>
<tr><td></td><td>4</td><td>Lower leg injuries part 2- Achilles tendon injuries and calf strains</td></tr>
<tr><td rowspan="3">Week 3
Sept
24-28</td><td></td><td>5</td><td>Compartment problems of the lower leg.</td></tr>
<tr><td>LAB 3</td><td></td><td>Lower Leg (Achilles, Compartments, etc)</td></tr>
<tr><td></td><td>6</td><td>Ankle On-field and side-line assessment</td></tr>
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- To discuss the gross and functional anatomy of the knee and relate structure and function to traumatic and overuse injuries of the knee. The mechanism of injury will be related to athlete history and field approach.
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<tr><td rowspan="3">Week 4
Oct 1-5</td><td></td><td>7</td><td>Knee structure and functional anatomy</td></tr>
<tr><td>LAB 4</td><td></td><td>Lower leg part 2 and Knee part 1</td></tr>
<tr><td></td><td>8</td><td>Acute knee injuries</td></tr>
<tr><td>Week 5
Oct 8-12</td><td colspan="3">Thanksgiving and Fall Reading Week- No classes</td></tr>
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• To discuss the gross and functional anatomy of the hip, thigh and relate structure and function to traumatic and overuse injuries.			
Week 6 Oct 15-19		9	Acute Knee injuries Part 2
	LAB 5		**Knee Special Tests**
		10	Thigh Conditions
Week 7 Oct 22-26		11	Hip, groin and pelvis Injuries Upper extremity part 1- clavicle, AC & SC
	LAB 6		**Hip, groin and pelvic injuries**
			**** MIDTERM DURING CLASS TIME**** Includes material to end of lecture 11**
• To discuss the gross and functional anatomy of the shoulder and relate structure and function to traumatic and overuse injuries of the shoulder. The mechanism of injury will be related to athlete history and field approach. • To discuss the unique differences in movements and how they contribute to injuries of various overhead sports • To be able to identify possible causes of arm, elbow wrist and hand pain based on history and assessment			
Week 8 Oct 29-2		12	Upper extremity part 1- clavicle, AC & SC
	LAB 7		**Surface anatomy shoulder & structure testing.**
		13	Rotator cuff
Week 9 Nov 5-9		14	Shoulder instability
	LAB 8		**Shoulder dislocations and first aid**
		15	The overhead athlete
• To be able to identify possible causes of spine pain based on history and assessment and postural abnormalities • Be able to discuss current approaches to concussion assessment and those affected			
Week 10 Nov 12-16		16	Upper arm and elbow Injuries
	LAB 9		**Elbow anatomy, structure, muscle stretching, wrist evaluation, finger and thumb ligament stressing, Taping of wrist and thumb.**
		17	Wrist and hand Injuries
Week 11 Nov 19-23		18	The spine part 1
	LAB 10		**Review/catch up**
		19	The spine part 2
Week 12 Nov 26-29		20	Sport dermatology
	LAB 11		**Lab Practical Test 1- 15%- Lower Body**
		21	Maximizing Potential

Week 13 Dec 3-7		22	*****LAB WRITTEN TEST- IN CLASS 15%*****
	LAB 12		**Lab Practical Test 2- 15% Upper Body**
		23	Review

Please make sure you are familiar with the information below!

Course/University Policies

Lateness/Absences: <u>Assignments are due when noted above, and will not be accepted late</u>, except under medical or other compassionate circumstances. Electronic submission of assignments will only be accepted for the Infographic. **<u>Submitting a late assignment without appropriate documentation will result in a zero (0) grade.</u>** Appropriate documentation for assignments should be submitted to the Undergraduate office. **<u>A missed mid-term examination or practical evaluation without appropriate documentation will result in a zero (0) grade.</u>** 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.

Accommodation For Illness:
https://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf
The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities. Students must follow up with their professor and their Academic Counselling office in a timely manner. Documentation for medical requests (which should be obtained at the time of the initial consultation with the physician or walk-in clinic) for accommodation, must be submitted directly within two (2 business days after the end date on the documentation, to the appropriate Academic Counselling office of the student's Faculty/School of registration (KIN Undergraduate Office), not to the instructor.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website:
http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf
Accommodation for other Reasons: Documentation is also required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what

documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for medical requests for accommodation must be submitted within two (2) business days after the end date on the documentation, to the appropriate Academic Counselling Office of the student's Faculty of registration. For KIN students, you may go to the School of Kinesiology in 3M Centre room 2225 NOT to the instructor. It will be the Academic Counselling office that will determine if accommodation is warranted. An "Accommodation Consideration Request Form" found online or in the Kinesiology Undergraduate Office" for ALL accommodation requests must be submitted into the appropriate Academic Counselling office of the student's Faculty/School of registration. 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.
https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf

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 grade 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**. Calculations errors (which do occur!) should be brought to my attention immediately. Note that calculations errors (which do occur!) should be brought to my attention immediately.
At least15% of course grades will be posted by the last day to drop a course.

A+	90-100	*One could scarcely expect better from a student at*
A	80-89	*Superior work that is clearly above average*
B	70-79	*Good work, meeting all requirements and eminently*
C	60-69	*Competent work, meeting requirements*
D	50-59	*Fair work, minimally acceptable.*
F	below 50	*Fail*

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.

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 might 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.

C) **During Exams:** Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

D) **During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

Formatting - 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.

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.

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.
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.

Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

Health and Wellness: As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive membership in Western's Campus Recreation Centre as part of their registration fees.
Further information regarding health and wellness-related services available to students may be found at http://www.health.uwo.ca/.

Students who are in emotional or 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. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: https://uwo.ca/health/mental_wellbeing/education/module.html.

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 & Wellness --* http://www.health.uwo.ca/
3. *Registrar's Office --* *http://www.registrar.uwo.ca/*
4. *Ombudsperson Office --* *http://www.uwo.ca/ombuds/*

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 https://www.uwo.ca/univsec/pdf/board/code.pdf

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf