

## Introduction to Athletic Injuries

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**Office Hours: Daily 7 am-2 pm by appointment**

**Class Times and Location:**      **Lecture – Room TBA**  
**Tuesday 10:30 – 11:20**  
**Thursday 9:30 – 11:20**

### **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 and team support topics. Initial treatments, guidelines for referral, return to sport, and ways to maximize performance will also be discussed.

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

“Unless you have either the requisites for this course or written special permission from your Dean to enrol in it, you will be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary pre-requisites.”

**Textbook:** I do not lecture from the text. Recommended as a good resource for those who want to continue in this field.

**Prentice W.E. Arnheim’s Principles of Athletic Training, 14<sup>th</sup> Edition, McGraw Hill, Toronto, 2011**

**Marks:**      **25% Midterm Test 1- 1 hour**  
**30% Midterm Test 2- 1.5 hours**  
**40% Final Exam**  
**5% Participation/in-class pop quizzes date and number will vary**

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.”

## Proposed Schedule of Topics\*

Lecture #	Proposed Topic
1	Introduction Primary & Secondary Prevention
2	Athletic Equipment - Design and Fitting Shoe - Design and Fitting
3	Emergency Action Planning
4	Tissue Types and Injuries
5	Injury response- Use of heat and Cold
6	Pre-participation Examination Medical conditions to look out for <b>(End of content for mid-term test 1)</b>
7	Concussion Myths Busted!
8	Field and Sideline Assessment Techniques Neck Injuries
<b>Term test 1 - 25% During class time - 50 mins Room TBA</b>	
9	Head, Face and Throat Injuries
10	Selective Tissue Tension testing
11	AC, SC, Clavicle Injuries and Shoulder injuries
12	Shoulder part 2 and Soft tissue case review
13	Posture Lower Limb Alignment and Mechanics Foot
14	Foot injuries #1
15	Ankle Injuries #2
16	<b>Chronic knee injuries(End of content for mid-term test 2)</b>
<b>Term Test 2 - 30% - During Class Time - 1.5 hours Room TBA</b>	
17	Acute Knee injuries
18	Hip Injuries
19	Exam Take-up
20	Heat and cold Pediatric injuries
21	Chest thorax
22	Special topics
23	Catch-up/Review

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**Topics and dates may vary by term.**

## 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:** Whenever possible, 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 Counseling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate *Academic Counseling Office* of the student's Faculty/School of registration 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. 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) 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. 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.

6. **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.

7. 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.

8. 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/>