Western University Faculty of Health Sciences School of Kinesiology KINESIOLOGY 3336A Introduction to the Practical Aspects of Athletic Injuries

Dave Humphrey	/S		
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Office Hours:	l am happ appointm	•	n you daily 7:00 am - 2:30 pm by
Class Times and	Location:	Lecture	2 hours

Labs

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.

2 hours

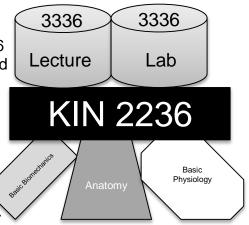
My Course Description:

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.

or equivalent.

Kinesiology 222a/b or Anatomy 221

Kinesiology 241a/b and Kinesiology 236b



Textbook:

Pre-requisites*:

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

Buyer beware-This is a good reference text, but I do not teach from the textbook Prentice W.E. Principles of Athletic Training, 14th Edition, McGraw Hill, Toronto, 2011

Mark:	Midterm Te	st –(during class time)		- 25%
	Lab Mark:	Practical 1 –week of	-15%	
		Practical 2 –week of	-15%	
		Lab test written –(last week	in class) -15%	
	Lab Total			- 45%
	Final Writte	en Exam		- 30%
PRACTIC	<u>AL EXAMS:</u>			

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

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

ass ma stu • To anl	sessment strateg nual muscle test dy from lab book familiarize the st	ies includir ing by appl :) udent with	nonstrate an understanding of general ng subjective/history, selective tissue tension and ying the theory to contrived injuries (review/self- gross and functional anatomy of the foot and tency of structure testing by performing tests on
Week 1		Lec. 1	Introduction to course, course outline and evaluation criteria. Ankle Review
	LAB 1		Ankle Surface Anatomy & Testing part 1
		2	Heat/ice and STTT
			and compartments of the lower leg including and compartment syndrome.
Week 2		3	Lower leg injuries part 1- High ankle sprains
Week 2	LAB 2		Ankle Part 2
		4	Lower leg injuries part 2- Achilles tendon injuries and calf strains
Week 2		5	Compartment problems of the lower leg.
Week 3	LAB 3		Lower Leg (Achilles, Compartments, etc)
		6	On-field and side-line assessment
 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. 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. 			
		7	Knee structure and functional anatomy
Week 4	LAB 4		Lower leg part 2 and Knee part 1
		8	Acute knee injuries
		9	Acute knee injuries part 2
Week 5	LAB 5	10	Knee special tests
		10	Thigh Conditions

stru			tional anatomy of the hip, thigh and relate natic and overuse injuries.	
			Thanksgiving	
Week 6	Drop in		Drop in lab time on Wednesday	
		11	Hip, groin and pelvis Injuries	
		12	Upper extremity part 1- clavicle, AC & SC	
Week 7			Hip, groin and pelvic injuries	
week /			** MIDTERM DURING CLASS TIME****	
			Includes material to end of lecture 11	
stru me • To inju • To	ucture and func chanism of inju discuss the uni iries of various be able to iden	tion to traum ry will be rel que differen overhead sp tify possible	tional anatomy of the shoulder and relate natic and overuse injuries of the shoulder. The lated to athlete history and field approach. ices in movements and how they contribute to ports causes of arm, elbow wrist and hand pain based	
011	n history and assessment			
	LAB 7		Surface anatomy shoulder & structure testing.	
Week 8		14	Shoulder instability	
		15	The overhead athlete	
LAB 8			Shoulder dislocations and first aid	
Week 9				
Week 9		16	Upper arm and elbow Injuries	
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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

See <u>https://studentservices.uwo.ca/secure/index.cfm</u> 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.

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." <u>*This policy does NOT apply to mid-term examinations</u>. 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 PROFICENCY 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 -- <u>http://www.uwo.ca/ombuds/</u>