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

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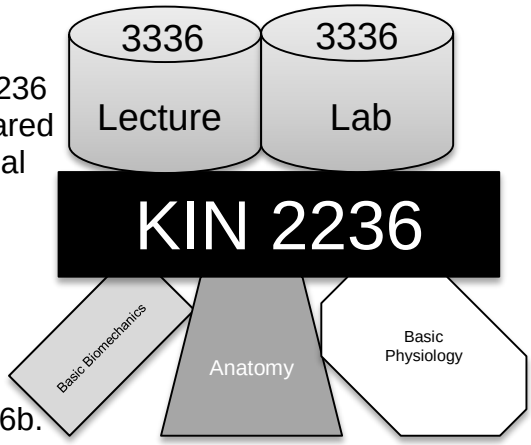
**Email:** **dhumphr4@uwo.ca**
**Office Hours:** **I am happy to meet with you daily 7:00 am - 2:30 pm by appointment**

**Class Times and Location:** **Lecture** **2 hours**
**Labs** **2 hours**

## 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

**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

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|---|---|---|---|
| **Mark:** | **Midterm Test –(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 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</td><td></td><td>Lec. 1</td><td>Introduction to course, course outline and evaluation criteria.<br>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</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</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>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</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 rowspan="3">Week 5</td><td></td><td>9</td><td>Acute knee injuries part 2</td></tr>
<tr><td>LAB 5</td><td></td><td>Knee special tests</td></tr>
<tr><td></td><td>10</td><td>Thigh Conditions</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** | | | Thanksgiving |
| | **Drop in** | | **Drop in lab time on Wednesday** |
| | | 11 | Hip, groin and pelvis Injuries |
| **Week 7** | | 12 | 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.<br>• To discuss the unique differences in movements and how they contribute to injuries of various overhead sports<br>• To be able to identify possible causes of arm, elbow wrist and hand pain based on history and assessment | | | |
| **Week 8** | | 13 | Rotator cuff |
| | **LAB 7** | | **Surface anatomy shoulder & structure testing.** |
| | | 14 | Shoulder instability |
| **Week 9** | | 15 | The overhead athlete |
| | **LAB 8** | | **Shoulder dislocations and first aid** |
| | | 16 | Upper arm and elbow Injuries |
| • To be able to identify possible causes of spine pain based on history and assessment and postural abnormalities<br>• Be able to discuss current approaches to concussion assessment and those affected | | | |
| **Week 10** | | 17 | Wrist and hand Injuries |
| | **LAB 9** | | **Elbow anatomy, structure, muscle stretching, wrist evaluation, finger and thumb ligament stressing, Taping of wrist and thumb.** |
| | | 18 | The spine part 1 |
| **Week 11** | | 19 | The spine part 2 |
| | **LAB 10** | | **Review/catch up** |
| | | 20 | Concussions |
| **Week 12** | | 21 | Sport dermatology |
| | **LAB 11** | | **Lab Practical Test 1- 15% (Lab 1-6)** |
| | | 22 | Maximizing potential- Special topics |
| **Week 13** | | 23 | ***LAB WRITTEN TEST- IN CLASS 15%*** |
| | **LAB 12** | | **Lab Practical Test 2- 15% (Lab 7-10)** |
| | | 24 | Review |

# 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.

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 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 -- http://www.uwo.ca/ombuds/