

School of Kinesiology
 Faculty of Health Sciences
 Western University

**KIN 4437B – Medical Issues in Exercise and Sport
 Winter 2019**

Instructor:	Dr Lisa K Fischer	Office:	FKSMC 3M Centre
Location:	FIMS & Nursing Bldg FNB-1220	Office Hours:	by appointment only
Lectures:	Mon. 12:30PM-2:30PM	Phone:	519-661-2111 x 88937 (Kristen)
		Email:	kelston@uwo.ca
TA:	TBD		
Email:	TBD		

Contacting the Instructor: Students are encouraged to speak with their instructor during class. Should you wish to meet with the instructor outside of class, please call or email Kristen Elston to set up an available time.

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course Description:

An introduction to a very broad range of selected medical topics relating to the diagnosis, treatment and rehabilitation for the active individual ranging from the “weekend warrior” to the elite or professional athlete. The medical topic focus will give students an exposure to various aspects of care as it related to exercise and sport participation.

My Course Description:

This course is meant to provide the student with an introduction to various medical issues that may be relevant to sport and exercise medicine. By the end of the course, the student will have an understanding of some selected medical issues that may affect an athlete. This course is NOT a musculoskeletal course.

Anti-requisite(s)! Pre-requisite(s)! Co-requisite(s)

You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from the course department to enroll in it, you may 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 prerequisites.

Course Format: This is a lecture-based course run by Dr. Fischer, with occasional guest speakers who may share their expertise. Each student will also be responsible for presenting a short presentation on an assigned medical issue.

Monday 12:30pm-2:30pm – FIMS & Nursing Building Room FNB-1220

Topics will include

Date	Topic	Readings (Posted on OWL)
Mon Jan 7	Course Intro – Emergency Sideline Care of the Athlete	
Mon Jan 14	Concussion in sport/Post Concussion Syndrome & Rehab; Discussion 2 min – 2 people – 2 slides format	
Mon Jan 21	Dermatology & Infectious Disease	
Mon Jan 28	Thermoregulation	
Mon Feb 4	Medical Issues in the Endurance Athlete	
Mon Feb 11	Mid-Term Exam	
Mon Feb 18	NO CLASS –READING WEEK	
Mon Feb 25	Athlete with Disability	
Mon Mar 4	Diabetes	GROUP 1 PRESENTATION
Mon Mar 11	Travel Medicine – Guest Speaker r	GROUP 7 PRESENTATION
Mon Mar 18	Exercise is Medicine	
Mon Mar 25	Doping in Sport	
Mon Apr 1	Exercise & Pregnancy/RED-S & Female Athlete Triad	
Mon Apr 8	Wrap-Up LAST DAY OF CLASSES	FINAL Exam - TBD

NOTE – *the course content and scheduling may be modified depending on class need, availability*

Required Materials: - Text Book – “Peter Brukner and Karim Khan “Clinical Sports Medicine”
4th edition, McGraw-Hill
Additional selected reading to supplement lectures from OWL

Learning Objectives:

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

1. **Identify and delineate** theoretical terms, concepts, and philosophies related to
...(Knowledge)
2. **Compare and contrast** theoretical approaches to sport-in-development. (Analysis)
3. **Synthesize** research and theoretical knowledge as it relates to a particular research topic.
(Comprehension)

4. **Develop** skills in presentations pertaining to each student's particular area of interest (Application)
5. **Further develop** abilities to *critically reflect* upon own learning and relate to the topics discussed in class. (Reflection)

Course Evaluation Summary: (this is an example)

1. Two (2) Minutes – 2 Slides Presentations	15%
2. Mid Term Exam (Feb 11/19)	40%
3. Final Exam (April – TBD)	45%

Course Evaluation Details:

6. Two Minutes – Two Slides (15%)

ALL students are required to present a short educational "vignette" to the class in the form of "Two People, Two minutes, Two slides". Topics will be assigned to each team, covering some area of medicine. Humour is allowed, but the focus must be educational. Each person on the team is required to speak.

Each team will have two minutes MAXIMUM to get the point across. This time line will be STRICTLY enforced by the course coordinator! The team will also be able to make use of two slides ONLY (text, pictures, etc) to back up the oral presentation. A copy of your slides needs to be forwarded to TBC@uwo. the week prior to your presentations. Please forward an electronic copy to kelston@uwo.ca

Be prepared to answer questions on your assigned topic. The purpose of this exercise is to learn to give a succinct presentation within an allowable timeframe, which is educational and interesting.

Don't hesitate to ask for help from the assigned TBC or Kristen Elston who are available to give you assistance. You can find Kristen in Rm 1230C in the Fowler Kennedy Sport Medicine Clinic, or call Kristen at 519.661.3011 ex 88937.

7. Mid-term Examination (40%)

This will be a cumulative mid-term (Sept. 13-Oct.18) and include questions from the two minute – two slides presentations.

8. Final Examination (45%) (Scheduled by Registrar's Office)

The final exam will be cumulative from mid-term to last class (Nov. 1-Dec. 6) and include questions from two minutes – two slides from mid-term on.

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the instructor. 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. Documentation for Accommodation (Illness, Medical/Non-Medical Absences):

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.

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

Documentation is 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. stating specific reasons and dates. 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

https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf 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.

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.

15% of course grades will be posted by the last day to drop a course.

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

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) 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. Please keep all electronic devices on silent and avoid distracting classmates. .

8. **Electronic Device Usage:**

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.

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. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. 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.**

9. **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. Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.mcintoshgallery.ca/>

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/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

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

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/>