

Western University
Faculty of Health Sciences
School of Kinesiology

KIN 3336A - An Introduction to the Practical Aspects of Athletic Injuries
Fall 2019

<p>Instructor: Dave Humphreys Office: Arts & Humanities Bldg Rm 3R12C Email: dhumphr4@uwo.ca Phone: 519/661-2111 x82685 Office Hrs: 7 am -2pm by appointment</p> <p>TAs: @uwo.ca @uwo.ca</p>	<p>Lectures: MoWe 8:30am - 9:30am Room: Physics & Astronomy Bldg Rm 117</p> <p>Lab 002 Th 2:30pm - 4:30pm ~AHB 2B15 003 We 9:30am 11:30am ~AHB 2B15</p>
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NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course Description (including prerequisites/anti-requisites):

The purpose of this course is to provide an introduction to the recognition, initial assessment, care and methods of prevention of injuries commonly occurring in sport. The practical skills of methods of assessment and adhesive strapping are emphasized in the labs.

Prerequisite(s): [Kinesiology 2222A/B](#) or [Health Sciences 2300A/B](#) or [Health Sciences 2330A/B](#) or [Anatomy and Cell Biology 2221](#) or the former Anatomy and Cell Biology 3319; and [Kinesiology 2241A/B](#), each with a minimum grade of 60%; [Kinesiology 2236A/B](#) with a minimum grade of 78%, and proof of recent certification in St. John's Ambulance First Aid or equivalent and Cardiopulmonary Resuscitation.

Extra Information: 2 lecture hours, 2 laboratory hours.

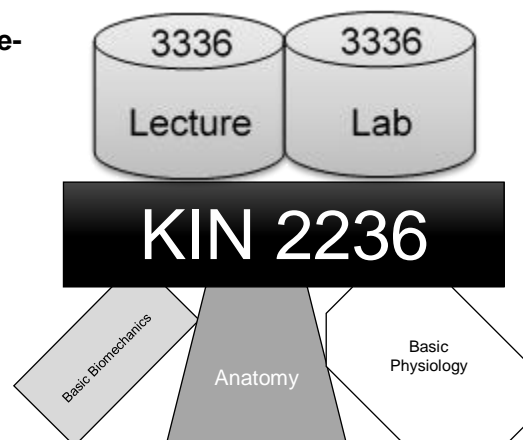
You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

Unless you have either the requisites for this course or written special permission from your Dean 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.

NOTE: If you wish to enrol in this course without the stated pre-requisite(s), you must obtain written approval from the course instructor. The approval should then be forwarded to your academic counsellor.

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.



Learning Outcomes/Schedule:

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

<ul style="list-style-type: none"> 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 			
Week 1	Sept 9	Lec. 1	Introduction to course, course outline and evaluation criteria. Ankle Review
	LAB 1		Sport Craft 1.0 Introduction to taping and wrapping. Acute and return to play ankle taping
	Sept 11	2	Heat/ice STTT
<ul style="list-style-type: none"> Identify and assess structures and compartments of the lower leg including Achilles tendon injuries and compartment syndrome. 			
Week 2	Sept 16	3	Lower leg injuries part 1- High ankle sprains
	LAB 2		Sport Craft 2.0 Foot, hip and groin- taping and wrapping.
Week 3	Sept 18	4	Lower leg injuries part 2- Achilles tendon injuries and calf strains
	Sept 23	5	Compartment problems of the lower leg.
	LAB 3		Sport craft 3.0 shoulder, elbow, wrist and hand taping.
	Sept 25	6	On-field and side-line assessment
<ul style="list-style-type: none"> 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. 			
Week 4	Sept 30	7	Knee Structure & Functional Anatomy
	LAB 4		Foot/Ankle anatomy, structural testing and on-field assessment.
Week 5	Oct 2	8	Acute Knee Injuries
	Oct 7	9	Acute knee injuries Part 2
	LAB 5		Knee Anatomy, structural testing and on-field assessment.
Week 6	Oct 9	10	Thigh Injuries - Hamstrings and Quads
	To discuss the gross and functional anatomy of the hip, thigh and relate structure and function to traumatic and overuse injuries.		
	Oct 14		Thanksgiving
	Oct 16/17		Lab Practical Test 1- 15%- Taping and Wrapping Skills Assessment
	Oct 16	11	Hip and Groin Injuries

Week 7	Oct 21		** MIDTERM DURING CLASS TIME**** Includes material to end of lecture 11
	LAB 7		Sport Craft 4.0- Stop the bleed!
	Oct 23	13	Upper extremity part 1- clavicle, AC & SC
<ul style="list-style-type: none"> • 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 28	14	Rotator Cuff
	LAB 8		Thigh, hip and pelvis anatomy, structural testing and assessment.
	Oct 30	15	Shoulder Instability
Reading Week November 4-10			
Week 9	Nov 11	16	The overhead athlete
	LAB 9		Shoulder and C-spine Anatomy, structural testing and on-field assessment.
	Nov 13	17	Upper arm and elbow Injuries
<ul style="list-style-type: none"> • 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 18	18	Wrist and hand Injuries
	LAB 10		Elbow wrist and hand, structural testing and assessment.
	Nov 20	19	The spine part 1
Week 11	Nov 25	20	The Spine Part 2
			Lab review/catch up
	Nov 27	21	Sport dermatology
Week 12	Dec 2	22	***Lab Written Test- in class 15%***
	Dec 4 and 5		Lab Practical Test 2- 15% Injury Assessment and Treatment skills
	Dec 4	24	Maximizing potential

Required Course Material/Text:

Humphreys, Dave. Kin 3336A/B Laboratory Guide Book - 2019

All fill in the blank notes and readings will be posted on OWL.

Course Evaluation: All evaluations will take place within scheduled lab or lecture times.

Midterm Test	Short answer	25%
Lab Mark:	Taping Practical 1 –week 6	15%
	Practical 2 –week 12	15%
	Lab written test –week 12	15%
Lab Total		45%
Final Written Exam- Cumulative with equal representation MCQ		30%

There will be no re-writes for missed midterms or exams. Instead, upon approval, your weighting on FUTURE midterms/finals will be adjusted.

Assignments are due as stated in the course syllabus and will not be accepted late, except under medical or other compassionate circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. A missed mid-term examination, without appropriate documentation will result in a zero (0) grade. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents, illness or death) or similar circumstances

Course/University Policies

1. Statement on Use of Personal Response Systems (“Clickers”)

If Personal Response Systems (“Clickers”) are used in the course, a reference to the Guidelines for their use (Guidelines are shown below). Instructors are to communicate clearly to students information on how clickers are used including: how the student’s privacy will be protected, how clickers may be used by the instructor for data gathering and for evaluating the students, and why they cannot be used by anyone but the student (since the students involved in misuse of a clicker may be charged with a scholastic offence).

2. **Academic 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: https://www.uwo.ca/univsec/pdf/academic_policies/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.

3. 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.**

4. Health and Wellness:

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.

5. 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/>

6. Documentation for Academic Accommodation (Illness, Medical/Non-Medical Absences):

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

- (i) Submitting a Self-Reported Absence (see below for conditions)
- (ii) For medical absences exceeding 48 hours, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner to their Academic Counselling in their Faculty of registration in order to be eligible for Academic Consideration; or
- (iii) For non-medical absences exceeding 48 hours, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to Academic Counselling in their Faculty of registration in order to be eligible for academic consideration. Students are encouraged to contact their Academic Counselling unit to clarify what documentation is appropriate.

Students seeking academic consideration **must communicate with their instructors no later than 24 hours** after the end of the period covered by either the self-reported absence or SMC, or immediately upon their return following a documented absence.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

- a. a maximum of two self-reported absences between September and April and one self-reported absence between May and August;
- b. any absences in excess of the number designated in clause a above will require students to present a Student Medical Certificate (SMC) or appropriate documentation supporting extenuating circumstances to the Academic Counselling unit in their Faculty of registration no later than two business days after the date specified for resuming responsibilities.
- c. The duration of the excused absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;

d. The duration of the excused absence will terminate prior to the end of the 48 hour period should the student undertake significant academic responsibilities (write a test, submit a paper) during that time;

e. The duration of an excused absence will terminate at 8:30 am on the day following the last day of classes each semester regardless of how many days of absence have elapsed;

f. Self-reported absences will not be allowed for scheduled final examinations; for midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;

g. Self-reporting may not be used for assessments (e.g. midterm exams, tests, reports, presentations, or essays) worth more than 30% of any given course;

For medical and non-medical absences that are not eligible for self-reporting Kinesiology students must submit an Academic Consideration Request form found online https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf in addition to an SMC or appropriate documentation in the event of a non-medical absence. 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.

7. **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.

Generally, students can expect some form of feedback on their performance in a course before the drop date.

- November 9th, 2019 (for first term half-courses)
- November 27th, 2019 (for full-year courses)
- March 4th, 2020 (for second term half-or full year courses)

A+	90-100	<i>One could scarcely expect better from a student at this level</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>

Rounding of Grades (for example, bumping a 79 to 80%):

This is a practice some students request. **This practice will not occur here.** The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level, or 'giving away' of marks. Please don't ask me to do this for you; the response will be "please review the course outline where this is presented".

8. **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.

9. 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>