

Western University
Faculty of Health Sciences
School of Kinesiology

**KIN 3336B - An Introduction to the Practical Aspects of Athletic Injuries
Winter 2021**

<p>Instructor: Dave Humphreys Office: Arts & Humanities Bldg Rm 3R12C Email: dhumphr4@uwo.ca Phone: 519/661-2111 x82685 Office Hrs: Friday 10:00-11:00 on Zoom* <small>*Starts at 10 am I will stay on until there is nobody left or 11am</small></p> <p>Doug Stacey dstacey2@uwo.ca</p> <p>TAs: Lecture Info: Ali Pauhl apauhl@uwo.ca Taia MacEachern tmaceac@uwo.ca Adam Pacyga apacyga@uwo.ca</p>	<p>Lectures: Mon. 8:30am - 10:30am on Zoom Instruction Mode: January 10-30, 2022- Online Online lectures (only) to be posted in OWL January 31-April 7- TBA</p> <p>Lab January 10-30, 2022- Online January 31-April 7- TBA</p> <p>Video Labs posted in OWL.</p> <p>Live drop-in online lab Q and A/ demonstrations. TBA</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

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](#)

Extra Information: 2 lecture hours, 2 laboratory hours.

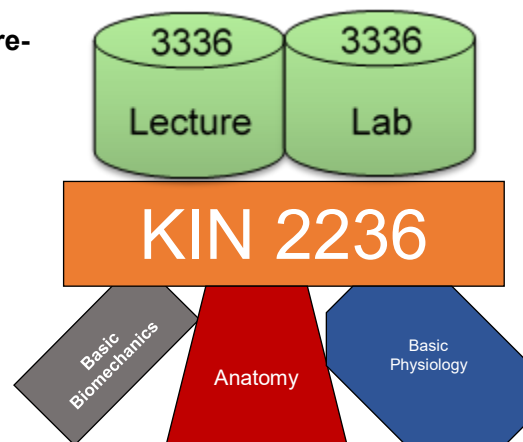
You are responsible for ensuring that you have successfully completed all course pre-requisites, and that you have not taken an anti-requisite course.

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 enroll 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.

<p>Week 1 Lecture Outcomes</p> <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 injury scenarios. 		
Week of Jan 10	Lecture	Introduction to course, course outline and evaluation criteria. Assessment strategies, STTT and basic treatment review
	Lab	Foot, ankle and knee surface anatomy basics video lab
<p>Week 2 Lecture Outcomes</p> <ul style="list-style-type: none"> Review the use of heat and cold modalities as they apply to tissue healing. Review the gross and functional anatomy of the foot and ankle and develop an understanding of structure testing in this area 		
Week of Jan. 17	Lecture	Heat and Cold. Foot and Ankle injuries
	Lab	Sport Craft 1.0 Introduction to taping and wrapping. Acute and return to play ankle taping video lab
<p>Week 3 Lecture Outcomes.</p> <ul style="list-style-type: none"> Identify and assess structures and compartments of the lower leg including Achilles tendon injuries and compartment syndrome. 		
Week of Jan. 24	Lecture	Lower leg injuries
	Lab	Sport Craft 2.0 Taping 2- Foot, wrist and hand
<p>Week 4 Lecture Outcomes</p> <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 of Jan 31	lecture	The Knee
	Lab	SCAT5 Review and SCAT 5 ZOOM Partner Testing
<p>Week 5 Lecture Outcomes</p> <ul style="list-style-type: none"> To discuss the gross and functional anatomy of the hip, thigh and groin and relate structure and function to traumatic and overuse injuries. 		
Week of Feb 7	Lecture	Thigh, hip and groin Injuries
	Lab	Sport Craft 3.0 Tensoring and Slings Surface anatomy Review
<p>Week 6 lecture outcomes</p> <ul style="list-style-type: none"> To test your knowledge of all lecture content to date. <p>Lab outcomes</p> <ul style="list-style-type: none"> Be able to discuss current approaches to concussion assessment Become confident with acute assessment and side-line decision making 		
Week of Feb 14	Lecture	Midterm Test – All content from weeks 1-5 During Lecture timeslot
	Lab	CLINICAL AND ASSESSMENT SKILLS 1.0 Foot, Ankle and Knee structural testing and on-field assessment.

Week of
Feb 21

Reading Week

Week 7 Lecture Outcomes

- To understand the gross and functional anatomy of the shoulder and how it relates to traumatic and overuse injuries of the shoulder.
- The mechanism of injury will be related to athlete history and field approach.

Week of Feb 28	Lecture	Shoulder 1
	Lab	ASSESSMENT SKILLS 2.0 Thigh, hip and pelvis structural testing and assessment

Week 8 Lecture Outcomes

- To understand the gross and functional anatomy of the shoulder and how it relates to traumatic and overuse injuries of the shoulder.
- The mechanism of injury will be related to athlete history and field approach.

Week of March 7	Lecture	Shoulder 2
		Taping and wrapping practical test

Week 9 Lecture Outcomes

- To discuss the unique differences in shoulder movements and how they contribute to injuries in various overhead sports

Week of March 14	Lecture	Arm and elbow
	Lab	CLINICAL AND ASSESSMENT SKILLS 3.0. C-spine and shoulder structural testing and on-field assessment

Week 10 Lecture Outcomes

- To be able to identify possible causes of arm, elbow wrist and hand pain based on history and assessment

Week of March 21	Lecture	The Spine Part 1
	Lab	CLINICAL AND ASSESSMENT SKILLS 4.0 Elbow wrist and hand, structural testing video lab

Week 11 Lecture Outcomes

- To be able to identify possible causes of spine pain based on history and assessment and postural abnormalities
- Discuss local and global muscle support

Week of March 28	Lecture	The Spine Part 2 and Stretching
	Lab	CLINICAL AND ASSESSMENT SKILLS 5.0. Practical Stretching 101 and lab review

Week 12 Outcomes

- Test your knowledge and prepare for final

Week of April 4th	Lecture	Lab written assessment during lecture timeslot
	Lab	Lab Practical Assessment - Injury assessment and treatment skills

Required Course Material/Text:

None

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	February 14	25%
Lab Mark:		
Taping Practical 1*	Week of March 7	15%
Assessment practical*	Week of April 4th	15%
Lab written test	April 4th	15%
Lab Total		45%
Final Written Exam- Cumulative Date and Time TBA		30%

*Dates of practicals may be modified to allow for in-person assessments.

Midterm, Lab written and Final Exam format TBD. If online assessments are used, remote proctoring will be utilized. Please see these resources <https://remoteproctoring.uwo.ca/>

A missed assessment, 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 In Person 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. Accommodation, Illness Reporting and Academic Considerations:

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

Accommodation Policies

Students with disabilities work with Accessible Education (formerly SSD) which provides recommendations for accommodation based on medical documentation or psychological and cognitive testing. The accommodation policy can be found here: [Academic Accommodation for Students with Disabilities](#).

Academic Consideration for Student Absence

<https://www.uwo.ca/fhs/kin/undergrad/academic/consideration/index.html>

Students will have up to two (2) opportunities during the regular academic year to use an on-line portal to self-report an absence during the term, provided the following conditions are met: the absence is no more than 48 hours in duration, and the assessment for which consideration is being sought is worth 30% or less of the student's final grade. Students are expected to contact their instructors within 24 hours of the end of the period of the self-reported absence, unless noted on the syllabus. Students are not able to use the self-reporting option in the following circumstances:

- for exams scheduled by the Office of the Registrar (e.g., December and April exams)
- absence of a duration greater than 48 hours,
- assessments worth more than 30% of the student's final grade,
- if a student has already used the self-reporting portal twice during the academic year

If the conditions for a Self-Reported Absence are *not* met, students will need to provide a Student Medical Certificate if the absence is medical, or provide appropriate documentation if there are compassionate grounds for the absence in question. Students are encouraged to contact their Faculty academic counselling office to obtain more information about the relevant documentation.

Students are reminded that they should consider carefully the implications of postponing tests or midterm exams or delaying submission of work, and are encouraged to make appropriate decisions based on their specific circumstances.

Students should also note that individual instructors are not permitted to receive documentation directly from a student, whether in support of an application for consideration on medical grounds, or for other reasons. **All documentation required for absences that are not covered by the Self-Reported Absence Policy must be submitted to the Academic Counselling office of a student's Home Faculty.**

For Western University policy on Consideration for Student Absence, see [Policy on Academic Consideration for Student Absences - Undergraduate Students in First Entry Programs](#)

and for the Student Medical Certificate (SMC), see:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf.

Religious Accommodation

Students should consult the University's list of recognized religious holidays, and should give reasonable notice in writing, prior to the holiday, to the Instructor and an Academic Counsellor if their course requirements will be affected by a religious observance. Additional information is given in the [Western Multicultural Calendar](#).

7. **Examination Conflicts:** A student with examinations having flexible submission times (e.g., where one or more examination is a take-home examination) cannot request alternative arrangements unless a conflict cannot be avoided by rescheduling writing the exam to a different time within the window specified by the instructor. This applies to direct conflicts as well as “heavy load” conflicts (e.g., three exams within a 23-hour period). The student should discuss any concerns about a potential conflict and/or request accommodation with their academic counselling unit prior to the deadline to drop a course without academic penalty

In the case of online examinations, an “Examination Conflict Room,” which may be assigned when a student is scheduled to write two proctored exams concurrently, will be interpreted as arrangements for continuous proctoring.

8. **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.

At least three days prior to the deadline for withdrawal from a 1000- or 2000-level course without academic penalty, students will receive assessment of work accounting for at least 15% of the final grade.

- November 12th, 2021 (for first term half-courses)
- November 30th, 2021 (for full-year courses)
- March 14th, 2022 (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".

Contingency Plan for an In-Person Class Pivoting to 100% Online Learning: In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will **not** change. Any remaining assessments will also be conducted online as determined by the course instructor

9. **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.

10. **Online Etiquette:** Some components of this course will involve online interactions. To ensure the best experience for both you and your classmates, please honour the following rules of etiquette:

- please "arrive" to class on time
- please use your computer and/or laptop if possible (as opposed to a cell phone or tablet)
- ensure that you are in a private location to protect the confidentiality of discussions in the event that a class discussion deals with sensitive or personal material
- to minimize background noise, kindly mute your microphone for the entire class until you are invited to speak, unless directed otherwise
- [suggested for classes larger than 30 students] In order to give us optimum bandwidth and web quality, please turn off your video camera for the entire class unless you are invited to speak
- [suggested for cases where video is used] please be prepared to turn your video camera off at the instructor's request if the internet connection becomes unstable
- unless invited by your instructor, do **not** share your screen in the meeting

The course instructor will act as moderator for the class and will deal with any questions from participants. To participate please consider the following:

- if you wish to speak, use the "raise hand" function and wait for the instructor to acknowledge you before beginning your comment or question
- remember to unmute your microphone and turn on your video camera before speaking
- self-identify when speaking.
- remember to mute your mic and turn off your video camera after speaking (unless directed otherwise)

General considerations of "netiquette":

- Keep in mind the different cultural and linguistic backgrounds of the students in the course.
- Be courteous toward the instructor, your colleagues, and authors whose work you are discussing.

- Be respectful of the diversity of viewpoints that you will encounter in the class and in your readings. The exchange of diverse ideas and opinions is part of the scholarly environment. “Flaming” is never appropriate.
- Be professional and scholarly in all online postings. Cite the ideas of others appropriately.

Note that disruptive behaviour of any type during online classes, including inappropriate use of the chat function, is unacceptable. Students found guilty of Zoom-bombing a class or of other serious online offenses may be subject to disciplinary measures under the Code of Student Conduct.

11. 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>