

Western HealthSciences

School Of Kinesiology Kin 2236B- Introduction to Athletic Injuries Winter 2026

Campus Supports

Western University is committed to a **thriving campus**. For help with:

- Both physical and mental health, go to [Wellness & Wellbeing](#)
- Studying with disabilities, go to [Accessible Education](#)
- Writing skills, go to the [Writing Support Centre](#)
- Learning skills and strategies, go to [Learning Development & Success](#)
- Contacting the ombudsperson, go to the [Office of the Ombudsperson](#)



Your course coordinator can also **guide you** to available campus resources and/or services.

Technical Requirements

 Stable internet connection  Computer Access

Important Dates

Classes Begin	Reading Week	Classes End	Study day(s)	Exam Period
January 5	February 14-22	April 9	April 10-11	April 12-30

March 30, 2026: Last day to withdraw from a first-term half course without academic penalty

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Contact Information

Course Coordinator/instructor	Contact Information	Office Hours
Dave Humphreys	dhumphr4@uwo.ca	Weekly by appointment

Teaching Assistant(s)	Contact Information	Office Hours
TBA		

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via [OWL Brightspace](#). Download the Brightspace Pulse App to stay up-to-date on course communication and enable your notification settings within “Communications” in the top toolbar. Check the website regularly for course announcements. If you need assistance, visit [OWL Brightspace Help](#) or contact the [Western Technology Services Helpdesk](#). They can be contacted by phone at 519-661-3800 or ext. 83800.

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

Students will be introduced to the most commonly occurring activity injuries. Initial treatments, guidelines for referral, return to sport, and preventative measures will be discussed.

Prerequisite(s): Any of following courses: [Anatomy and Cell Biology 2200A/B](#); [Kinesiology 1060A/B](#); [Kinesiology 2222A/B](#); [Health Sciences 1300A/B](#); [Health Sciences 2300A/B](#); the former Health Sciences 2330A/B; [Nursing 1330A/B](#); the former Anatomy and Cell Biology 2221.

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.

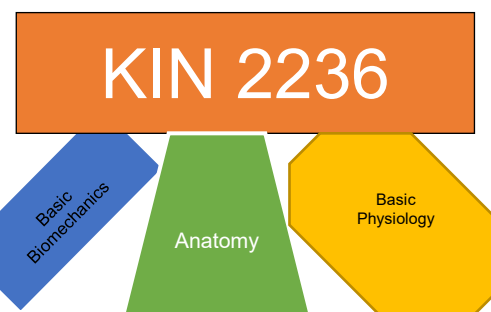
Delivery Mode: In-person

Component	Date(s)	Time
Lecture	Tuesday Thursday	8:30am-10:20 am 8:30-9:20 am

My Course Description

My Course Description:

Students will be introduced to aspects of coverage for activities/athletic teams. This will include important aspects of injury prevention and management, including commonly occurring injuries and team support topics. Initial treatments, guidelines for referral, return to sport, and way to maximize performance will also be discussed.



Learning Outcomes

By the end of this course, students will be able to:

1. **Analyze** the design, fit, and function of athletic equipment and footwear to determine their role in injury prevention and performance enhancement.
2. **Explain** and **apply** injury prevention strategies, including emergency action planning, pre-participation examinations, and environmental risk management (e.g., heat, hydration).
3. **Identify, differentiate, and assess** common athletic injuries—such as soft tissue, pediatric, and joint injuries—using basic clinical tools like Selective Tissue Tension Testing.
4. **Describe** and understand basic evaluation of **acute** and chronic musculoskeletal injuries of the upper and lower extremities (e.g., shoulder, knee, ankle, and foot), emphasizing anatomical structures, signs/symptoms, and functional outcomes.
5. **Interpret** postural and biomechanical factors (e.g., lower limb alignment) that contribute to athletic injury risk, and **relate** these findings to injury prevention or intervention strategies.
6. **Distinguish** between various tissue types and their injury mechanisms, and **apply** appropriate treatment (e.g., heat/cold modalities) based on physiological responses.
7. **Recognize** head, neck, chest, and thoracic injuries—including concussions—using evidence-based sideline and field assessment techniques

Course Content and Schedule

Proposed Schedule of Topics*

Lecture #	Date	Proposed Topic
1	January 6	Athletic Equipment - Design and Fitting Shoe - Design and Fitting
2	January 8	Injury Prevention Emergency Action Planning. Weekly Quiz 1
3	January 13	Pre-participation Examination Medical conditions to lookout for Weekly Quiz 2
4	January 15	Pediatric injuries
5	January 20	Tissue Types and Injuries. Weekly Quiz 3
6	January 22	Injury response- Use of heat and Cold (End of content for Term Test 1)
January 27		Term Test 1
7	January 29	(Start of content for term test 2) Selective Tissue Tension Testing Weekly Quiz 4
8	February 3	AC, SC, Clavicle Injuries and Shoulder injuries.
9	February 5	Shoulder Part 2 and Soft tissue case review. Weekly Quiz 5
10	February 10	Posture Lower Limb Alignment and Mechanics Foot. Weekly Quiz 6
11	February 12	Foot injuries #1
	February 14-22	Reading Week
12	February 24	Foot and Ankle #2. Weekly Quiz 7
13	February 26	High ankle sprains (End of content for Term Test 2)
March 3		Term Test 2
14	March 5	Knee anatomy
15	March 10	Acute and chronic knee injuries Weekly Quiz 8
16	March 12	Concussion Myths and Basic Assessment Strategies
17	March 17	Head, Face and Throat Injuries Weekly Quiz 9
	March 19	Term test two take-up!
18	March 24	Field and Sideline Assessment Techniques Neck Injuries Weekly Quiz 10
19	March 26	Chest and Thorax injuries
20	March 31	Heat and Hydration Weekly Quiz 11
21	April 2	Sport Dermatology or Sport Nutrition TBD
22	April 7	Catch-up Weekly Quiz 12
23	April 9	Review

* Topics and dates may vary by term.

Course Materials You Must Acquire and Their Costs

- None

Assessments and Evaluation

Below is the evaluation breakdown for the course. Any deviations will be communicated.

Assessment	Format	Weight	Due Date	Flexibility
Retention Quizzes	Mixed- MCQ, fill in the blank, matching, T/F, etc.	15%	11:00 pm See schedule for dates	Only need to complete 9/12 retention quiz scores ¹ . You can miss up to 3, without penalty. $9 \times 1.66\% = 15\%$
Term Test 1	Mixed Format	25%	Oct. 15	1 make-up ³ . Date TBA
Term Test 2 ²	MCQ and T/F	25%	October 20	Designated Assessment ² 1 Make-up ³ . Date TBA
Final Exam ⁴	Mixed Format	35%	TBA	Not applicable

Notes:

1. This course has 12 Weekly Retention Optimization Quizzes Jan. 8, 13, 20, 29, Feb. 5, 10, 24, March 10, 17, 24, 31 and April 7. Quizzes are meant to be a quick test of the knowledge you have retained from lecture. Your top 9 out of 12 quizzes (total of 15 percent) will be counted toward your final grade. If more than 3 are missed, students will receive a zero on any missed quiz without approved academic considerations. With academic considerations, the weight of that quiz will be distributed across remaining quizzes. You will have 5 attempts at each quiz. You will only be retested on the questions that you answer incorrectly. Try them without your notes. Those who learn new information and test themselves shortly after, have shown better retention rates than those who learn, restudy a few days later and then test themselves. If you have errors, reread that content before retesting. The goal is to understand and bring content forward, vs. stuffing your short-term memory for exams.
2. Designated Assessment: This assessment has been designated as being central to the evaluation of learning outcomes in this course. Accordingly, students must provide documentation for any absence from this evaluation. If you miss this evaluation, you must complete the makeup assessment as follows: Date TBA.
3. A makeup assessment is an extension of the original assessment, and so you will need to present documentation for this assessment, should you need to miss it. Please note that there is only one makeup assessment per Term test. Students approved to miss the makeup will have the weight of this assessment transferred to the cumulative final exam. Students must not provide medical or compassionate documentation to the instructor. Students who miss without approved considerations will receive a zero on this assessment.
4. You cannot use undocumented absences for final exams.
5. Students who miss the midterm/practical and/or the makeup without approved considerations will receive a zero on this assessment.

General information about assessments

- ☒ All retention quizzes are due before 23:00 EST on the date noted
- ☒ After an assessment is returned, students should wait 24 hours to digest feedback before contacting their evaluator; to ensure a timely response, reach out within 7 days. Note that we will take-up the midterm during lab time. This is your chance to review your midterm.
- ☒ Prior to the filing of a written request for relief, students must attempt to resolve the concern regarding a mark or grade through informal consultation with the instructor. If the student is dissatisfied with the decision of the instructor or does not receive a decision from the instructor, a written request for relief must be submitted to the Undergraduate Chair of the School offering this course, within three (3) weeks from the date that the mark was issued.

The table below outlines University-wide grade descriptors.

Letter grade	Number grade	Description
A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work which is clearly above average
B	70-79	Good work, meeting all requirements, and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable
F	below 50	Fail

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

This is a practice some students request. The final grade documented is the grade that you have achieved. 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".

Information about late or missed assessments:

- ☒ Quizzes due by 11:00 pm. You need to complete 9 of 12 for full marks. No make-ups if missed, as flexibility is built-in.
- ☒ For those who are granted academic consideration for a missed Term Test, I will schedule 1 make-up date for each term test. If you are unable to attend the make-up, that percentage will be moved forward to subsequent tests/finals. Please try to avoid missing these. Writing a final worth 60% of your grade can be stressful.
- ☒ A missed Term test, make-up test or Final exam, 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.

If Term tests or Final exam must be moved online, proctoring software will likely be used.

Course-specific conditions:

- ☒ None

INC (Incomplete Standing): If a student has been approved by the Academic Advising Office (in consultation with the instructor/department) to complete term work at a later date, an INC will be assigned. Students with INC will have their course load in subsequent terms reduced to allow them to complete outstanding course work. Students may request permission from Academic Advising to carry a full course load for the term the incomplete course work is scheduled.

SPC (Special examination): If a student has been approved by the Academic Advising Office to write a Special Examination and the final exam is the only outstanding course component, an SPC will be assigned. If the class has a makeup exam, the student is expected to write the makeup exam. If the class doesn't have a makeup exam or the student misses the makeup exam for reasons approved by the Academic Advising Office, the student will write the exam the next time the course is offered. Outstanding SPCs will reduce the course load for the term the exam is deferred as outlined in [Types of Examinations](#) policy

Academic Policies and Statements

Support Services

There are various support services around campus and these include, but are not limited to:

1. Academic Support and Engagement - <http://academicsupport.uwo.ca>
2. Wellness and Well-being - <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

The websites for Registrarial Services (<http://www.registrar.uwo.ca>), and the same for affiliated university colleges when appropriate, and any appropriate Student Support Services (including the services provided by the USC listed here: <http://westernusc.ca/services/>) and the Student Development Services, should be provided for easy access.

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

Statement on Gender-Based and Sexual Violence

Western is committed to reducing incidents of gender-based and sexual violence and providing compassionate support to anyone who has gone through these traumatic events. If you have experienced sexual or gender-based violence (either recently or in the past), you will find information about support services for survivors, including emergency contacts at:

https://www.uwo.ca/health/student_support/survivor_support/get-help.html.

Statement on Harassment and Discrimination

Western is committed to providing a learning and working environment that is free of harassment and discrimination. All students, staff, and faculty have a role in this commitment and have a responsibility to ensure and promote a safe and respectful learning and working environment. Relevant policies include Western's Non-Discrimination/Harassment Policy (M.A.P.P. 1.35) and Non-Discrimination/Harassment Policy – Administrative Procedures (M.A.P.P. 1.35). Any student, staff, or faculty member who experiences or witnesses' behaviour that may be harassment or discrimination **must report the behaviour** to the Western's Human Rights Office. Harassment and discrimination can be human rights-based, which is also known as EDI-based, (sexism, racism, transphobia, homophobia, islamophobia, xenophobia, antisemitism, and ableism) or non-human rights-based (personal harassment or workplace harassment).

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>

Absence from Course Commitments

Students must familiarize themselves with the Policy on Academic Consideration – Undergraduate Students in First Entry Programs

Students missing course work for medical, compassionate, or extenuating circumstances can request academic consideration by completing a request at the central academic consideration portal. Students are permitted one academic consideration request per course per term **without** supporting documentation. Note that supporting documentation is **always** required for academic consideration requests for examinations scheduled by the office of the registrar (e.g., December and April exams) and for practical laboratory and performance tests (typically scheduled during

the last week of the term).

Students should also note that the instructor may **designate** one assessment per course per term that requires supporting documentation. This designated assessment is described elsewhere in this document. Academic consideration requests may be denied when flexibility in assessment has already been included. Examples of flexibility in assessment include when there are assessments not required for calculation of the final grade (e.g. 8 out of 10 quizzes), when there is flexibility in the submission timeframe (e.g. 72 hour no late penalty period), or when timed assessments (e.g., quizzes) are available over an extended period of time (e.g., when you are given a 72 hour time period to start – and finish – the assessment).

Please note that academic considerations in this course are granted by the academic advisors in your home unit and implemented by the instructor of this course in accordance with information presented in this course syllabus. Supporting documentation for academic considerations for absences due to illness should use the [Student Medical Certificate](#) or, where that is not possible, equivalent documentation by a health care practitioner. If your absence relates to accommodations that are already supported by [Accessible Education](#), please work with your accessible education counsellor regarding your missed course work.

Accommodation for Religious Holidays

Students should review the policy for [Accommodation for Religious Holidays](#). Where a student will be unable to write examinations and term tests due to a conflicting religious holiday, they should inform their instructors as soon as possible but not later than two weeks prior to writing the examination/term test. In the case of conflict with a midterm test, students should inform their instructor as soon as possible but not later than one week prior to the midterm.

Special Examinations

A Special Examination is any examination other than the regular examination, and it may be offered only with the permission of the Dean of the Faculty in which the student is registered, in consultation with the instructor and Department Chair. Permission to write a Special Examination may be given on the basis of compassionate or medical grounds with appropriate supporting documents. To provide an opportunity for students to recover from the circumstances resulting in a Special Examination, the University has implemented Special Examination dates. The Faculty of Health Sciences has set School-specific dates for these Special Examinations. Please speak with your instructor about the date on which the Special Examination for this course will be held.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the policy on [Scholastic Discipline for Undergraduate Students](#).

Plagiarism

Student work is expected to be original. Plagiarism is a serious academic offence and could lead to a zero on the assignment in question, a zero in this course, or your expulsion from the university. You are plagiarizing if you insert a phrase, sentence or paragraph taken directly from another author without acknowledging that the work belongs to him/her. Similarly, you are plagiarizing if you paraphrase or summarize another author's ideas without acknowledging that the ideas belong to someone else. All 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 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 (www.turnitin.com).

Use of Artificial Intelligence for the Completion of Course Work

Within this course, you may only use artificial intelligence tools (e.g., “ChatGPT”) in ways that are specifically authorized by the course instructor. All submitted work must reflect your own thoughts and independent written work.

Re-submission of Previously Graded Material

Without the explicit written permission of the instructor, you may not submit any academic work for which credit has been obtained previously, or for which credit is being sought, in another course or program of study in the University or elsewhere.

Use of Statistical Pattern Recognition on Multiple Choice Exams

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.

Accessibility Statement

Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Accessible Education (AE) at 661-2111 x 82147 for any specific question regarding an accommodation or review [The policy on Accommodation for Students with Disabilities](#). If you think you may qualify for ongoing accommodation (e.g. separate room to write exams, flexibility with deadlines, etc.) that will be recognized in all your courses, we encourage you to visit [Accessible Education](#) for more information.

Correspondence Statement

The centrally administered e-mail account provided to students will be considered the individual’s official university e-mail address. It is the responsibility of the account holder to ensure that e-mail received from the University at their official university address is attended to in a timely manner. Students are further expected to attend to announcements presented through Brightspace, and to read emails generated in this way.

Use of Electronic Devices

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 electronic devices (e.g., cell phones, tablets, cameras, smart glass, smart watches, or iPods) during ANY tests, quizzes, midterms, examinations, or other in-class evaluations. **These devices MUST either be left at home or with your belongings at the front of the room. They MUST NOT be at your test/exam desk or in your pocket. Any student found with a prohibited device will be referred for investigation of a Scholastic Offence, per the policy listed above. The typical first-offence penalty for possession of a prohibited device is zero on the test or exam.**

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. 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.

Copyright and Audio/Video Recording Statement

Course material produced by faculty is copyrighted and to reproduce this material for any purposes other than your own educational use contravenes Canadian Copyright Laws. 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.

Contingency Plan for an In-Person Class Pivoting to 100% Online Learning

In the event of a situation that requires this course to pivot to online content delivery, 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 Brightspace 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

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.

Online Proctoring

Tests and examinations in this course may be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide **personal information** (including some biometric data) and the session will be **recorded**. Completion of this course will require you to have a reliable internet connection and a device that meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Academic Appeals and Scholastic Offences

Students can file a **request for relief from academic decisions** if the request is based on one or more grounds listed in the policy. Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services sections of this document.

Students may **appeal** some academic and scholastic disciplinary decisions by a Dean or their designate, to the Senate Review Board Academic (SRBA). Students can read more about the policy [here](#) and a link to the procedures is listed in the Support Services section of this document.