

**School of Kinesiology
Faculty of Health Sciences
Western University
WELCOME TO KINESIOLOGY 3336B!
Introduction to the Practical Aspects of Athletic Injuries**

Dave Humphreys

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Office Hours: I am happy to meet with you daily 7:00 am - 2:30 pm by appointment

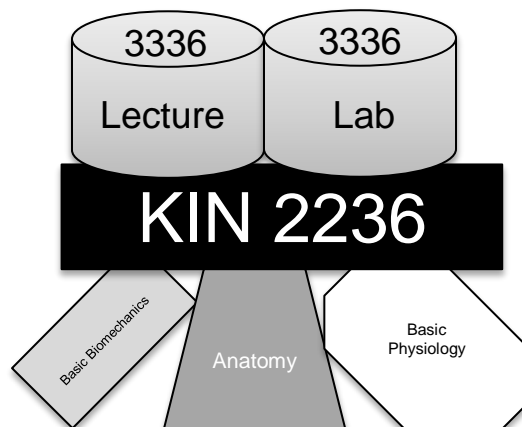
Class Times and Location: **Lecture: 2 hours per week**
Labs: 2 hours per week

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

<u>Mark:</u>	Midterm Test	- 25%
	Lab Mark: Practical 1	-15%
	Practical 2	-15%
	Lab test written	-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.

<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 			
		Lec. 1	Introduction to course, course outline and evaluation criteria. Ankle Review
	LAB 1		Ankle Surface Anatomy & Testing part 1
		2	Heat/ice and STTT
<ul style="list-style-type: none"> Identify and assess structures and compartments of the lower leg including Achilles tendon injuries, MTTP and compartment syndrome. 			
		3	Lower leg injuries part 1- High ankle sprains
	LAB 2		Ankle Part 2
		4	Lower leg injuries part 2- Achilles tendon injuries and calf strains
		5	Compartment problems of the lower leg.
	LAB 3		Lower Leg (Achilles, Compartments, etc)
		6	Ankle 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. 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. 			
		7	Knee structure and functional anatomy
	LAB 4		Lower leg part 2 and Knee part 1
		8	Acute knee injuries

<ul style="list-style-type: none"> To discuss the gross and functional anatomy of the hip, thigh and relate structure and function to traumatic and overuse injuries. 			
		9	Acute Knee injuries Part 2
	LAB 5		Knee Special Tests
		10	Thigh Conditions
		11	Hip, groin and pelvis Injuries 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			
<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 			
		12	Upper extremity part 1- clavicle, AC & SC
	LAB 7		Surface anatomy shoulder & structure testing.
		13	Rotator cuff
		14	Shoulder instability
	LAB 8		Shoulder dislocations and first aid
		15	The overhead athlete
<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 			
		16	Upper arm and elbow Injuries
	LAB 9		Elbow anatomy, structure, muscle stretching, wrist evaluation, finger and thumb ligament stressing, Taping of wrist and thumb.
		17	Wrist and hand Injuries
		18	The spine part 1
	LAB 10		Review/catch up
		19	The spine part 2
		20	Sport dermatology
	LAB 11		Lab Practical Test 1- 15%- Lower Body
		21	Maximizing Potential
		22	***LAB WRITTEN TEST- IN CLASS 15%***
	LAB 12		Lab Practical Test 2- 15% Upper Body
		23	Review

Please make sure you are familiar with the information below!

Course/University Policies

1. **Lateness/Absences: Assignments are due when noted above, 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, if applicable 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, illness or 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:
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.

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. Please see the Office of the Registrar policy on Exam Conflict and Multiple Exam Situations
www.registrar.uwo.ca/examinations/exam_schedule.html

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/>