

MAC EWAN	GRANT MAC EWAN COLLEGE UNIVERSITY STUDIES - PHYSICAL EDUCATION PEDS - 240 INTRODUCTION TO ATHLETIC INJURIES COURSE OUTLINE - WINTER 2009	MAC EWAN
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Instructor: *Dave Kato MA, CSCS,*D*

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Office Hours: *Tuesday and Thursday 0930 - 1045 or by appt.*

Meeting Times *T - Th 1530 - 1700*

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Classroom: *8-211*

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Hours: *(45:22.5:0)*

This course outline serves as a contract between you the student and we the college instructors. You are expected to understand all policies set forth herein, and in the college calendar. Any deviations from this outline will be announced during class time. Students should be familiar with those sections of the college calendar that deals with 'Academic Regulations', 'Special Examinations', 'Grades', 'Academic Progress', 'Records' and 'Rights and Responsibilities'. By enrolling in this class, and by remaining enrolled, there is an implied agreement that you will follow all of the policies in this course outline and the college calendar. As a Grant MacEwan student, you are expected to use and maintain your college e-mail account or link through your college address to your personal or usual e-mail account. You may choose to link (have "auto" forwarded) through your college account to your personal or usual e-mail account. Mail from your instructor will ONLY be sent to your Mymail account!

COURSE OBJECTIVES:

At the end of this course the student will be able to:

- 1) Correctly identify the structures that are often injured in participation in sports
- 2) Correctly identify and understand the mechanism of injury for common injuries incurred in sports
- 3) Provide the appropriate immediate and follow up care for common athletic injuries
- 4) Provide the appropriate support for common athletic injuries where indicated

COURSE FORMAT

This course will be delivered by both lecture and lab. Students will attend a 3 hours of lecture and 1.5 hours of lab per week.

Class attendance is critical and lab attendance is **mandatory**. Only through shared presentations and lab participation can the student begin to appreciate the complexity in the recognition and treatment of injuries in sport. Students absent from scheduled labs with a **valid** excuse are responsible for the material covered in the lab on their *own* time.

TEXTBOOKS:

Arnheim's Principles of Athletic Training 13th Ed. Wm. Prentice (required)
 Sport Medicine Council of British Columbia: Taping and Strapping (1993)**
 Medic First Aid Manual and Heartsaver Level C***

**Purchase of this text will also provide for registration for the Athletic First Aider and Taping Module from the Sport Medicine Council of Alberta. (Recommended)

***Purchase of these manuals will also provide you with the opportunity to obtain your Standard First Aid (OHS II)

COURSE REQUIREMENTS:

Midterm Exam	30%
Lab	30% <i>(The student must pass the lab in order to receive a passing grade in the course.)</i>
	Participation (includes proper attire for labs - see below - 5%)
	Lab Exam - 25%
Final Exam	40%

****Students must also complete Heartsaver Level C CPR during the semester** (Valid for one year)**

Due to the practical nature of the lab, students must come prepared in shorts and t-shirt. Failure to do so may affect your final grade. Attendance and participation in labs will be considered as part of the final lab mark.

EXAMINATIONS

- a) Midterm: **Thursday Feb 26, 2009** - 80 minutes, multiple guess, matching and possible short answer
- b) Lab: **Tuesday April 14, 2009** - Case studies and practical
- c) Final Exam: **Thursday April 23, 2009** - Afternoon - Location - Gym - multiple guess, matching, short answer - ***comprehensive - includes the entire semester***

GRADING SYSTEM

<u>Percentage</u>	<u>Grant MacEwan Scale</u>		<u>Descriptor</u>
95 - 100%	A+	4.0	Superior
90 - 94%	A	4.0	Excellent
85 - 90	A-	3.7	
80 - 84%	B+	3.3	
75 - 79%	B	3.0	Good
70 - 74%	B-	2.7	
65 - 69%	C+	2.3	
60 - 64%	C	2.0	Satisfactory
55- 59%	C-	1.7	
50 - 54%	D+	1.3	
45 - 49%	D	1.0	Minimal Pass
0 - 44 %	F	0.0	Failure
	I		Incomplete

Note:

Official final grades can be accessed through Web Advisor. Grant MacEwan College adheres to the Alberta Common Grading Scheme, which is a letter grade system. While instructors may use percentages to aid in their grade development, only the letter grade will appear on transcripts.

A minimum grade of C- is required to receive transfer credit or to satisfy a prerequisite for a higher level course.

Any change in the exam or assignment schedule will be announced in class and posted

STUDENT RESPONSIBILITIES:**ACADEMIC INTEGRITY:**

All forms of student dishonesty are considered unacceptable. The College policy on academic integrity is available at www.macewan.ca/academicintegrity. Cheating and plagiarism are serious offenses. The minimum academic penalty for violation of college policy on academic integrity will be a grade of zero on the exam, test, report, or assignment, and possibly an F in the course. No opportunity will be given to replace the grade or redistribute the weights. **Any** such offense will be reported to the College's *Office of Academic Integrity* to determine if further disciplinary action needs to be taken.

PLAGIARISM IS DISHONEST, IT IS CHEATING AND IT EARNS AN IMMEDIATE GRADE OF ZERO!!!

REGISTRATION STATUS:

You are responsible for your registration status at the College. Program Advisors may assist you with the process of registration, including adding or dropping of courses, but it is your responsibility to verify that these changes have been officially completed. This verification can be done at any time using Web Advisor. You should check your official registration status before the last date to officially withdraw from the course.

WITHDRAWING FROM THE COURSE

If you stop attending class you must complete a Course Drop Form, have it signed by a Science Program Advisor, and submit it to the Registrar's Office by the last day to withdraw as provided in the Academic Schedule in the College Calendar. Failure to officially withdraw will result in a grade being assigned based on course work completed. Late withdrawals are only allowed for exceptional circumstances. The last day to withdraw without academic penalty is **Friday March 20, 2009**.

EXAMS:

Your student photo I.D. is required at exams. It is at the discretion of the instructor whether you will be allowed to write the exam if you arrive over 15 minutes after the exam has begun. You must remain in the exam room for at least 20 minutes from the time it commenced. Electronic equipment (iPods, cell phones, etc.), other than calculators that have been approved by the instructor, is not allowed to be used during exams. Permission to use the washroom during exams is at the discretion of the instructor and may require accompaniment.

MISSED TERM EXAMS:

If you miss a term exam you must provide the instructor with an explanation within 24 hours or a grade of zero may be given. Notification may be provided through email, voice mail, or direct contact with the instructor. Official documentation as to why the exam was missed will be needed to assess whether a make-up exam or pro-rating of the course grade will be allowed. Medical excuses must include the date

you were examined, the specific dates for the period of the illness, a clear statement indicating that the severity of the illness prevented you from attending school or work, and the signature of the examining physician (a signature by office staff on behalf of the physician is not acceptable). Medical notes obtained subsequent to the date of the exam are generally not accepted. A grade of zero will be given if the instructor considers the excuse inappropriate or inadequately substantiated.

DEFERRED FINAL EXAMS:

A deferred exam will be granted if you miss the final lecture exam for reasons considered by the Science Department to be unavoidable (deferred exams do not apply to term or lab exams). An application for a deferred exam must be provided to the Science Department within 48 hours from the date of the missed final exam. Application forms are available from the Science Department Office and must be submitted with appropriate documentation. You should advise the instructor prior to the exam if you know beforehand that you will be unable to attend the scheduled exam time. Deferred exams are granted by a Chair in the Science Department, not by the course instructor.

LATE OR MISSED ASSIGNMENTS

Assignments submitted late are subject to a penalty of **1 mark per day**. Assignments are expected to be submitted at the beginning of the class on which they are due.

STUDENTS WITH DISABILITIES

Students with disabilities who may have special requirements in this course are advised to discuss their needs with Services to Students with Disabilities located in the Student Resource Centre. You should advise the course instructor(s) of any special needs that are identified. See Policy E3400 Students with Disabilities.

MISCELLANEOUS ISSUES

Cell phones are to be turned off during lectures, labs, seminars, and exams (except under exceptional circumstances in which approval has been given by the instructor).

DISCLAIMER:

The information in this Course Outline is subject to change; any changes will be announced and distributed to the class or, if applicable, in the laboratory.

TOPIC OUTLINE - Tentative

UNIT I INTRODUCTION - INJURY PREVENTION

- role of the athletic trainer
- trilogy of athletic training
- conditioning
- lifestyle
- safe environments
- protective equipment
- technique (This refers to proper coaching and participation techniques)
- medical examinations
- hygiene
- officiating - rules
- rehabilitation

UNIT II MECHANISMS, CHARACTERISTICS AND RESPONSE TO INJURY

- soft tissue characteristics
- primary - secondary injury
- body mechanics - injury susceptibility
- tissue response to injury
- R.I.C.E.

UNIT III GENERAL ASSESSMENT PROCEDURES

- injury recognition vs. diagnosis
- assessing sports injury:
- HISTORY
- muscular
- bony
- ligaments
- metabolic
- environmental

UNIT IV THE FOOT ANKLE AND LOWER LEG

- anatomical review
- foot conditions
- ankle injury evaluation
- ankle injury prevention
- achilles tendon injuries
- acute leg injuries
- rehabilitation of selected injuries
- acute vs. chronic vs. overuse injuries
- biomechanical considerations
- stress fractures
- 'shin splints'

UNIT V THE KNEE

- anatomical review
- mechanics of injury
- assessment of the knee joint
- prevention of knee injury
- other knee trauma and conditions
- rehabilitation of knee injuries

UNIT VI THE THIGH, HIP AND PELVIS

- anatomical review
- soft tissue injury
- fractures
- groin strains
- bursitis
- conditions of the hip
- rehabilitation of the hip

UNIT VII THE ABDOMEN, THORAX AND LOWER BACK

- anatomical review
- abdominal injuries
- genital trauma
- thoracic injuries
- assessment of the lower back
- conditions of the lower back
- rehabilitation of lower back injuries

UNIT VI THE HEAD, CERVICAL AND THORACIC SPINE

- anatomical review
- cervical and thoracic spine injuries
- concussions
- facial injuries
- dental injuries
- nasal injuries
- eye injuries

UNIT IX THE SHOULDER AND UPPER ARM

- anatomical review
- functional assessment
- mechanism of injury
- sprains - AC joint
- subluxation - dislocation - glenohumeral joint
- synovitis - bursitis
- fractures
- contusions
- biceps rupture
- rotator cuff
- rehabilitation of shoulder and upper arm injuries

UNIT X ELBOW WRIST AND HAND

- anatomical review
- evaluation techniques
- elbow injuries
- forearm injuries
- wrist and hand injuries
- rehabilitation of wrist and hand injuries

UNIT XI OTHER HEALTH RELATED CONDITIONS

- respiratory tract (URTI)
- gastrointestinal tract
- diabetes
- contagious viral diseases
- hypertension
- sexually transmitted diseases (STD's)
- menstrual irregularities - amenorrhoea - dysmenorrhoea

LAB SCHEDULE (Tentative)

Week of January 12, 2009	Emergency Care (both manuals)
Week of January 19, 2009	ICE, Blisters, Cuts etc. (<u>Standard First Aid Care</u>)
Week of January 26, 2009	Examination - Evaluation Techniques
Week of February 2, 2009	Ankle Evaluation and Taping
Week of February 9, 2009	Ankle Taping - con't, Leg Taping
Week of February 23, 2009	Achilles Tendon
Week of March 3, 2009	<i>No labs this week</i> (Concussion and Nutrition)
Week of March 9, 2009	Knee Evaluation
Week of March 15, 2009	Thigh and Groin Support
Week of March 24, 2009	Shoulder Evaluation, Elbow and Forearm Taping
Week of April 5, 2009	Wrist, Hand and Fingers

April 14, 2009

Lab Final

Addendum

The lab exam consists of a case study in which the student will be required to assess the injury, suggest possible treatments for the injury, outline a brief rehabilitation program indicating the muscle groups involved and demonstrate an appropriate tape job to support the injury.

Students in PEDS 240 will have an opportunity to submit multiple guess and short answer questions one week prior to the midterm and final exam. Use of questions submitted will be at the discretion of the instructor.

- 1.18 The student has a right to proper and impartial evaluation of his/her performance. The student has the right to request a re-evaluation.
- 1.19 The confidential nature of the student's evaluation must be respected.
- 1.20 The student has the right to obtain his/her grades and college credential within the deadlines and policies established by the college.
- 1.21 The student has the right to request and receive any rule, policy, or guideline regarding study and general conditions at the college, as well as information regarding the consequences of transgressing such rules, policies, or guidelines.
- 1.22 The student has the right to obtain his/her completed assignments, once marked, unless the instructor has previously informed the student otherwise.
- 1.23 Students have the right to expect the college to provide instructors who possess appropriate knowledge and teaching skills in relation to their course of instruction.

STUDENT RESPONSIBILITIES

- 1.24 Students must conduct themselves in a responsible manner. Any of the following shall constitute improper student conduct:
- Cheating, plagiarism, fraud, deceit, or other forms of academic dishonesty.
 - Threatening to subject or subjecting any person, student, or staff to physical, sexual, or mental harassment, indignity, injury, or violence.
 - Disturbing, disrupting, or otherwise interfering with studies, laboratories, lectures, work, or other activities of fellow students or staff.
 - Intentionally damaging, destroying, moving without authority or permitting to be damaged, destroyed or moved without authority, the property of the college, or of any student or staff member.
 - Unauthorized use of or unauthorized entry to college property.
 - Participation in unauthorized or hazardous campus activities.

- Failure to obey the lawful instructions of any college official or employee acting in the performance of his or her duty and failure to obey all published or posted regulations relating to the use and entry of college buildings and facilities.
 - Failure to obtain approval, permission or failure to follow procedure as required under college policies and regulation.
- 1.25 It is the student's responsibility to acquaint himself/herself with course outlines, content, evaluation methods and methodology. He/she is also responsible for inquiring into the availability of his/her instructors (time and place).
- 1.26 It is the student's responsibility to acquaint himself/herself with procedures to be followed in the case of rescheduling or replacement of classes.
- 1.27 The student must respect other people's health and right to security.
- 1.28 The student is responsible for communicating with his/her instructors and/or counsellors to solve any problems he/she may encounter.
- 1.29 The student is held responsible for his/her class attendance and punctuality.
- 1.30 The student is responsible for handing his/her assignments to his/her instructors within the required deadlines or, if he/she cannot do so, for making prior arrangement with the instructor concerned.
- 1.31 The student is responsible for taking advantage of educational activities offered to him/her and for taking part in meetings where topics concerning him/her will be discussed.
- 1.32 The student is responsible for taking advantage of services offered to him/her by the college to ensure proper orientation of his/her studies, academic progress and general development.
- 1.33 The student is responsible for fulfilling his/her obligations, as agreed upon in conjunction with the college, with regards to the use of goods and services at his/her disposal.

- 1.34 In conjunction with his/her freedom of the press and of expression, the student is required to respect normal standards of responsible journalism by avoiding material of a libelous or indecent nature, unfounded allegations, slighting of personal dignity, and malevolent insinuations.

SEXUAL HARASSMENT (Excerpt from Policy D1125: Sexual Harassment.)

Please note that this policy is under review; for more information, contact a counsellor in the Student Resource Centre.

The College is committed to maintaining an environment that is free of sexual harassment. Therefore, all college constituents, including students, staff, and faculty, are required to exhibit proper personal conduct when dealing with others.

What is Sexual Harassment?

Sexual harassment is considered to have occurred when sexual advances, requests for sexual favours or any type of verbal or physical conduct of a sexual nature is demonstrated by an individual or group and:

- submission to such conduct is made either explicitly or implicitly a term or condition of an academic accreditation, or
 - submission to or rejection of such conduct by an individual is used as the basis for employment, academic status or academic accreditation decisions affecting such individual,
- or
- such conduct has the purpose or effect of unreasonable interference with an individual's work or academic performance or creating an intimidating, hostile or offensive working or academic environment.

Studies have shown that sexual harassment can occur between instructors and students, between supervisors and employees, between co-workers or between students. It can occur at any level within an organization. Both men and women can be initiators of sexual harassment.