

**Western University
Faculty of Health Sciences
School of Kinesiology
KINESIOLOGY 3336A**

Introduction to the Practical Aspects of Athletic Injuries

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

<u>Class Times and Location:</u>	Lecture	2 hours
	Labs	2 hours

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

LECTURE OBJECTIVES AND SCHEDULE

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

<ul style="list-style-type: none"> x 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) x 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		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"> x Identify and assess structures and compartments of the lower leg including Achilles tendon injuries, MTTP and compartment syndrome. 			
Week 2		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.

Week 3

<ul style="list-style-type: none"> x To discuss the gross and functional anatomy of the hip, thigh and relate structure and function to traumatic and overuse injuries. 			
Week 6			Thanksgiving
	Drop in		Drop in lab time on Wednesday
		11	Hip, groin and pelvis Injuries
Week 7		12	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"> x 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. x To discuss the unique differences in movements and how they contribute to injuries of various overhead sports x To be able to identify possible causes of arm, elbow wrist and hand pain based on history and assessment 			
Week 8		13	Rotator cuff
	LAB 7		Surface anatomy shoulder & structure testing.
		14	Shoulder instability
Week 9		15	The overhead athlete
	LAB 8		Shoulder dislocations and first aid
		16	Upper arm and elbow Injuries

Course/University Policies

1. **Lateness/Absences:** A missed mid-term examination 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 or illness, death) or similar circumstances.

2. **Written documentation:** 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 Counseling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate Academic Counseling Office RI WKH VWXGHQW ¶V)DFXOW\ 6FKRR not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. 7KHVH GRFXPHQWV ZLOO EH UHWDLQH G LQ WKH VVXGHQW ¶V ILOH

