

**School of Kinesiology
Faculty of Health Sciences
Western University
WELCOME TO KINESIOLOGY 3336B!
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

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

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*

LECTURE OBJECTIVES AND SCHEDULE

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

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-

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			
<p>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.</p> <p>To discuss the unique differences in movements and how they contribute to injuries of various overhead sports</p> <p>To be able to identify possible causes of arm, elbow wrist and hand pain based on history and assessment</p>			
		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

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 th

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

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/>