

Course ID:	Course Title:	Spring 2020
KIN 335	Sports Injuries and Rehabilitation	Prerequisite: KIN 201
		Credits: 3

Spring two-week MODULE (half days)

Class Information		Instructor Information		Important Dates	
Days:	Tues May 19- Friday May 29, 2020. Includes Saturday, May 23.	Instructor:	Dr. Harry E. Peery, AAS, BS, MS, ABD, PhD, RN (Arizona, New York)	First day of classes:	Tuesday, May 19, 2020
Time:	9:00-12:30	Email:	harry.peery@ambrose.edu	Last day to add/drop, or change to audit:	End of May 20, 2020
Room:	Live online via Zoom	Phone:	403-688-0732	Last day to request revised exam:	n/a
Lab/ Tutorial:	4 hours	Office:	By e-mail or by Zoom	Last day to withdraw from course:	End of the 2 nd day of the 2 nd week
	T/W/TH 1:15-3:15 Tutorial with Susie MacPhee	Office Hours:	e-mail any time. If by Zoom an appointment is necessary	Last day to apply for coursework extension:	One month before final due date
Final Exam:	Final Exam not cumulative Friday- Saturday May 29- 30, 2020. Online			Last day of classes	Friday, May 29, 2020

Course Description

This course will be a combination of lectures, directed study, and a practical component. Lectures will include topics such as the physiology of sports injuries, injury prevention and rehabilitation, and training methods. Directed study will enhance these topics and include the most up-to-date research in these areas. Presentations will be part of the course work.

This course will rely on lecture material in conjunction with a hands-on practical component which will include training methods and injury rehabilitation (e.g., taping methods and rehabilitative exercises, etc.).


Expected Learning Outcomes



1. Students will gain a greater understanding of the anatomy, physiology and pathophysiology of sports injuries
2. Student will learn the process of injury recovery and techniques to aid in the recovery process
3. Students will learn the fundamentals of sports medicine, taping, splinting, and physical therapy

Textbooks

Sports Injuries Guidebook, 2nd ed., by Robert Gotlin

Course Schedule

Date	Lecture # and subject	Textbook Reference	Other Reference
Tuesday, May 19, 2020 9-10 AM	1. Introduction to Course	None	
Tuesday, May 19, 2020 10:10 – 11:10 AM	2. Response to Trauma a. Pain and Referred pain b. The Immune System	None	
Tuesday, May 19, 2020 11:20 AM – 12:20 PM	3. Infection a. Bacterial Infections b. Viral Infections	None	
Tuesday, May 19, 2020 1:15 to 3:15 PM	Tutorial with Susie MacPhee		
Wednesday, May 20, 2020 9-10 AM	4. Fungal and Parasitic Infection	None	
Wednesday, May 20, 2020 10:10 to 11:10 AM	5. Skin Structure and Function	None	
Wednesday, May 20, 2020 11:20 AM to 12: 20 PM	6. Skin Trauma a. Abrasions, Lacerations and bruising. b. Scar formation – keloids c. Exposure to sunlight (1) Sunburn (2) Skin cancers	pp. 56-57	
Wednesday, May 20, 2020 1:15 to 3:15 PM	Tutorial with Susie MacPhee		
Thursday, May 21, 2020 9-10 AM	7. Face a. Blowout fractures b. Mouth c. Nose	86-88	 Blowout Fracture of Right eye from play.p
Thursday, May 21, 2020 10:10-11:10 AM	8. Bone structure and radiography		
Thursday, May 21, 2020 11:20 AM-12:20 PM	9. Skeletal Trauma: Fractures and fracture repair (1). Types of Fractures (2). Named Fractures	48-54	
Thursday, May 21, 2020 1:15 – 3:15 PM	Tutorial with Susie MacPhee		

Friday, May 22, 2020 9-10 AM	9. Con't. (2) Named Fractures		
Friday, May 22, 2020 10:10 to 11:10 AM	10. Head and Scalp trauma		
Friday, May 22, 2020 11:20 AM to 12:20 PM	11. Brain Anatomy and Physiology		
Saturday, May 23, 2020 9-10 AM	Review for Exam		
Saturday, May 23, 2020 10:10-11:10 AM	Review for Exam		
Saturday, May 23, 2020 11:20 AM-12:20 PM	Free Period		
Saturday May 23-Sunday May 24, 2020 Exam #1 Covers lectures 1- 10	Online		
Monday, May 25, 2020 9-10 AM	11. (Con't) Brain Anatomy and Physiology		
Monday, May 25, 2020 10:10 to 11:10 AM	12. Brain and Head Trauma a. Laceration b. Contusion c. Contrecoup trauma d. Hematomas (1) Epidural (2) Subdural (3) Intracranial bleeds	75-85	 Phineas Gage.pdf
Monday, May 25, 2020 11:20 AM-12:20 PM	13. Brain Trauma: Concussions and Post- Concussion Syndrome	75-85	 Chronic traumatic encephalopathy 2017
Tuesday, May 26, 2020 9-10 AM	14. Fractures and Trauma of the Neck and Back	89-101, 199-216	
Tuesday, May 26, 2020 10:10 – 11:10 AM	15. Injuries to the Shoulder and Arm, Wrist and Hand	104-180	
Tuesday, May 26, 2020 11:20 AM – 12:20 PM	15. Con't: Injuries to the Wrist and hand; 16. Injuries to the Hip	104-180	
Tuesday, May 26, 2020 1:15 to 3:15 PM	Tutorial with Susie MacPhee		
Wednesday, May 27, 2020 9-10 AM	16. Con't: Injuries to the Knee, Ankle and Foot	218-326	
Wednesday, May 27, 2020 10:10 to 11:10 AM	17. Thoracic and Cardiac Trauma a. Anatomy and physiology b. lung disorders c. Commotio Cordis d. High Output Failure	181-191,197,185-187	

	e. Tamponade		
Wednesday, May 27, 2020 11:20 AM to 12:20 PM	18. Abdominal Trauma a. Stomach b. Spleen c. Liver d. Pancreas and Duodenum e. Liver f. Abdominal Wall Penetration and Peritonitis	192,194-198	
Wednesday, May 27, 2020 1:15 to 3:15 PM	Tutorial with Susie MacPhee		
Thursday, May 28, 2020 9-10 AM	19. Reproductive Structures Trauma a. Female b. Male	193	
Thursday, May 28, 2020 10:10 to 11:10 AM	20. Muscular System Trauma a. Tendon separation b. Sprains c. Compartment injuries	195-198,249-252,257-258, 287-288	
Thursday, May 28, 2020 11:20 AM to 12:20 PM	21. Trauma to the Peripheral Nervous System Wrap up		
Thursday, May 28, 2020 1:15 to 3:15	Tutorial with Susie MacPhee		
Friday, May 29, 2020 9-10 AM	Review for Exam #2		
Friday, May 29, 2020 10:10 to 11:10 AM	Review for Exam #2		
Friday, May 29, 2020 11:20 AM to 12:20 PM	Free period		
Friday May 29, 2020 to Saturday May 30, 2020 Exam #2 Covers lectures 11- 21	Online		
PowerPoint Presentation	Online		June 15, 2020

Requirements:

2 Exams	2 @25 points =50%
Participation and attendance	1@10 points = 10%
PowerPoint Presentation	1@25 points = 25%
Tutorial Assessment	1@15 points = 15%

Attendance:

Attendance is expected and will be taken each day

PowerPoint Presentations – Due June 15, 2020.

One PowerPoint Presentation per student on a sports injury subject of their own choosing.

Specifications: No more than 30 PowerPoint slides in a presentation.

Font: 18 point except for headings – do not use script type.

No more than 8 lines of text per slide

Lots of illustrations

References: At least 3 references (can be from the web)

Keep same 18 point type

Can use more than one slide for references.

Format: Sections of the Presentation

Title – include your name and date here

Introduction

Subject

Evidence

Conclusions

References

• PowerPoint Suggestions

- Do not load each slide with lots of print.
- Use images wherever possible
- Present your approach to a problem that you would eventually like to work on.
- Always state your hypothesis at the beginning
- You should limit the slides to 40 or less
- You will not do any presentation live.
- Post them to Moodle

Grade Summary:

The available letters for grades are as follows:

Grade	Percent	Grade Point Value	Description
A+	96-100	4.00	Outstanding
A	92-96	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	88-92	3.70	
B+	83-88	3.30	
B	78-83	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	73-78	2.70	
C+	68-73	2.30	
C	64-68	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	60-64	1.70	Minimum grade required if needed as a prerequisite course
D+	55-60	1.30	
D	51-55	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	<50	0	Fail – unsatisfactory performance or failure to meet course requirements.

Because of the nature of the Alpha 4.00 system, there can be no uniform University-wide conversion scale. The relationship between raw scores (e.g. percentages) and the resultant letter grade will depend on the nature of the course and the instructor's assessment of the level of each class, compared to similar classes taught previously.

Please note that final grades will be available on student registration system. Printed grade sheets are not mailed out.

KIN 335 Tutorial

Instructor: Susie MacPhee BKin, CAT(C)

Susie.MacPhee@ambrose.edu

Office hours: Available via email anytime.

Zoom meetings can be requested if needed.

Schedule: May 19, 20, 21, 26, 27, 28 – 1:15-3:15pm

Location: Online - The labs will occur at the above times via Zoom.

Description:

The purpose of the tutorial component of this course is to introduce students to the practical skills needed for injury prevention and rehabilitation. These skills include: risk assessment, developing an emergency action plan, emergent and urgent injury evaluation, splinting, tensoring, taping, slings and bandaging, emergent and urgent injury evaluation, injury prevention, balance exercises, and rehab exercises.

Students are required to 'attend' all the tutorials, which will be held via zoom meetings. It is expected that they will also participate in discussion and activities as directed by the instructor. Each student will receive a package of supplies to use for the practical portion of this lab.

Students will need to demonstrate their ability to perform some specific skills. In order for the instructor to evaluate these skills, students will need to take videos of themselves performing the skills and then submit the videos to the instructor. Specific instructions for these will be given in the lab and will be available on moodle. The deadline for submitting the videos is June 15, 2020.

Evaluation:

This lab is worth 15% of the total grade for the course. That 15% will be divided between the 3 videos that students will need to complete, each being equally weighted at 5%.

Grading structure:

Grade	Percentage	4.0 scale	Description
A+	96-100	4.0	Excellent, outstanding performance of skills and comprehensive understanding of the subject matter.
A	91-95	4.0	
A-	85-90	3.7	
B+	80-84	3.3	Good, clearly above average performance and generally complete knowledge of subject matter.
B	74-79	3.0	
B-	70-73	2.7	
C+	67-69	2.3	Sufficient, acceptable performance of skills and basic understanding of subject matter.
C	63-66	2.0	

C-	60-62	1.7	
D+	55-59	1.3	Marginal performance. Generally insufficient preparation for subsequent courses.
D	50-54	1.0	
F	0-49	0.0	Did not meet or perform academic requirements of course.

Other:

Classroom Etiquette:

It is expected that students will take an active role in the learning process. This includes: (a) regular class attendance, (b) reading course material in advance of class, and (c) engaging in discussions during class.

In respect to the professor and to your fellow students, we ask that you:

- a) Turn your phone off during class and that you don't use it for texting during lecture or lab
- b) Do not have conversations with the people beside your during lecture – it is very distracting to the people around you
- c) Use your laptops for lecture material and assignments only – that you are not using the internet or Facebook during class time.
- d) Arrive to lecture and lab **on time**

Ambrose University Academic Policies:

Communication

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (cancelled class sessions, extensions, requested appointments, etc.) between class sessions. If students do not wish to use their Ambrose accounts, they will need to forward all messages from the Ambrose account to another personal account.

Registration

During the **Registration Revision Period** students may enter a course without permission, change the designation of any class from credit to audit and /or voluntary withdraw from a course without financial or academic penalty or record. Courses should be added or dropped on the student portal by the deadline date; please consult the List of Important Dates. After that date, the original status remains and the student is responsible for related fees.

Students intending to withdraw from a course after the Registration Revision Period must apply to the Office of the Registrar by submitting a "Request to Withdraw from a Course" form or by sending an email to the Registrar's Office by the **Withdrawal Deadline**; please consult the List of Important Dates on the my.ambrose.edu website. Students will not receive a tuition refund for courses from which they withdraw after the Registration Revision period. A grade of "W" will appear on their transcript.

Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.

Exam Scheduling

Students, who find a conflict in their exam schedule must submit a Revised Examination Request form to the Registrar's Office by the deadline date; please consult the List of Important Dates. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; 2) the student has three final exams within three consecutive exam time blocks; 3) the scheduled final exam slot conflicts with an exam at another institution; 4) extenuating circumstances. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Electronic Etiquette

Students are expected to treat their instructor, guest speakers, and fellow students with respect. It is disruptive to the learning goals of a course or seminar and disrespectful to fellow students and the instructor to use electronics for purposes unrelated to the course during a class session. Turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Do not use iPods, MP3 players, or headphones. Do not text, read, or send personal emails, go on Facebook or other social networks, search the internet, or play computer games during class. Some professors will not allow the use of any electronic devices in class. The professor has the right to disallow the student to use a

laptop in future lectures and/or to ask a student to withdraw from the session if s/he does not comply with this policy. Repeat offenders will be directed to the Dean. If you are expecting communication due to an emergency, please speak with the professor before the class begins.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. Personal information (information about an individual that may be used to identify that individual) may be required as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Extensions

Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a course Extension from the Registrar's Office. Requests for course extensions or alternative examination time must be submitted to the Registrar's Office by the deadline date; please consult the List of Important Dates. Course extensions are only granted for serious issues that arise "due to circumstances beyond the student's control."

Appeal of Grade

An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Registrar's Office in writing and providing the basis for appeal within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal. If the appeal is sustained, the fee will be refunded.

Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to acknowledge to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

Mental Health Support

All of us need a support system. We encourage students to build mental health supports and to reach out when help is needed.

On Campus:

- Counselling Services: ambrose.edu/counselling
- Peer Supportive Listening: One-to-one support in Student Life office. Hours posted at ambrose.edu/wellness.
- For immediate crisis support, there are staff on campus who are trained in Suicide Intervention and Mental Health First Aid. See ambrose.edu/crisissupport for a list of staff members.

Off Campus:

- Distress Centre - 403-266-4357
- Sheldon Chumir Health Care Centre - 403-955-6200
- Emergency - 911

Sexual Violence Support

All staff, faculty, and Residence student leaders have received *Sexual Violence Response to Disclosure* training. We will support you and help you find the resources you need. There is a website with on and off campus supports – ambrose.edu/sexual-violence-response-and-awareness.

Off Campus:

- Clinic: Sheldon Chumir Health Centre - 403-955-6200
- Calgary Communities Against Sexual Abuse - 403-237-5888

Note: Students are strongly advised to retain this syllabus for their records.