Course Outline

UNIVERSITY STUDIES

Peds 240 A
Sports Injuries
Winter, 2014

3 Credits
5 Hours Per Week

Instructor: Michael Scarlett
INSTRUCTOR: Michael Scarlett

PHONE NUMBER: (780) 791-4824

E-MAIL: michael.scarlett@keyano.ca

OFFICE NUMBER: S213E

OFFICE HOURS:
Monday 12:00 – 12:50 pm
Tuesday 2:00 – 2:50 pm
Wednesday 2:00 – 2:50 pm
Thursday 1:00 – 1:50 pm

HOURS OF INSTRUCTION:

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>SSWC 2321</td>
<td>3:00 – 3:50 pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>SSWC 2321</td>
<td>1:00 – 1:50 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>SSWC 2321</td>
<td>9:00 – 10:00 am</td>
</tr>
<tr>
<td>Lab</td>
<td>SSWC 2321</td>
<td>10:00 – 11:50 am</td>
</tr>
</tbody>
</table>

COURSE DESCRIPTION:
The course allows an analysis of practical and theoretical concepts of sports injuries. It includes an overview of sports medicine, care and prevention of injuries, and safety in athletics and physical education. Prerequisite: PEDS 100

COURSE OUTCOMES:
1. To develop a knowledge and understanding of the basic concepts of athletic injuries, assessment, prevention and management
2. To introduce and develop the student's skills in various taping techniques.
3. To discuss current issues in sport medicine
4. Learn, explain and apply early management and care of an injured athlete

TEXT(S)/MATERIALS REQUIRED:


EVALUATION:

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tests</td>
<td>30%</td>
</tr>
<tr>
<td>Lab Test (Practical)</td>
<td>35%</td>
</tr>
<tr>
<td>Unexcused lab absences</td>
<td>- 5%</td>
</tr>
<tr>
<td>Final</td>
<td>35%</td>
</tr>
</tbody>
</table>
TOPICS TO BE COVERED:

Please Note:
This course outline may be modified to facilitate unforeseen time constraints. Date and time allotted to each topic is subject to change.

Class Schedule

Part 1- Chapters 1-5 Week 1-2 6hrs (6 lectures)
Ch. 1- Fitness Professionals and the sport medicine team: defining roles
Ch. 2- Organizing and Administering an Athletic Health Care Program
Ch. 3- Legal Liability and Insurance
Ch. 4- Preventing Injuries through Fitness Training
Ch. 5- Sport Nutrition and Supplements

Part 2- Chapters 6-12 Week 3-7 14hrs (14 lectures)
Ch. 6- Protective sports equipment
Ch. 7- Emergency Situations and Injury Assessment
Ch. 8- Bloodborne Pathogens, Universal Precautions and Wound Care
Ch. 9- Understanding the Potential Dangers of Adverse Environmental Conditions

Midterm 1 (Tuesday February 11th 2014)
Ch. 10- Bandaging and Taping Techniques
Ch. 11- Understanding the Basics of Injury Rehab
Ch. 12- Helping the Injured Athlete Psychology

Part 3- Chapters 13-25 Week 9-15 20hrs (20 Lectures)
Ch. 13- Recognizing Different Sport Injuries
Ch. 14- Foot
Ch. 15- Ankle and Lower Leg
Ch. 16- The Knee and Related Structures
Ch. 17- Thigh, Hip, Groin and Pelvis

Midterm 2 (March 25th 2014)
Ch. 18- The Shoulder Complex
Ch. 19- Elbow, Forearm, Wrist and Hand
Ch. 20- Spine
Ch. 21- Thorax and abdomen
Ch. 22- Head, Face, Eyes, Ears, Nose, and Throat
Ch. 23- General Medical Conditions and Additional Health Concerns
Ch. 24- Substance abuse
Ch. 25- Preventing and Managing Injuries in Young Athletes

Lab Schedule (lab manual is the same as U of A)

<table>
<thead>
<tr>
<th>Week</th>
<th>Lab</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td></td>
<td>EAP</td>
</tr>
<tr>
<td>Week 2</td>
<td>#2</td>
<td>Emergency Scene Management</td>
</tr>
<tr>
<td>Week 3</td>
<td>#3</td>
<td>Emergency Scene Management</td>
</tr>
<tr>
<td>Week 4</td>
<td></td>
<td>Practical Exam 1</td>
</tr>
</tbody>
</table>

(5%, January 29th 2014)
Week 5  no lab  
Week 6  #4  Lower leg/ankle  
Week 7  #5  Ankle  
Week 9  #6  Review and Practice  
**Week 10**  Practical Exam 2 (15%, March 12th 2014)  
Week 11  #7  Knees and Thigh  
Week 12  #7  Shoulder  
Week 13  #8  Elbow, Wrist and Hand  
**Week 14**  Practical Exam 3 (15%, April 9th 2014)  

**Lab Policy**

Attendance is taken at each lab period. It is **MANDATORY** that you attend every lab throughout the term. There will be **5% deduction** from the final lab mark for every missed lab. Students are able to miss one lab with a written reason (e.g., death in the family, extreme sickness). Athletics is **NOT** a reason to miss labs.

Students should come dressed in gym strip to all designated lab activities and students are encouraged to actively participate in every lab session in learning the methods, performing techniques, answering questions directed by the lab instructor, discussing the procedures, working with peers and helping with cleaning the lab area after each lab.

**MOODLE**

Go to [http://ilearn.keyano.ca](http://ilearn.keyano.ca)

This course is supported through Moodle. Assignments, readings and handouts will be posted on Moodle. Login information will be provided by your instructor. For further instructions please see the Moodle handout.

**GRADING SYSTEM:**

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Description</th>
<th>Grade Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>A</td>
<td>Excellent</td>
<td>4</td>
</tr>
<tr>
<td>A-</td>
<td></td>
<td>3.7</td>
</tr>
<tr>
<td>B+</td>
<td></td>
<td>3.3</td>
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<tr>
<td>B-</td>
<td></td>
<td>2.7</td>
</tr>
<tr>
<td>C+</td>
<td>Satisfactory</td>
<td>2.3</td>
</tr>
<tr>
<td>C</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>C-</td>
<td></td>
<td>1.7</td>
</tr>
<tr>
<td>D+</td>
<td>Minimal Pass</td>
<td>1.3</td>
</tr>
<tr>
<td>D</td>
<td>Failure</td>
<td>1</td>
</tr>
<tr>
<td>F</td>
<td></td>
<td>0</td>
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</tbody>
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Students intending to transfer to other institutions require a ‘C-’ as a minimum grade. Transfer information on each course is available at the Alberta Council on Admission and Transfers.

Students who do not complete all the required work should not expect to pass the course. Students should consult:

http://www.keyano.ca/current_students/examinations/index.htm

IMPORTANT DATES:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>January 17, 2014</td>
<td>Courses dropped after this date will be designated “W”. (A withdrawal (W) is not reflected in your GPA)</td>
</tr>
<tr>
<td>January 29th, 2014</td>
<td>Practical Exam 1</td>
</tr>
<tr>
<td>January 31, 2014</td>
<td>Courses dropped after this date will be designated “WF”. (A withdrawal failure (WF) counts as a 0 in your GPA)</td>
</tr>
<tr>
<td>February 11, 2014</td>
<td>1st Mid-term examination</td>
</tr>
<tr>
<td>March 12, 2014</td>
<td>Practical Exam 2</td>
</tr>
<tr>
<td>March 25, 2014</td>
<td>2nd Mid-term examination</td>
</tr>
<tr>
<td>April 9, 2014</td>
<td>Practical Exam 3</td>
</tr>
<tr>
<td>April 17, 2014</td>
<td>Last day of classes</td>
</tr>
<tr>
<td>April 22-30, 2014</td>
<td>Final Exams</td>
</tr>
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COLLEGE POLICIES

Equality, Equity and Respect
The Keyano College is committed to providing an environment of equality, equity and respect for all people within the College community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom atmosphere in which students’ experiences and views are treated with equal respect and valued in relation to their gender, ethnic and cultural background, and sexual orientation.

Students should consult:
http://www.keyano.ca/Committees/IRA/Individual_Rights_Policy.asp

Plagiarism and Cheating
Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right.

No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.

**Student Rights & Responsibilities**

Students should consult the Keyano College Credit Calendar or online at:


**Specialized Supports and Duty to Accommodate**

*Disability Support Services: Learner Assistance Program*

If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counsellor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

*Specialized Supports and Duty to Accommodate*

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation, and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.