Kin 500K Injury Prevention – A Multidisciplinary Approach  
War Memorial 208  
Tuesday's 3-6pm  

Dr. Kerry MacDonald & Dr. Johann Windt  
kerry.macdonald@ubc.ca / johannwindt@gmail.com  
Office Hours by appointment  

Course Description  
This course exam the broad topic of injury prevention from the perspective of multiple sport science disciplines. Key topics to be reviewed include:  
- The pathophysiology of Injury  
- The science and impact of warm-up & cooldown  
- The role of Training Load  
- Psychology of Injury  
- Nutritional Impact & considerations with injuries  

Rationale  
The research into injury prevention has grown exponentially in the past decade and approaches used spans a broad array of sport science disciplines. When it comes to working in an applied setting, to truly prevent injuries one must optimally take a multidisciplinary approach. This course looks to help guide students to understanding the many factors that should be considered, when in an applied sport setting, to truly optimize injury prevention.  

Aims and Outcomes  
By the conclusion of this course it is expected that students will:  
- Have a comprehensive understanding of the root cause of the majority of sports related injuries  
- Understand the scientific evidence for the multitude of intervention strategies that are often use to prevent injuries  
- Have a clear understanding of the role that training load may have on injury prevention  
- Understand current best practices for injury prevention optimization in an applied sport context.  

Format and Procedures:  
The course is structured in a series of weekly lectures. Most classes will be comprised of a combination of lecture format and group discussions and breakouts.  

Course Requirements  
Student will be required to attend classes regularly and participate in class discussions. Additionally there will be a requirement to complete pre-class activities and all course related assignments within the timeframes provided.  

Class Attendance  
Regular attendance is expected of students for all lectures. Students who neglect their academic work and assignments may be excluded from final assignment. Students who are unavoidably absent because of illness or disability should report to their instructors on return to classes.  

Academic Accommodation for Students with Disabilities  
The University's goal is to ensure fair and consistent treatment of all students, including students
with a disability, in accordance with their distinct needs and in a manner consistent with academic principles. Students with a disability who wish to have an academic accommodation should contact Access and Diversity without delay.

**Academic Integrity**
All UBC students are expected to behave as honest and responsible members of an academic community. Breach of those expectations or failure to follow the appropriate policies, principles, rules, and guidelines of the University with respect to academic honesty may result in disciplinary action. It is your responsibility to become familiar with the University of British Columbia’s Academic Honesty and Plagiarism Policies, as well as the Student Declaration and the consequences of violating these policies.

**Readings and Resources**
There are no required texts for this course. Assigned or recommended reading materials will be provided in Canvas. All lecture and specific assignment content will also be available on Canvas.

**Evaluation**
Course evaluation will be completed via a combination of in-class activities, course participation, class presentation and a single final assignment. Specific details will be available on Canvas.

**Policy on Text-Matching Software (if applicable)**
UBC subscribes to Turnitin, an online system that compares written material with the Web and with other material submitted to its database. Faculty, staff and students can upload submissions and check for duplication of material in other sources and possible plagiarism.