

KIN 361, Acute assessment and treatment of Athletic Injuries

Lectures: M/W 9 – 10 am Wood 4,

labs: Osborne learning Centre

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Office Hours: Mon 10:30 – 12 (noon), Thursday. 10:00 – 11:30 am

TA's for the course:

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Course Description

This course looks at the functional anatomy of the various regions of the body, how mechanical forces may destabilize or injure those structures, how to assess the acute injury, and how best to treat it on-field/on-ice/on-court etc.

Rationale

This course is of great use to anyone who might be supervising, coaching or teaching a group of athletes where the risk of injury exists. It builds on Anatomy 191 to give the student a functional grasp of human movement which is essential to being able to understand how external forces can cause injury, and how individual differences in anatomy contribute to increased risk of injury. This course is a precursor to Kin 454 field work, and Kin 461, 471 courses, which are clinical assessments of athletic injuries. Students **must** have a good grasp of anatomy to succeed at this course.

Aims and Outcomes

Students will learn how to assess acute athletic injuries and to apply the taping skills necessary to help athletes protect injuries or increase stability of injured joints.

Specific Learning Objectives:

By the end of this course, students will be to:

- Understand the functional movement patterns of the various joints in the body
- Understand how mechanical forces applied to the body will affect the stability of those joints.
- Understand the importance of acute care in reducing lost playing time..
- Recognize life-threatening situations in sport
- Learn the basic prophylactic and supportive taping methods used in sport
- Learn the basic assessment techniques to evaluate injuries
- understand the basic role of exercise in injury prevention.

Format and Procedures:

There are two one-hour lectures per week, which will follow the class outline on Powerpoint. These powerpoint slides are NOT class notes, and should not be used for exam preparation other than for content areas. Questions are encouraged and they often lead to tangential discussions in class. The issues discussed in these segues are examinable as well.

The labs will be attended on a weekly basis but no lab reports are expected. There will be a two part practical exam during the last two weeks of term that will cover all the material from the labs. There are 9 labs, 1 practice lab and 2 labs for examining. There are no labs the first week of term. Materials required for labs will be discussed in the first lab.

Course Requirements

It is imperative that all students review their anatomy prior to the relevant lecture, as this material is prerequisite and fundamental for understanding the lectures. There is too much course material to spend time on prerequisite anatomy!

Policies and Expectations

Class Attendance

Regular attendance is expected of students for all lectures, laboratories, tutorials, seminars, etc. Students who neglect their academic work and assignments may be excluded from final examinations. 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

. As mentioned, there are Powerpoint slides that contain the content areas of the classes, but they are not class notes, and should not be used to study for exams. Use your own notes for exam prep. The class outlines are available on CANVAS

Evaluation

Assessment 1

Format

Lab practical Exam

Taping skills will be exhibited on your lab partner and the assessment and surface anatomy skills be performed on the TA's and instructor.

Details

The details of the practical exam will be given in the lab #1, and again as the end of term approaches.

Due Date

This practical exam should be viewed as a final exam with all rules and regulations for finals applied.

Weighting

30% of the final grade

Learning Outcomes

To have developed competency in recognition, assessment procedures of common athletic injuries, as well as common taping techniques.

Assessment 2

Format

1st Half Theory Exam

Multiple-choice

<i>Details</i>	Students will be required to answer questions based on the logical applications of functional anatomy, mechanisms of injuries, and common injuries for the ankle, knee, thigh and pelvic regions of the body, as well as the discussions on some of the legal and ethical issues surrounding acute care, and the theory and treatment of acute and chronic trauma to the body.
<i>Due Date</i>	Monday, March 2 th , 2020
<i>Weighting</i>	35% of final grade
<i>Assessment 3</i>	2nd Half theory exam
<i>Format</i>	Multiple Choice
<i>Details</i>	Students will be required to answer questions based on the materials covered in lecture <i>After</i> the midterm; i.e. the final is not cumulative.
<i>Due Date</i>	As scheduled during finals, April 2020
<i>Weighting</i>	35% of final
<i>Grading</i>	<i>As stated above</i>

Kinesiology 361

(Introduction to Athletic Training)

Course Syllabus, 2019 – 20

Date	topic(s)
january	
Wk 1 6	preamble on the course/how to be successful Terminology Lab: no lab
8	legal/ethical issues Contraindications to participation
Wk 2 13	Physiology of Trauma Lab #1 Ankle anatomy
15	Shock, Primary survey, Secondary survey
Wk 3 20	musculo-skeletal exam, Acute Lab # 2: Ankle assessment
22	Ankle – functional anatomy and joint stability
Wk 4 27	Foot biomechanics Lab #3; Ankle Tx
29	mechanisms of injury

February

Wk 5 3

Ankle, Foot and shin common injuries

Lab #4: Anatomy of knee, lower leg+taping

5

Knee functional anatomy

Wk 6 10

Knee – common injuries & Mx

Lab #5: knee assessment + taping

12

Thigh anatomy and common injuries

Wk 7 24

Pelvis anatomy, stability & injuries

Lab#6. Biomechanics assessment, spine

26

Spine, anatomy, stabilization and injuries

March

Wk 8 2

Midterm exam

Lab #7: Shoulder assessment and anatomy

4

Shoulder anatomy, stabilization

Wk 9 9

shoulder stabilization and injuries

Lab #8: Elbow and forearm

11

Elbow anatomy, stabilization and injuries

Wk 10 16

Forearm, wrist,

Lab # 9: hand, wrist,

18

hand anatomy, injuries

Wk 11 23

Brain, Concussion

Lab #10: open practice lab

25

Concussion protocol

Wk 12 30

other head injuries Skin disorders

April

Lab #11: Taping exam

1

skin disorders, Medications

Wk 13 6

Heat disorders

Lab #12: palpations exam

8

Internal injuries

TBD

Final Exam