

The University of British Columbia  
SCHOOL OF KINESIOLOGY

KIN 424 – Medical Aspects of Sport and Exercise  
Term 2, 2020  
(Previously KIN 471)

**Course Format:**

- Lectures will be delivered as a series of short pre-recorded videos that should be viewed prior to our live virtual sessions via Zoom. These will be made available the week prior to the Zoom session.
- The class will include a two live session each week for discussions about assigned readings and material covered in the videos.. These are merely times for class discussion about your lecture material. These sessions take place:
  - **Mondays, 5:00pm-6:30pm PST**

**Instructor:**

**Michael Koehle MD PhD**  
E-mail: michael.koehle@ubc.ca

**Teaching Assistants (TAs):**

**TA: Pat Wu**

*\*If your last name begins with the letters A through G, please communicate with Pat as your point of contact\**

You can contact Pat using the messaging function on Canvas or at: [patwu@alumni.ubc.ca](mailto:patwu@alumni.ubc.ca)  
Office Hours: by appointment

**TA: Joshua Bovard**

*\*If your last name begins with the letters H through N, please communicate with Joshua at your point of contact\**

You can contact Josh using the messaging function on Canvas or at: [josh.bovard@ubc.ca](mailto:josh.bovard@ubc.ca)  
Office Hours: by appointment

**TA: Joanna Tu**

*\*If your last name begins with the letters O through Z, please communicate with Joanna at your point of contact\**

You can contact Joanna using the messaging function on Canvas or at: [joanna.tu@ubc.ca](mailto:joanna.tu@ubc.ca)

Office Hours: by appointment

**COURSE OVERVIEW**

Clinical sports medicine is a multidisciplinary field practiced by various registered clinical professions. Key skills of sports medicine clinicians include being able to make a diagnosis (based on a knowledge of sports injury epidemiology, appropriate physical tests, and investigations), deciding upon treatment with interpretation of the literature and the principles of 'evidence-based practice', and assisting athletes in returning to sport. The course covers common non-musculoskeletal conditions and prevalent disorders encountered in sports medicine.

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### COURSE TOOLS AND RESOURCES

**There is no required textbook for this course. Reading materials are mostly published research articles available through the UBC Library website.**

**The following Textbook is relevant only for those who want to learn more outside of the course:**

[\*Brunker & Khan's Clinical Sports Medicine 5e, Volume 2: The Medicine of Exercise\*](#)

*Publisher: McGraw-Hill 2019*

**Canvas:** Information about this course, lectures, and important reminders will be made available on the course website. This information can be accessed on Canvas, so please check the site regularly. *You are responsible for obtaining the information posted to Canvas.*

### ATTENDANCE

You should plan to login for the live virtual session each week. You are responsible for all material covered in our virtual sessions and any information given whether you are present or not. You are also responsible for all of the content covered in our recorded lecture videos.

If you miss a quiz or exam without advanced notice and proper declaration, you cannot make up that assessment and will be given a mark of zero. If you have a reasonable academic concession request (medical issue, compassionate grounds, etc.), you should self-declare that, using the procedures outlined in the COURSE EVALUATION section of this course outline.

### EMAIL

Attempting to teach or explain material over e-mail can be difficult and ineffective. **If you have questions about course material or concepts** (e.g. "I wasn't quite sure what you meant when you said..." or "Can you explain how that concept would work in this situation..."), **those questions should be addressed face-to-face during virtual office hours with the teaching assistants**. I really encourage you to make use of office hours. Please seek clarification on course material in our virtual sessions or during office hours with a teaching assistant.

E-mail should only be used for a limited number of reasons, including: in cases of emergency that may cause you to miss an exam or quiz, or situations otherwise detailed in class. It may take up to 24 hours to respond to your email during the week and I **do not** check my email on weekends, nor will your teaching assistant. Please keep this in mind around exam time. Please include "KIN 424" in the subject line of emails.

### OFFICE HOURS

If you aren't comfortable speaking up during our live virtual sessions, questions about course material are best handled during virtual office hours with your Teaching Assistant. If something is unclear, you should seek clarification within that week. Do not wait until the week before an exam to review material that was unclear weeks before. Office hours are a good option for seeking clarification or further understanding on course concepts. Setting up a meeting during office hours is also a good way to get to know your teaching assistant. If you are unable to meet during office hours, we may be able to schedule a different time to meet.

### COURSE NOTES AND RECORDED LECTURES

Class notes and recorded lectures will be made available through the course website on Canvas. Please keep in

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mind that these notes and lectures do not contain information related to discussions or detailed examples, which will be covered in our virtual sessions.

**You should have already viewed all previously recorded lectures and completed all assigned readings prior to logging into your weekly virtual session.**

### COPYRIGHT

As the instructor, I hold the copyright to the lectures and all course materials presented in class, unless otherwise noted. The copyright also extends to student notes and summaries that substantially reflect these lectures or materials. Materials are made available to students for personal use only. Students may not distribute or reproduce the materials for commercial purposes without my express written consent. **No classroom content should be posted to CourseHero or other similar websites.**

### UNIVERSITY POLICIES

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.

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious and cultural observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions. Details of the policies and how to access support are available here (<https://senate.ubc.ca/policiesresources-support-student-success>).

### COURSE EVALUATION

The breakdown of marking for the course is as follows:

<b>Quiz I:</b>	<b>10%</b>
<b>Midterm I:</b>	<b>30%</b>
<b>Quiz II:</b>	<b>10%</b>
<b>Quiz III:</b>	<b>10%</b>
<b>Quiz IV:</b>	<b>10%</b>
<b>Exam II:</b>	<b>30%</b>

If an absence is anticipated before an assessment, please speak to your teaching assistant or instructor to discuss your personal situation **before you miss the class**. Exams will not be rescheduled for any reason other than self-declared medical circumstances, compassionate grounds, or conflicting responsibilities. Please review those policies here: <https://kin.educ.ubc.ca/undergraduate/bkin/academic-concession/>. Please keep in mind that things like vacationing are not a valid excuse to miss an assessment.

There is no individual extra credit in this course. Please keep that in mind from the beginning of the course. In the instance that an extra credit opportunity is made available, it will be made available to everyone in the class.

### QUIZZES

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There will be a series of four quizzes in the course. Quiz style will be multiple choice, unless I note otherwise. Quizzes will be open from 9am until 5pm PST on Mondays – you can take them at any time, although there will be a time limit once you start the quiz. Quizzes will be conducted through Canvas.

Each quiz is worth ten percent of your overall mark for the course. Details of individual quizzes will be discussed during the virtual session before the quiz. Missed quizzes are subject to the policies outlined in the section titled “Course Evaluation.” In some circumstances, the value of a missed quiz may be re-weighted onto the other quizzes, but only in the case of self-declared conflicts.

### EXAMS

There are two exams in the course and each is worth 30% of your overall mark. Exam I will cover material presented in the first half of the course; Exam II will cover content covered in the second half of the course. Exam II is **NOT CUMULATIVE**. Exams will be a combination of multiple choice, true-false, and fill-in-the-blank questions. **Exams will take place through Canvas. Exam I will begin promptly at 5:00pm PST for all students on February 22nd. The date of Exam II will be announced when the final exam schedule is posted.**

### Students Learning Outside of Canada

During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit: <https://academic.ubc.ca/supportresources/freedom-expression>.

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COURSE SCHEDULE

<b>Date</b>	<b>Video Release</b>	<b>Due</b>	<b>Zoom Discussion</b>
04-Jan	<b>Evidence Based Sport Medicine Part 2</b>		<b>Cancelled</b>
11-Jan	<b>Respiratory Issues in Sport</b>		<b>Course Intro &amp; Evidence Based Medicine Part 2</b>
18-Jan	<b>Exercise at Altitude</b>		<b>Respiratory Issues in Sport</b>
25-Jan	<b>Exercise in Heat Cold</b>	<b>Quiz 1</b>	<b>Exercise at Altitude</b>
01-Feb	<b>Air Pollution and Exercise</b>		<b>Exercise in Heat Cold</b>
08-Feb	<b>Physiology and Medicine of Diving and Immersion</b>	<b>Quiz 2</b>	<b>Air Pollution and Exercise</b>
15-Feb	<b>No Class – Reading Break</b>		
22-Feb	<b>Midterm</b>		
01-Mar	<b>Relative Energy Deficit in Sport - RED-S</b>		<b>Physiology and Medicine of Diving and Immersion</b>
08-Mar	<b>GI Issues in Athletes</b>	<b>Quiz 3</b>	<b>Relative Energy Deficit in Sport - RED-S</b>
15-Mar	<b>Aging Athletes</b>		<b>GI Issues in Athletes</b>
22-Mar	<b>Overtraining/Travel with Athletes</b>		<b>Aging Athletes</b>
29-Mar		<b>Quiz 4</b>	<b>Overtraining/Travel with Athletes</b>
05-Apr			<b>Course Wrap-Up</b>

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Readings

- Giles, L. V., Koehle, M.S., 2014. The health effects of exercising in air pollution. *Sports Med.* 44, 223–249.
- Koehle, M.S.M.S., Cheng, I., Sporer, B., 2014. Canadian Academy of Sport and Exercise Medicine Position Statement: Athletes at High Altitude. *Clin. J. Sport Med.* 24, 120–127.
- Meeusen, R., Duclos, M., Foster, C., Fry, A., Gleeson, M., Nieman, D., Raglin, J., Rietjens, G., Steinacker, J., Urhausen, A., Science, E.C. of S., Medicine, A.C. of S., 2013. Prevention, diagnosis and treatment of the overtraining syndrome: Joint consensus statement of the European College of Sport Science (ECSS) and the American College of Sports Medicine (ACSM). *Eur. J. Sport Sci.* 13, 1–24.
- Mountjoy, M., Sundgot-Borgen, J., Burke, L., Carter, S., Constantini, N., Lebrun, C., Meyer, N., Sherman, R., Steffen, K., Budgett, R., Ljungqvist, A., 2014. The IOC consensus statement: beyond the Female Athlete Triad—Relative Energy Deficiency in Sport (RED-S). *Br. J. Sports Med.* 48, 491–497.
- Mountjoy, M., Sundgot-Borgen, J.K., Burke, L.M., Ackerman, K.E., Blauwet, C., Constantini, N., Lebrun, C., Lundy, B., Melin, A.K., Meyer, N.L., Sherman, R.T., Tenforde, A.S., Torstveit, M.K., Budgett, R., 2018. IOC consensus statement on relative energy deficiency in sport (RED-S): 2018 update. *Br. J. Sports Med.* 52, 687–697.