Course Format:

- Lectures will be delivered as a series of short pre-recorded (asynchronous) videos that should be viewed prior to our live virtual (synchronous) sessions via Zoom. These will be made available prior to the Zoom sessions. The Zoom sessions will not be recorded.
- The class will include a live session each week for discussions about assigned readings and material covered in the videos. These are case discussions relevant to the asynchronous material. We will often have a guest (either a content expert or a patient).
- These sessions take place:
  - Mondays, 5:00pm-6:30pm PST

Instructor:

Michael Koehle MD PhD
Contact your assigned TA

Teaching Assistants (TAs):

TA: Rachel Jackman

*If your last name begins with the letters A through Hop, please communicate with Pat as your point of contact*
You can contact Rachel using the messaging function on Canvas or at: rajackma@student.ubc.ca
Office Hours: by appointment

TA: Josh Bovard

*If your last name begins with the letters Hor through Nie, please communicate with Josh as your point of contact*
You can contact Josh using the messaging function on Canvas or at: josh.bovard@ubc.ca
Office Hours: by appointment

TA: Angus Chan

*If your last name begins with the letters Nor through Z, please communicate with Angus at your point of contacts*
You can contact Angus using the messaging function on Canvas or at: angus.chan@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.

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

CONTACT

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 during virtual office hours with the teaching assistants or posted on the class discussion boards linked to the appropriate topic.*

E-mail should only be used in cases of emergency that may cause you to miss an exam or quiz. 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 or the discussion boards. 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 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:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quiz I</td>
<td>5%</td>
</tr>
<tr>
<td>Midterm I</td>
<td>40%</td>
</tr>
<tr>
<td>Quiz II</td>
<td>5%</td>
</tr>
<tr>
<td>Quiz III</td>
<td>5%</td>
</tr>
<tr>
<td>Quiz IV</td>
<td>5%</td>
</tr>
<tr>
<td>Exam II</td>
<td>40%</td>
</tr>
</tbody>
</table>

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**

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 5pm until 5:15 pm 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 five 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 40% of your overall mark. Exam I will cover material presented in the first half of the course.

Exam II is **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 28. 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
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substitute courses. For further information and support, please visit: [https://academic.ubc.ca/supportresources/freedom-expression](https://academic.ubc.ca/supportresources/freedom-expression).

## COURSE SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Zoom Discussion</th>
<th>Due</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-Jan</td>
<td>Course Introduction</td>
<td></td>
<td>No asynchronous session</td>
</tr>
<tr>
<td>17-Jan</td>
<td>Evidence-Based Medicine Part 2</td>
<td></td>
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<tr>
<td>24-Jan</td>
<td>Exercise at Altitude</td>
<td>Quiz 1</td>
<td></td>
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<tr>
<td>31-Jan</td>
<td>Exercise in Heat &amp; Cold</td>
<td></td>
<td>Olympic Race Walker - Mathieu Bilodeau</td>
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<tr>
<td>7-Feb</td>
<td>Respiratory Issues in Sport</td>
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<tr>
<td>14-Feb</td>
<td>Air Pollution and Exercise</td>
<td>Quiz 2</td>
<td></td>
</tr>
<tr>
<td>21-Feb</td>
<td>No Class – Reading Break</td>
<td></td>
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<tr>
<td>28-Feb</td>
<td>MIDTERM</td>
<td></td>
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<tr>
<td>Date</td>
<td>Topic</td>
<td>Quiz/Panelist</td>
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<tr>
<td>7-Mar</td>
<td>Physiology and Medicine of Diving and Immersion</td>
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<tr>
<td>14-Mar</td>
<td>Relative Energy Deficit in Sport - RED-S</td>
<td>Quiz 3</td>
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<tr>
<td>21-Mar</td>
<td>GI Issues in Athletes</td>
<td>Pro Triathlete Rach McBride</td>
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<tr>
<td>28-Mar</td>
<td>Overtraining/Travel with Athletes</td>
<td>Quiz 4</td>
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<td>Pro Cyclist Sara Bergen</td>
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<tr>
<td>4-Apr</td>
<td>Aging and Exercise</td>
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</tbody>
</table>

**Readings**


