Kin 500K – Injury Prevention – A Multidisciplinary Approach

Tuesdays 4-7pm

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Office Hours by appointment

Course Description

This course exams the broad topic of injury prevention from the perspective of multiple sport science disciplines. Key topics to be reviewed include:

- The foundational frameworks of injury prevention
- The science and impact of intervention strategies
- The role of training load in injury aetiology and prevention
- Nutritional impact & considerations with injuries
- Return to play strategies and implementation

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 used 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 that are delivered both in person and virtually. Most classes will be comprised of a combination of lecture format followed by

discussions and breakouts. Several guest lecturers will be involved to provide further applied examples of injury prevention in practice.

Course Requirements

Students 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 via 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, a midterm, course participation, class presentation and a single final assignment.

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.

Class Schedule: TBD