

**Instructor:** Breda Lau  
**Phone:** (403) 440 6499  
**Email:** blau@mtroyal.ca  
**Office:** KNB 254  
**Office Hours:** By appointment only

**Lecture Room:** KNA 160  
**Lab Room:** KNA 264  
**Days:** M/W/F  
**Time:** 9:00am-9:50am  
**Course Website:** Blackboard

**Course Description:**

This course provides a study of the responsibilities of physical educators with respect to their role in the prevention and care of athletic injuries.

**Course Objectives:**

1. Basic understanding of terminology that pertains to athletic injuries.
2. Recognition, evaluation, and immediate care of athletic injuries.
3. Basic proficiency in selected supportive procedures (*i.e.*, taping, splinting)

**Required Reading Materials:**

- Prentice, W.E., Principles of Athletic Training: A Competency-Based Approach. 14<sup>th</sup> ed., McGraw-Hill, 2011.

**Contacting the Instructor:**

Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment. Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

**Grading Scale:**

Grade	Percent	Grade Point Value	Description
A+	90.0+	4.00	Outstanding
A	87.0-89.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	84.0-86.9	3.70	
B+	80.0-83.9	3.30	
B	75.0-79.9	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	70.0-74.9	2.70	
C+	65.0-69.9	2.30	
C	60.0-64.9	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	57.0-59.9	1.70	<b>Minimum grade required if needed as a prerequisite course.</b>
D+	55.0-56.9	1.30	
D	50.0-54.9	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	0-49.9	0	Fail – unsatisfactory performance or failure to meet course requirements.

**Evaluation of Course  
Content:**

<b><u>Lecture</u></b>	<b>65</b>
Midterm Exam (Feb.27)	25
Final Exam (TBA)	25
3 x Research Critiques (Jan.30/Mar.13 & 27)	15 (3 x 5%)
<b><u>Lab</u></b>	<b>35</b>
FINAL OP (Apr.8-15)	15
FINAL Skills Assessment (Apr.1 1-5)	5
Quiz (Feb.11-15)	5
Ankle Taping (Feb.11-15)	5
Participation	5
<b><u>TOTAL</u></b>	<b>100</b>

**Midterm Exam Policy:**

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in **exceptional circumstances only** which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification **prior** to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are **not** valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.

**Final Examination:**

Final exams are scheduled by the registrar's office during the final exam period (April 19-30, 2013). This is a closed book exam.

**Research Critiques**

Students will be assigned to read THREE journal articles. ONE WEEK after each article is assigned students will be tested on and given 30 minutes of class time to complete each research critique. Special accommodation may be granted by the instructor in **exceptional circumstances only** which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification **prior** to the originally scheduled quiz to support their circumstance. Excusable absences will be given a substitute paper to review, and will be required to arrange a suitable time supervised by either the instructor or teaching assistant or accept a grade of 0.

**Additional Course  
Information:**

1. Students are required to prepare for laboratories ahead of time.
2. Attendance for labs is **MANDATORY**. More than 2 unexcused absences without sufficient justification or medical documentation may result in failure (0%) of the lab component. If for any reason (e.g. illness) you must miss a class, please make every attempt to inform the instructor prior to the class.
3. You are required to read and review the notes pertaining to each lab section **BEFORE** attending the lab.
4. The participation grade will be derived from the following: active participation in lab activities and discussions. Part of this will require you to find a new lab partner for each lab.

**Course Content: All readings are taken out of Prentice, 2012 unless otherwise noted.**

DATE	TOPIC	LABORATORY	READING ASSIGNMENT
Week 1 : • January 7-11	<ul style="list-style-type: none"> <li>• Course introduction</li> <li>• Assessment/EAP</li> <li>• Urgent vs Non-Urgent</li> </ul>	<ul style="list-style-type: none"> <li>• No LABS</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 12</li> </ul>
Week 2: • January 14-18	<ul style="list-style-type: none"> <li>• Injury introduction</li> <li>• Tissue response to injury</li> <li>• Cryotherapy</li> </ul>	<ul style="list-style-type: none"> <li>• Conceptual model</li> <li>• Injury assessment</li> <li>• Splinting</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 9</li> <li>• Chapter 10</li> </ul>
Week 3: • January 21-25	<ul style="list-style-type: none"> <li>• Introduction to research</li> <li>• Foot</li> <li>• Ankle</li> </ul>	<ul style="list-style-type: none"> <li>• Ankle</li> <li>• Foot</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 18, 19</li> <li>• <b>Assign Article 1 (Jan 23)</b></li> </ul>
Week 4: • January 28-February 1	<ul style="list-style-type: none"> <li>• Foot/Ankle cont.</li> <li>• <b>Article 1 critique (Jan 30)</b></li> <li>• Skin disorders</li> <li>• Blood-borne pathogens/Infectious diseases</li> </ul>	<ul style="list-style-type: none"> <li>• Ankle Taping</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 14, 28</li> </ul>
Week 5: • February 4-8	<ul style="list-style-type: none"> <li>• Lower leg</li> <li>• Knee</li> </ul>	<ul style="list-style-type: none"> <li>• Knee</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 19, 20</li> </ul>
Week 6: • February 11-15	<ul style="list-style-type: none"> <li>• Knee cont.</li> <li>• Epiphyseal injuries</li> <li>• Hip/Thigh</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• <b>Ankle Tape Exam (TBA: Time &amp; Place)</b></li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 9, 21</li> </ul>
Week 7: • February 18-22	<b>READING WEEK: NO SCHEDULED CLASSES</b>	<ul style="list-style-type: none"> <li>• <b>NO LABS</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>NO ASSIGNED READINGS</b></li> </ul>
Week 8: • February 25-March 1	<ul style="list-style-type: none"> <li>• <b>MIDTERM EXAM (Feb 27)</b></li> <li>• Lumbar spine</li> <li>• Thoracic spine</li> </ul>	<ul style="list-style-type: none"> <li>• Hip</li> <li>• Thigh</li> <li>• Lumbar</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 25</li> </ul>
Week 9: • March 4-8	<ul style="list-style-type: none"> <li>• Shoulder</li> <li>• Elbow</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 22, 23</li> <li>• <b>Assign Article 2 (Mar 6)</b></li> </ul>
Week 10: • March 11-15	<ul style="list-style-type: none"> <li>• Elbow cont.</li> <li>• <b>Article 2 critique (Mar 13)</b></li> <li>• Forearm/Wrist</li> <li>• Hand</li> </ul>	<ul style="list-style-type: none"> <li>• Elbow</li> <li>• Forearm</li> <li>• Wrist</li> <li>• Thumb</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 24</li> </ul>
Week 11: • March 18-22	<ul style="list-style-type: none"> <li>• Facial/Eye</li> <li>• Cervical spine</li> </ul>	<ul style="list-style-type: none"> <li>• Neck</li> <li>• Log Roll</li> <li>• Immobilization</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 25</li> <li>• <b>Assign Article 3 (Mar 20)</b></li> </ul>
Week 12: • March 25-29	<ul style="list-style-type: none"> <li>• Head</li> <li>• <b>Article 3 critique (Mar 27)</b></li> <li>• Concussion</li> </ul>	<ul style="list-style-type: none"> <li>• Head Injury</li> <li>• Review</li> </ul>	<ul style="list-style-type: none"> <li>• SCAT2</li> </ul>
Week 13: • April 1-5	<ul style="list-style-type: none"> <li>• Concussion cont.</li> <li>• Field Decisions for Head/Neck</li> </ul>	<ul style="list-style-type: none"> <li>• Skills Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 26</li> </ul>
Week 14: • April 8-15	<ul style="list-style-type: none"> <li>• Professionalism/Legal liability</li> <li>• Review</li> </ul>	<ul style="list-style-type: none"> <li>• <b>FINAL OP (TBA: Time &amp; Place)</b></li> </ul>	<ul style="list-style-type: none"> <li>• Chapter 1</li> </ul>

**Supplementary Course Information**  
*In accordance with the University of Calgary Calendar*

**Academic  
Accommodation  
Awareness Information:**

It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

**Plagiarism/Cheating/Other Academic Misconduct:**  
(see Calendar)

A single offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.

**FOIP Policy:**

Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: <http://www.ucalgary.ca/secretariat/privacy>

**Internet and Electronic  
Communication Device  
Information:**

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.

Instructors have the authority, at the discretion of the dean of their faculty, to require that specific course assignments, term papers and academic exercises be submitted in an electronic format. Instructors cannot require that multiple copies of an assignment be submitted.

**Emergency  
Evacuation/Assembly  
Points:**

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby

**Safewalk Information:**

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

**Student's Union:**

The Kinesiology Representative is Calindy Ramsden - E-mail: [kinesrep@su.ucalgary.ca](mailto:kinesrep@su.ucalgary.ca)