



Course Outline
KNES 469: Topics in Sport Medicine
Winter 2013
January 8 through April 16

Instructor: Dr. Preston Wiley	Room: KNB 131
Phone: 220-8276	Days: Tuesday, Thursday
Email: wiley@ucalgary.ca	Time: 0800h – 0915h
Office: B2220F	Course Website: Blackboard
Office Hours: By Appointment only	

Course Description:	An examination of current medical topics in Sport Medicine as they relate to the athlete. The topics will include common medical problems and drugs in sport.
Course Objectives:	<ol style="list-style-type: none">1. To learn the Hypothalamic-pituitary-end organ axis and its relationship to amenorrhea, bone metabolism, overtraining and other endocrine disorders.2. To learn about doping in sport. To understand the various doping classes and why they were implemented. To appreciate the ethical concerns involving doping in sport. To understand doping and genetics.3. To learn what a drug is, how it is absorbed, metabolized and distributed through the body.4. To learn about infection in the athlete.5. To learn about exercise in the heat and cold.6. To learn about the effects of travel and how to minimize its effects.7. To learn about head and nerve injury and its sequelae.8. To learn about diseases of the lungs and heart, their management and their impact on exercise.9. To learn about iron metabolism and its relationship to the red blood cell and sport performance.10. To learn about bone health, physiology and overuse injury11. To learn about children in sport.12. To learn about the Paralympic athlete13. To learn about overtraining and athlete monitoring
Required Materials:	There are no required textbooks for this course. A selection of reading materials will be placed on Blackboard. These are required readings and should be read as the appropriate topics are covered in class. Human physiology and medical physiology textbooks should be used as required for background information
Contacting the Instructor:	Students requiring assistance are encouraged to speak with their instructor during class. Should you wish to meet with the instructor outside of class, 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+	94.0+	4.00	Outstanding
A	90.0-93.9	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	85.0-89.9	3.70	
B+	80.0-84.9	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+	67.5-69.9	2.30	
C	65.0-67.4	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	60.0-64.9	1.70	
D+	57.5-59.9	1.30	
D	50-57.4	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	<50	0	Fail – unsatisfactory performance or failure to meet course requirements.

Evaluation of Course Content:

1. Term Paper 30%
2. Mid-term Examination 30%
3. Final Examination 40%

Late Policy:

Term Paper due March 5. 5/30 mark late penalty to March 7. Not marked after March 7.

Final Examination:

Registrar scheduled – 2 hours

Additional Course Information:

Examinations are closed book. No need for calculators or computers.

Course Content:

Month	Day	Topic	Instructor	
January	8	T	Introduction (The 'Team' and doping)	Wiley
January	10	TH	What are Drugs?	Wiley
January	15	T	Doping Classes	Wiley
January	17	TH	Genetics in Sports	D Hittel
January	22	T	Testing	Wiley
January	24	TH	Hormone Replacement/Male	Wiley
January	29	T	Amenorrhea and Female Physiology	B. Corenblum
January	31	TH	Bone Adaptation to Stress	S. Boyd
February	5	T	Bone Health	D. Hanley
February	7	TH	Stress Fracture	Wiley
February	12	T	Paralympic Athletes	Wiley
February	14	TH	MID-TERM EXAM	Wiley
February	19	T	READING WEEK	
February	21	TH	READING WEEK	
February	26	T	The Lung in Sport	Wiley
February	28	TH	Exercise in Heat and Cold	T. Trinh
March	5	T	Travel Medicine	V. Lun
March	7	TH	Asthma	Wiley
March	12	T	Infection and the Athlete	Wiley
March	14	TH	Children in Sport	Wiley
March	19	T	Athlete's Heart	J. Stone
March	21	TH	Physiological Monitoring	D. Smith
March	26	T	Hemoglobin	Wiley
March	28	TH	Iron as a Drug	Wiley
April	2	T	Overtraining Syndrome	Wiley
April	4	TH	Nerve Injury	Wiley
April	9	T	Head Injury	B. Benson
April	11	TH	Miscellaneous topics	Wiley
April	16	T	Wrap-Up	Wiley

Supplementary Course Information

In accordance with the University of Calgary Calendar

<u>Academic Accommodation Awareness Information:</u>	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 <u>are not eligible</u> for formal academic accommodation.
<u>Plagiarism/Cheating/Other Academic Misconduct:</u> (see Calendar)	A <u>single</u> 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.
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 <u>exceptional circumstances only</u> 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 <u>prior</u> to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are <u>not</u> 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.
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.
Emergency Meeting Place:	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 - Phone: 220-2913 or E-mail: kinesrep@su.ucalgary.ca .