

Acknowledgement of Indigenous Peoples and Traditional Territories: York University recognizes that many Indigenous nations have longstanding relationships with the territories upon which our campuses are located that precede the establishment of York University. We acknowledge our presence on the traditional territories of the Mississaugas of Credit First Nation, the Huron-Wendat, the Haudenosaunee Confederacy and the Métis Nation of Ontario

**FACULTY OF
HEALTH
SCHOOL OF KINESIOLOGY AND HEALTH
SCIENCE**

Course: HH / KINE 2495 3.00 A – Introduction to Sport Related Injuries

Course Webpage: eClass

Term: Winter Term 2023

Pre/Co-requisite: HH/KINE 2031 3.00 Human Anatomy

Course Credit Exclusion: HH/KINE 2490 3.00 & HH/KINE 3600 3.00

Course Instructor:

Kelly Parr, CAT(C), RKin
EMAIL: THROUGH ECLASS or kparr@yorku.ca
COURSE CONSULTATION HOURS (BY APPT)

Time and Location

Wednesdays 1:30-4:20pm [Curtis Lecture Hall C](#)

Expanded Course Description

Provides students with a broad spectrum of knowledge relating to topics in sports medicine drawing from fields such as: anatomy, biomechanics, physiology, epidemiology, pathology and psychology. Discussions of sport injuries and conditions relating to injury prevention, evaluation and management helps students develop the foundational knowledge relating to the health care field.

Course Learning Goals and Student Learning Outcomes

Goals of the Course:

- 1) Introduce students to the field of sports injuries and the potential impact on the human body.
- 2) Describe the biomechanical, environmental, physiological, psychological and general medical factors that can affect the human body while engaged in sport and physical activity.
- 3) Expose the student to the critical skill of reading empirical based literature.
- 4) Inspire students to consider a career in health care

Student Learning Outcomes:

By the end of this course, students will be able to:

- 1) Identify the most common sports injuries and their potential impact on the human body.
- 2) Explain the various factors that can affect the human body relating to sport and physical activity.
- 3) Analyze the literature on a given sport injury related topic and complete a review report.
- 4) Distinguish between the various career paths available related to the health care field.

University Undergraduate Degree Level Expectations (UUDLEs)

- Demonstrate knowledge of the terminology and nomenclature in Kinesiology and Health Science
- Describe the process of research that is used to develop knowledge in the field of Kinesiology and Health Science.
- Apply subject-based theories, concepts, or principles to solve problems related to Athletic Therapy
- Use appropriate academic terminology and notation when preparing and presenting information
- Be aware of the limits in knowledge and methodologies when analyzing, evaluating, interpreting and disseminating information
- Be able to think independently, problem solve and set tasks

Course Text:

Please see the York University Bookstore webpage (<https://bookstore.yorku.ca>)

Prentice, W (2021). Principles of Athletic Training: A Guide to Evidence Based Clinical Practice. (16th edition or 17th edition). McGraw-Hill College
ISBN-13: 978-1259824005 (16th edition) ISBN-13: 978-1260570939 (17th edition)

Note: This is the same course text as required in KINE 3575 - Athletic Injuries.

Topics and Readings:

Week	Date	Topic	Readings
1	Jan 11	Introduction to the Sports Medicine Team - History - Sports Medicine Team - Role of AT - Professional Responsibilities - Organizations and Educational Routes	Chapter 1 (16 th /17 th ed) (exclude p14-16- How does one become an AT- refer to CATA website: www.athletictherapy.org .)
2	Jan 11/18	Legal Concerns and Insurance Issues - Legal Concerns for the Practitioner - Confidentiality - Standards of Practice / Regulation - Insurance Considerations	Chapter 3 (16 th /17 th ed)

3	Jan 18,25	Injury Prevention <ul style="list-style-type: none"> - Athletic Injury Epidemiology - Pre-participation Examination - Nutritional Considerations - Conditioning Principles in Injury Prevention 	Chapter 2(17 th ed pg57-65), 4,5 (16 th /17 th ed)
<p>Quiz 1 covers weeks 1 - 3. The quiz will be on Wednesday Feb 1, 1:30pm EST. You will have 20 minutes to complete 20 Multiple Choice Questions.</p>			
4	Feb 1	Physiological and psychological aspects of pain	Pg. 278-282, 298-99, 350, 409 (16 th ed) Pg. 284-288 (17 th ed)
5	Feb 1,8	Biomechanics and Pathology of Sports Injury <ul style="list-style-type: none"> - Mechanics of Injury - Traumatic and Overuse Injuries - Types of Tissue Injury (bone, muscle, nerve, etc.) - Tissue Response to Injury 	Chapter 9,10 (16 th /17 th ed)
6	Feb 8,15	Conditions in Specific Populations <ul style="list-style-type: none"> - Young Athlete - Female Athlete - Male Athlete - Mature Athlete 	Chapter 27, 29 (16 th /17 th ed)(relevant sections, use powerpoint to guide reading)
<p>Midterm Exam covers weeks 1-6 and is on Wednesday March 1, 1:30pm EST You will have 60 minutes to complete 60 Multiple Choice Questions.</p>			
7	Mar 1	Para-athlete Environmental Considerations <ul style="list-style-type: none"> - Hyperthermia - Hypothermia 	Chapter 6 (16 th /17 th ed)
<p>Literature Review is due Sunday March 12th by 11:59pm EST</p>			
8	Mar 8	Environmental Considerations <ul style="list-style-type: none"> - Air Pollution and Lightening Safety - Altitude - Circadian Dysrhythmia (Jet Lag) 	Chapter 6 (16 th /17 th ed)
9	Mar 15	Drugs and Sport <ul style="list-style-type: none"> - Pharmacokinetics - Types of Therapeutic Drugs - Substance Abuse Among Athletes - Drug Testing in Athletes 	Chapter 17 (16 th /17 th ed)
<p>Quiz 2 covers weeks 7 - 9 and is on Wednesday March 22, 1:30pm EST. You will have 20 minutes to complete 20 Multiple Choice Questions.</p>			

10	Mar 22	General Medical Conditions and the Athlete <ul style="list-style-type: none"> - Cardiovascular - Sudden Death, Anemia - Respiratory Conditions- Asthma, Infections, etc. - Diabetic Athlete - Seizure Disorders 	Chapter 29 (16 th /17 th ed)
11	Mar 29	Infectious Diseases and Skin Conditions <ul style="list-style-type: none"> - Skin infections (Bacterial, Viral, Fungal) - Infectious Diseases 	Chapter 14, 28 (16 th /17 th ed)
12	Apr 5	Psychosocial Aspects of Sport Injury <ul style="list-style-type: none"> - Predictors of Injury - Response to Injury - Factors in the Rehabilitation Process 	Chapter 11 (16 th /17 th ed)
<p>The Final Exam covers material from weeks 7-12.</p> <p>You will have 60 minutes to complete 60 Multiple Choice Questions. It will be scheduled during the final exam period.</p>			

Course Evaluation:

The final grade for the course will be based on the following items weighted as indicated:

Item	Description	Weight	Date
Quiz 1	20 multiple choice questions	10%	Wednesday Feb 1, 2023 (20 minutes)
Midterm	60 multiple choice questions	25%	Wednesday March 1, 2023 (60 minutes)
Literature Review	3-page, single spaced written assignment	25%	Sunday March 12, 2023 11:59pm
Quiz 2	20 multiple choice questions	10%	Wednesday March 22, 2023 (20 minutes)
Participation	Students can earn up to 5% through the activities listed below. See Eclass for more information.	5%	Friday March 31, 2023 11:59pm
Final Exam	60 multiple choice questions	25%	60 minutes (Final exam period – date TBD)

IMPORTANT COURSE INFORMATION FOR STUDENTS

Final course grades MAY be adjusted to conform to Program or Faculty grades distribution profiles. The grading scheme of the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A=8, B+ = 7, C+ = 5, etc.) Assignments and tests will bear a number grade which will be converted to a corresponding letter grade at the end of the course.

(For a full description of York grading system see the York University Undergraduate Calendar)

Assignment Submission: Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the deadline date specified for the assignment. **The written assignment must be submitted electronically through eClass under the 'written assignment icon'.**

Lateness Penalty: Assignments received later than the due date will be penalized 5% per day.

Missed Tests:

Students with a documented reason for missing a course test, such as illness or compassionate grounds which is confirmed by supporting documentation (e.g. attending physician's statement form available in the KINE undergraduate office) may request accommodation from the Course Instructor. Students will be allowed to write a make-up test on the same day as their final exam either before or after their final exam or on another specified date as determined by the course director. Further extensions or accommodation will require students to submit a formal petition to the faculty.

Students with Accommodations:

Any student who requires accommodations for this course or exams, must register with the Student Accessibility Services Centre.

Course Content:

1) the course content should be used for educational purposes only and as a means for enhancing accessibility; 2) students do not have permission to duplicate, copy and/or distribute course content outside of the class (these acts can violate not only copyright laws but also [FIPPA](#) and intellectual property rights); and 3) any recordings should be destroyed after the end of classes.

Academic Honesty:

In this course, we strive to maintain academic integrity to the highest extent possible. Please familiarize yourself with the meaning of academic integrity by completing SPARK's [Academic Integrity module](#) at the beginning of the course. Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone else to cheat). All breaches in this course will be reported to the appropriate university authorities and can be punishable according to the [Senate Policy on Academic Honesty](#).

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) -

<https://secretariat.info.yorku.ca/files/CourseInformationForStudentsAugust2012-.pdf>

- Senate Policy on Academic Honesty (<https://www.yorku.ca/secretariat/policies/policies/academic-honesty-senate-policy-on/>) and the Academic Integrity Website (<https://www.yorku.ca/unit/vpacad/academic-integrity/>).
- Ethics Review Process for research involving human participants (<https://www.yorku.ca/research/human-participants/>)
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities (<https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-with-disabilities-policy/>; **and** <https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-with-disabilities-guidelines-procedures-and-definitions/>)
- Student Conduct Standards (<https://www.yorku.ca/secretariat/policies/policies/code-of-student-rights-and-responsibilities-presidential-regulation/>)
- Religious Observance Accommodation (<https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-religious-observances-policy-guidelines-and-procedures/>)

Calumet and Stong Colleges' Student Success Programming:

[Calumet](#) and [Stong](#) Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.
- [Course Representative Program](#) supports the academic success and resourcefulness of students in core program courses through in-class announcements.
- [Peer-Assisted Study Sessions \(PASS\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by well-trained Peer Tutors.
- Please connect with your Course Director about any specific academic resources for this class.
- Calumet and Stong Colleges also support students' [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [Career Exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- For additional resources/information about Calumet and Stong Colleges' Student Success Programs, please consult our websites ([Calumet College](#); [Stong College](#)), email scchelp@yorku.ca, and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#).

- Are you receiving our weekly email (Subject: “Calumet and Stong Colleges - Upcoming events”)? If not, please check your Inbox and Junk folders, and if it’s not there then please contact ccscadm@yorku.ca, and request to be added to the listserv. Also, make sure to add your ‘preferred email’ to your [Passport York personal profile](#) to make sure you receive important news and information.