

FACULTY OF HEALTH

KINESIOLOGY AND HEALTH SCIENCE

Course: HH/AS/SC 4740 3.0 Psychology of Sport Injury and Rehabilitation

Course Webpage: Moodle

Term: Fall, 2019

Prerequisite / Co-requisite: HH/AS/SC KINE 2000 Psychology of Physical Activity

Course Instructor

Dr. Frances Flint

Stong 327

email via Moodle only please

Course consultation hours: immediately after class

Grader: tba

Time and Location

Lectures T 11:30-12:50

R 11:30-12:50

Expanded Course Description

This course deals with the psychosocial aspects of sport injury and recovery from sport injury. Through this course, the students gain an understanding of the psychological and sociological aspects of sport injury, the impact of pain, and the psychological implications of long term rehabilitation. Students learn to assess psychosocial aspects of sport injury, determine an appropriate course of action to assist in recovery, and the application of the intervention. Psychological interventions are highlighted within case histories with a return to an active (sport) lifestyle as the goal of the interventions.

Organization of the Course

The course involves formal lectures by the professor and invited guests and weekly interaction through Moodle. The lectures and Moodle will be supplemented by films and videos. On line Moodle meetings will be available for discussion of required and recommended reading and assignments in the course. **The required readings are central to the course.** The lectures and Moodle interaction will serve to enrich, clarify, and illustrate crucial issues from the assigned readings

Topics covered

- a) Overview of Sport Psychology as related to Sport Injury and Rehabilitation
- b) Communication and listening skills
- b) Psychosocial antecedents to sport injury
- c) Models relating to psychological reactions to sport injury
- d) Multidimensional approach to pain

- e) Psychosocial aspects of pain, pain measurement and pain mediation
- f) Psychological implications of long term rehabilitation for athletes
- g) Psychological interventions in sport injury recovery
 - visualizations for injury and recovery
 - positive self talk
 - rational emotive therapy
 - goal setting
 - modelling in sport injury recovery
- h) An integrated approach to sport injury recovery
 - physiological aspects of recovery
 - psychological aspects
 - sport related factors
- i) Re-entry into sport considerations for athletes
 - End of career considerations
- j) Suicide in sport
- k) Critical Incident Stress Management

Course Learning Objectives

(1) Statement of the purpose:

The purpose of this course is to assist students in developing a critical overview of the psychological, social, sport-related, and biophysical impacts of major injury on sport participants. Students will be able to compare and contrast individual psychological characteristics of injury reaction and identify fundamental principles/challenges of recovery from sport injury. Students will be able to describe and apply psychological strategies and skills to support injury recovery.

(2) List of specific learning objectives of the course

- students will learn to identify signs and symptoms of mood states which may predispose athletes to injury
- students will learn to recognize various psychological reactions to sport injury
- students will come to understand the influence of pain on psychological reactions to injury and recovery
- students will learn various psychological interventions that may assist in sport injury recovery
- students will learn to apply various psychological interventions that may assist in re-entry into sport

Course Text / Readings

Required: Flint, F. A., (1998). *Psychology of Sport Injury*. Champaign, IL: Human Kinetics. **(Not for purchase – available on Moodle)**

Various journal articles on Moodle or at the library

Suggested Readings:

Brewer, B.W., & Redmond, C.J. (2017). *Psychology of Sport Injury*. Champaign, IL: Human Kinetics. **E-book is available**

Pargman, D. *Psychological Bases of Sport Injury*
Morgantown, WV: Fitness Information. **E-book is available**

Additional readings and videos will be assigned during the course.
Readings will be identified through Moodle

Evaluation

1. a) Various brief quizzes based on journal readings or videos 10%
b) Listing of available mental health resources (____) 5%
2. One, five page double spaced case history analysis and one applicable intervention (____) 20%

Students will analyze an on-line videotaped or a printed case history of an injured athlete and write a five-page analysis including identifying one psychological concern and one appropriate psychological intervention for that concern. A format for analysis and intervention will be provided. Papers will be submitted through Moodle **and** Turnitin.

3. One written exam late in the term 30%
4. One, ten page double spaced case history analysis and three appropriate psychological interventions (____) 35%

Students will analyze a case history, design at least 3 psychological concerns and 3 appropriate different psychological interventions. The 3 interventions will be applied within an integrated approach to rehabilitation and return to competition. The format for analysis and intervention will be the same as the second assignment. Papers will be submitted through Moodle **and** Turnitin.

Please note that grades are always rounded up to the next full number where appropriate (i.e., 74.5 becomes 75; 74.4 does not become 75). Grades will not be increased for any other reason.

Grading, Assignment Submission, Lateness Penalties and Missed Tests

Grading: The grading scheme for 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 either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - http://calendars.registrar.yorku.ca/pdfs/ug2004cal/calug04_5_acadinfo.pdf)

Students may take a limited number of courses for degree credit on an ungraded (pass/fail) basis. For full information on this option see Alternative Grading Option in the Faculty of Health section of the 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 due date specified for the assignment. Assignments are to be handed in via WebCt and Turnitin on the assigned dates. For an alternative to Turnitin, please see the professor.

Lateness Penalty: Assignments received later than the due date will be penalized one-half letter grade (1 grade point) per day that the assignment is late. Exceptions to the lateness

penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., a physician's letter).

Missed Tests: Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor's letter) may request accommodation from the Course Instructor. The student will be able to write the missed examination on a date selected based on student and professor availability and closeness to the actual examination. Further extensions or accommodation will require students to submit a formal petition to the Faculty of Health.

ADDITIONAL INFORMATION

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) - http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

York's Academic Honesty Policy and Procedures/Academic Integrity Website

Ethics Review Process for research involving human participants

Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities

Student Conduct Standards

Religious Observance Accommodation