

**School of Kinesiology
Faculty of Health Sciences
Western University
KINESIOLOGY 2236B**

Introduction to Athletic Injuries

Proposed Schedule of Topics*

| Lecture # | Date | Proposed Topic |
|-----------|--|--|
| 1 | Management Section January 8 | Introduction Primary & Secondary Prevention |
| 2 | January 10 | Athletic Equipment - Design and Fitting Shoe - Design and Fitting |
| 3 | January 15 | Emergency Action Planning |
| 4 | January 17 | Tissue Types and Injuries |
| 5 | January 22 | Injury response- Use of heat and Cold |
| 6 | January 24 | Pre-participation Examination Medical conditions to look out for |
| 7 | January 29 | Concussion Myths Busted! (End of content for mid-term test 1) |
| 8 | Orthopaedic Injuries Section Starts January 31 | Field and Sideline Assessment Techniques Neck Injuries |
| | February 5 | Term test 1 - 25%- 50 mins Room TBA (Lecture 1-7) |
| 9 | February 7 | Head, Face and Throat Injuries |
| 10 | February 12 | Selective Tissue Tension testing |
| 11 | February 14 | AC, SC, Clavicle Injuries and Shoulder injuries |
| 12 | February 26 | Shoulder part 2 and Soft tissue case review |
| 13 | February 28 | Posture Lower Limb Alignment and Mechanics Foot |
| 14 | March 5 | Foot injuries #1 |
| 15 | March 7 | Ankle Injuries #2 |

the School of Kinesiology in 3M Centre room 2225 NOT to the instructor. It will be the Academic Counselling office that will determine if accommodation is warranted. An

n requests must be submitted into the

al Student Record Information Privacy Policy.

https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf

Grades: Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the grade to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go **up/down/or stay the same**. Calculations errors (which do occur!) should be brought to my attention immediately. Note that calculations errors (which do occur!) should be brought to my attention immediately. At least 15% of course grades will be posted by the last day to drop a course.

| | | |
|----|----------|---|
| A+ | 90-100 | <i>One could scarcely expect better from a student at</i> |
| A | 80-89 | <i>Superior work that is clearly above average</i> |
| B | 70-79 | <i>Good work, meeting all requirements and eminently</i> |
| C | 60-69 | <i>Competent work, meeting requirements</i> |
| D | 50-59 | <i>Fair work, minimally acceptable.</i> |
| F | below 50 | <i>Fail</i> |

Scholastic offences: They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:
http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers might be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>)

B)

C) **During Exams:** Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

D) **During Lectures are**

Health and Wellness: As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all

registration fees.

Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional or mental distress should refer to Mental Health@Western (<http://www.uwo.ca/uwocom/mentalhealth/>) for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here:

https://uwo.ca/health/mental_wellbeing/education/module.html.

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. *Student Development Centre* -- <http://www.sdc.uwo.ca/ssd/>
2. *Student Health & Wellness* -- <http://www.health.uwo.ca/>
3. *Registrar's Office* -- <http://www.registrar.uwo.ca/>
4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

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