

HH/KINE 4740: PSYCHOLOGY OF SPORT INJURY AND REHABILITATION COURSE OUTLINE

FACULTY OF HEALTH KINESIOLOGY AND HEALTH SCIENCE

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

Course Webpage: Moodle

Term: Fall 2016

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

Course Instructor

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Course consultation hours: Immediately after class

Time and Location

Lectures	T 11:30- 1:00	N145 - R
	R 11:30-1:00	

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

- Overview of Sport Psychology as related to Sport Injury and Rehabilitation
- Psychosocial antecedents to sport injury
- Models relating to psychological reactions to sport injury
- Multidimensional approach to pain
- Psychosocial aspects of pain, pain measurement and pain mediation
- Psychological implications of long term rehabilitation for athletes
- Psychological interventions in sport injury recovery
visualizations for injury and recovery

- positive self-talk
- rational emotive therapy
- goal setting
- h) Modelling in sport injury recovery
- i) An integrated approach to sport injury recovery
 - physiological aspects of recovery
 - psychological aspects
 - sport related factors
- j) Re-entry into sport considerations for athletes

Course 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 outcomes of the course:

- Identify signs and symptoms of mood states which may predispose athletes to injury
- Recognize and discuss various psychological reactions to sport
- Describe and demonstrate the influence of pain on psychological reactions to injury and recovery
- Define various psychological interventions that may assist in sport injury recovery
- Application and evaluation of various psychological interventions that may assist in re-entry into sport
- Develop a psychological intervention plan for injured athlete recovery

Course Text / Readings

Required:

Flint, F. A., (1998). Psychology of Sport Injury. Champaign, IL: Human Kinetics. (Not for purchase)

Pargman, D. (2007). Psychological Bases of Sport Injury. Morgantown, WV: Fitness Information. **E-book is available**

Various journal articles listed on Moodle

Suggested Readings:

Pargman, D. (1999). Psychological Bases of Sport Injury. Morgantown, WV: Fitness Information **E-book is available**

Heil, J. (1993). Psychology of Sport Injury. (3rd Ed.). Champaign, IL: Human Kinetics.

Additional readings may be assigned or recommended during the course.

Evaluation

1. One, three-page double spaced case history analysis. Students will analyze an on-line videotaped or a printed case history of an injured athlete and write a three-page analysis. A format for analysis will be provided. Papers will be submitted through Moodle **and** Turnitin. (15%)
2. One, five-page double spaced case history analysis and one applicable intervention. Students will analyze an on-line videotaped or a printed case history of an injured athlete and write a five-page analysis including an appropriate intervention. A format for analysis and intervention will be provided. Papers will be submitted through Moodle **and** Turnitin. (20%)
3. One on-line written exam (30%)
4. One, 10-page double spaced interview of an injured or previously injured athlete and appropriate interventions (please do not use a York University varsity athlete). Students will analyze an injured athlete's reaction to sport injury, design at least 3 interventions, and apply the interventions 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. (35%)

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/2010-2011/academic/index.htm>)

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: <http://calendars.students.yorku.ca/2016-2017/kinesiology-and-health-science>

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 Moodle and Turnitin on the assigned dates.

Lateness Penalty: Assignments received later than the due date will be penalized one-half letter grade (1 grade point) per day that 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 doctor'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.

ADDITIONAL INFORMATION

IMPORTANT COURSE INFORMATION FOR STUDENTS

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

- Senate Policy on Academic Honesty and the 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