

**FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY & HEALTH SCIENCE**

Athletic Injuries – Extremities

Course: HH/AS/SC KINE 3575 3.0 Section M

Course Webpage: *York U Moodle*

Term: Winter 2019

Prerequisite/Co-requisite: HH/AS/SC KINE 2031.03 Human Anatomy

Course Credit Exclusion: none

Course Instructor:

Section M

Kelly Parr
323 Stong College

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Office Hours:

M/W 10:30-11:20, 12:30-1:20

Time and Location:

Times: check your course section

Laboratory sessions will be held in room 114 Stong College

Expanded Course Description:

This course is an introduction to athletic injuries including injury classification, basic level assessment of the extremities, tissue healing, protective equipment, and common sport related injuries and conditions in the extremities. The outline for this course has been designed to reflect the recommendations of the Canadian Athletic Therapists' Association (CATA) with respect to an introductory level class in athletic injury assessment and management. In addition, the course content is congruent with the Athletic Therapy Certificate program curriculum.

Organization of the Course:

This course includes lectures supplemented by one weekly two hour laboratory session. Students will learn in labs, how to develop emergency action plans, concepts of field management and injury prevention, protective athletic

equipment, as well as crutch fitting and basic taping techniques. The power point and lecture notes, as well as the required readings are central to the lecture and laboratory components of this course and are available in the course Moodle.

Course Learning Objectives :

The specific objectives of the course are that students will be able to:

- Understand mechanisms of injury for orthopaedic injuries and conditions of the extremities
- Understand the classification of various types of micro and macro traumatic types of injuries
- Understand how the inflammatory response affects the healing process
- Understand how to appropriately manage acute injuries using ice, compression, elevation, rest and restricted function
- Understand the basics of thermotherapy
- Be able to recognize signs/symptoms and severity of injuries to the extremities
- Understand how to evaluate basic ranges of motion, tissue end feel, and utilize anthropometric measurement.
- Be able to palpate various structures in the extremities, use appropriate goniometric measurement and how to perform specific muscle testing.

Course Text / Readings :

Required: Prentice, W E (2008). Anaheim's Principles of Athletic Training, 16th Edition. Toronto: McGraw Hill

Downloaded Power Point information from Moodle.

Optional: Hoppenfeld, S. (1976). Physical Examination of the Spine and Extremities. Norwalk, CO: Appleton & Lange.

Magee, D. (2006). Orthopedic Physical Assessment. St. Louis: MO: Elsevier.

Reese, N. Berryman. (2005). Muscle and Sensory Testing. St. Louis, MO: Elsevier.

OR

Kendall, F. P., McCreary, E. K., & Provance, P. G. (2005). Muscles: Testing and Function, 5th Edition. Philadelphia: Williams and Wilkins.

Evaluation:

The final grade for this course will be based on the following:

Exam # 1	- 25%	
Exam # 2	- 25%	
Final Exam	- 30%	
Lab Exam	- 20%	(Written and Practical)

Grading:

The grading scheme for this course conforms to the 9 – point grading system used in the undergraduate programs at York University.

Examinations will be assigned a numerical grade where as the final mark will include both a number and letter grade.

Missed Tests:

Students with a documented reason for missing a course test, such as illness, compassionate grounds etc., which is confirmed by documentation (e.g., a physician's letter) will write the missed midterm exam one hour following the final exam unless other arrangements are made with the course instructor.

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:

http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

- York's Academic Honesty Policy and Procedures Website
- Course requirements accommodation for students with disabilities
- Student Conduct Standards
- Religious Observance Accommodation

Additional Information:

Lectures:

- Injury classification : Ch 9
- Introduction to the evaluation process (SOAP/HOSP) Ch 13
 - surface anatomy, palpation, and muscle testing
 - range of motion and tissue end feels
 - goniometric measurement
- The Foot, Ankle & Lower Leg Ch 18,19
- The Knee Ch 20
- The Upper Thigh Ch 21
- The Shoulder Ch 22

- The Elbow Ch 23
- The Wrist, Hand and Fingers ch 24
- The Inflammatory Response and Phases of Healing Ch 10
- Physiological Effects of Ice, Compression, Elevation, Rest and Restricted Function Ch 15
- Thermotherapy Ch 15

Laboratories

- Emergency Action Planning
- Basics of On-Field Injury Management
- Introduction to Protective Equipment, Bracing and Orthotics
- Crutches and Gait Progressions
- Principles of Wrapping and Taping of injuries and conditions of the extremities