

FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY & HEALTH SCIENCE

Course: HH/AS/SC KINE 4575 3.0 Athletic Injuries – Body Core

Term: Fall/Winter

Prerequisite: **HH/AS/SC KINE 3575 3.0 Athletic Injuries - Extremities**
 HH/AS/SC KINE 2031 3.0 Human Anatomy

Course Instructor:

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Instructors' office hours are posted outside their offices

Time and Location

TBA

Expanded Course Description

Athletic Injuries (Body Core) is an advanced course in the assessment, care and prevention of orthopaedic and neurological injuries and conditions of the head, face, thorax, and spine. Internal injuries and conditions of the chest, abdomen and pelvis will also be discussed. Also included in this course is a complete review of all palpations and muscle testing related to the body core. The outline for this course has been designed to reflect the recommendations of the Canadian Athletic Therapists' Association (CATA) with respect to 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 two, one hour lectures and two hour laboratory session each week. Students will learn the concepts of advanced support techniques as well as the assessment of orthopaedic, neurological and internal injuries. 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 Moodle.

Course Learning Objectives

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

- Understand and assess musculoskeletal and neurological injuries of the spine, and neurological assessment of the extremities and head
- Understand traumatic injuries of the head, face, chest, abdomen and pelvis
- Understand gastrointestinal conditions and their signs and symptoms
- Understand the concepts and principles of rehabilitation and the use of goal setting in rehabilitation design
- Perform all palpations, goniometric measurement, and muscle testing related to the specific body areas

Course Text / Readings

Required: Prentice, W. E. Principles of Athletic Training, Latest Edition, Toronto: McGraw Hill

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

Suggested: 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.

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

Evaluation

Midterm	30%
Lab	20%
Final	50%

Additional Information:

Lectures:

- Introduction and behavioural objectives
- An introduction to the neurological evaluation
- An introduction to posture assessment
- Selected neurological injuries of the extremities

- Concussions and vascular head trauma
- Assessment of the:
 - Head and facial Injuries
 - Headaches
 - Cervical spine
 - Lumbar spine
 - Hip and pelvis
 - Internal injuries
 - Chest
 - Abdomen
 - Pelvis
 - Gastrointestinal conditions
- Rehabilitation
 - Introduction to Concepts of Rehabilitation
 - Introduction to Goals of Rehabilitation
 - Introduction to Techniques of Rehabilitation

Readings:

The following course readings are based on the recent edition of the required texts by Magee, D.J, designated by the (M), and Prentice, W.E, designated by (P). The readings correspond with the course material listed above.

Exam 1 - The required readings are as follows: M - Chapters 1,2,15 and corresponding sections of chapters related to the material on peripheral nerve injuries in chapters 5,6,7 and 13.

The required chapters in Prentice (P) include: Chapter 25 (first 10 pages)

Final - Includes Chapters 2,3,9,10 and 11 in Magee (M), and chapters 25,26,27, and 15 in Prentice (P)

- **Various Chapters may change with newer text editions...See content list**

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