

**Acknowledgement of Indigenous Peoples and Traditional Territories:**

York University recognizes that many Indigenous nations have longstanding relationships with the territories upon which our campuses are located that precede the establishment of York University. We acknowledge our presence on the traditional territories of the Mississaugas of Credit First Nation, the Huron-Wendat, the Haudenosaunee Confederacy and the Métis Nation of Ontario.

**SCHOOL OF KINESIOLOGY & HEALTH SCIENCE, FACULTY OF HEALTH,  
York University**

**Athletic Injuries – Extremities**

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

**Course Webpage:** ECLASS:

Lecture: <https://eclass.yorku.ca/course/view.php?id=87237>

Lab 1: <https://eclass.yorku.ca/course/view.php?id=87233>

Lab 2: <https://eclass.yorku.ca/course/view.php?id=87234>

Lab 3: <https://eclass.yorku.ca/course/view.php?id=87235>

Lab 4: <https://eclass.yorku.ca/course/view.php?id=87236>

**Term:** WINTER 2023

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

**Course Credit Exclusion:** none

**Course Instructor:**

Kelly Parr, R.KIN, CAT(C)  
323 Stong College

[kparr@yorku.ca](mailto:kparr@yorku.ca) or via ECLASS Q&A

**Office Hours:**

Monday 10:30-11 or by appointment either in person or via Zoom.

**Health and Safety Information:**

In this course, all university community members must comply with York's health and safety protocols, found on the [Better Together](#) website. All are strongly encouraged to:

- wear masks while indoors on campus;
- self-screen using the [YU Screen](#) tool prior to coming to campus for any in-person activities; and
- **NOT** attend in-person activities at any of York's campuses/locations if feeling unwell or if you answer yes to any of the screening questions.

All members of the York community share in the responsibility of keeping others safe on campuses and ensuring respectful interactions with one another.

**Please Take Care of You and Each Other:**

We continue to deal with the impact of COVID-19 and its far-reaching consequences. Please be kind and gentle with yourselves and others. There are a number of online free resources available to help support you. If you need help, the following list of websites (this is not an exhaustive list) may be a good place for you to start:

<https://good2talk.ca/>

<https://counselling.students.yorku.ca/>

<https://yubettertogether.info.yorku.ca>

<https://yorkinternational.yorku.ca/>

**Course Time and Location:**

**Lecture:** Monday/Wednesday 9:30am-10:20am SLH E

**Laboratory sessions:** (masks strongly recommended)

*Monday:* Lab 1 @ 11:00am-1:00pm in SC114

Lab 2 @ 1:00pm-3:00pm in SC114,

Lab 3 @ 3:00pm-5:00pm in SC114

*Wednesday:* Lab 4 @ 10:30am-12:30pm in SC114.

**Organization of the Course:**

This course includes two 50-minute in person lectures per week, supplemented by one weekly 2-hour in person laboratory session. In labs, students will learn how to develop emergency action plans including concepts of field management and injury prevention, purpose and types of protective athletic equipment, crutch fitting and basic taping techniques. The power point slides for lecture and lab are available in the course Eclass. The power point slides as well as the required readings are central to the lecture and laboratory components of this course.

**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.

**Course Learning Objectives:**

- The specific objectives of the course are that students will be able to:
- Identify the classification of various types of micro and macro traumatic

- injuries.
- Explain how to evaluate athletic injuries using a basic SOAP note format.
  - Recognize mechanisms of injury for orthopaedic injuries and conditions of the extremities.
  - Recognize signs/symptoms and severity of injuries to the extremities.
  - Explain how the inflammatory response affects the healing process.
  - Explain how to appropriately manage acute injuries using ice, compression, elevation, rest, and restricted function.
  - Explain the basics of cryotherapy/thermotherapy.
  - Identify components that make up an Emergency Action Plan
  - Recognize the purpose and value of protective equipment.
  - Execute support for common sports injuries using athletic tape and crutches.

### **Course Text / Readings:**

**Required:** Prentice, W E., Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice, 17<sup>th</sup> edition. Toronto: McGraw Hill (printed copy or online version via McGraw Hill Connect)

Can be purchased through the York bookstore (<https://bookstore.yorku.ca>) or through the link provided on Eclass. (this is the same text used for KINE2495)

Downloaded Power Point slides from ECLASS.

*These course materials are designed for use as part of the KINE3575A course at York University and are the intellectual property of the instructor unless otherwise stated. Third party copyrighted materials (such as book chapters, journal articles, music, videos, etc.) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.*

*Copying this material for distribution (e.g. uploading material to a commercial third-party website) may lead to a charge of misconduct under York's [Code of Student Rights and Responsibilities](#) and the Senate Policy on [Academic Honesty](#) and/or legal consequences for violation of copyright law.*

### **Evaluation:**

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

Exam # 1	- 20%	WEDNESDAY JANUARY 31 from 9:30am-10:20am
Exam # 2	- 25%	WEDNESDAY MAR 6 from 9:30am-10:20am
Lab Exam	- 20%	Week of MARCH 25th
Final Exam	- 35%	DURING SCHEDULED EXAM PERIOD

### **Missed Tests:**

Students with a documented reason for missing a course test, such as illness, compassionate grounds etc. will write the missed midterm exam one hour before or following the final exam unless other arrangements are made with the course instructor.

### **Grading:**

The **Senate Grading Scheme and Feedback Policy** stipulates that (a) the grading scheme (i.e. kinds and weights of assignments, essays, exams, etc.) be announced, and be available in writing, within the first two weeks of class, and that, (b) under normal circumstances, graded feedback worth at least 15% of the final grade for Fall, Winter or Summer Term, and 30% for 'full year' courses offered in the Fall/Winter Term be received by students in all courses prior to the final withdrawal date from a course without receiving a grade (see the policy for exceptions to this aspect of the policy - - <http://secretariat-policies.info.yorku.ca/policies/grading-scheme-and-feedback-policy/>)

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 the corresponding number grade that is equivalent to its course weight (e.g., Midterm 1 and 2=x/20, Lab Exam=x/10 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>)

“Final course grades may be adjusted to conform to Program or Faculty grades distribution profiles.”

### **Important Course Information for Students**

“In this course, we strive to maintain academic integrity to the highest extent possible. Please familiarize yourself with the meaning of academic integrity by completing

**SPARK's Academic Integrity module**

[http://www.yorku.ca/spark/academic\\_integrity/index.html](http://www.yorku.ca/spark/academic_integrity/index.html)

at the beginning of the course. Breaches of academic integrity range from cheating (i.e., the improper crediting of another's work, the representation of another's ideas as your own, etc.) to aiding and abetting (helping someone else to cheat). All breaches in this course will be reported to the appropriate university authorities, and can be punishable according to the [Senate Policy on Academic Honesty](#).”

To promote academic integrity in this course, students will be normally required to submit their written assignments to Turnitin (via the course Moodle) for a review of textual similarity and the detection of possible plagiarism. In so doing, students will allow their material to be included as source documents in the Turnitin.com reference database, where they will be used only for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin service are described on the Turnitin.com website.

## ADDITIONAL INFORMATION

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) -

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

- Senate Policy on Academic Honesty (<https://www.yorku.ca/secretariat/policies/policies/academic-honesty-senate-policy-on/>) and the Academic Integrity Website (<https://www.yorku.ca/unit/vpacad/academic-integrity/>).
- Ethics Review Process for research involving human participants (<https://www.yorku.ca/research/human-participants/>)
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities (<https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-with-disabilities-policy/>; **and** <https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-with-disabilities-guidelines-procedures-and-definitions/>)
- Student Conduct Standards (<https://www.yorku.ca/secretariat/policies/policies/code-of-student-rights-and-responsibilities-presidential-regulation/>)
- Religious Observance Accommodation (<https://www.yorku.ca/secretariat/policies/policies/academic-accommodation-for-students-religious-observances-policy-guidelines-and-procedures/>)

### Useful links describing computing information, resources and help for students:

<u>Student Guide to eClass</u>	<a href="https://lthelp.yorku.ca/student-guide-to-eClass">https://lthelp.yorku.ca/student-guide-to-eClass</a>
<u>Computing for Students Website</u>	<a href="https://student.computing.yorku.ca/">https://student.computing.yorku.ca/</a>
<u>Student Guide to eLearning at York University</u>	<a href="http://elearning-guide.apps01.yorku.ca/">http://elearning-guide.apps01.yorku.ca/</a>
Learning Skills Services	<a href="https://lss.info.yorku.ca/online-learning/">https://lss.info.yorku.ca/online-learning/</a>

## Calumet and Stong Colleges' Student Success Programming:

[Calumet](#) and [Stong](#) Colleges aim to support the success of Faculty of Health students through a variety of **free programs** throughout their university career:

- [Orientation](#) helps new students transition into university, discover campus resources, and establish social and academic networks.
- [Peer Mentoring](#) connects well-trained upper-year students with first year and transfer students to help them transition into university.
- [Course Representative Program](#) supports the academic success and resourcefulness of students in core program courses through in-class announcements.
- [Peer-Assisted Study Sessions \(PASS\)](#) involve upper-level academically successful and well-trained students who facilitate study sessions in courses that are historically challenging.
- [Peer Tutoring](#) offers one-on-one academic support by well-trained Peer Tutors.
- Please connect with your Course Director about any specific academic resources for this class.
- Calumet and Stong Colleges also support students' [Health & Wellness](#), [leadership and professional skills development](#), [student/community engagement and wellbeing](#), [Career Exploration](#), [Indigenous Circle](#), [awards and recognition](#), and [provide opportunities to students to work or volunteer](#).
- For additional resources/information about Calumet and Stong Colleges' Student Success Programs, please consult our websites ([Calumet College](#); [Stong College](#)), email [scchelp@yorku.ca](mailto:scchelp@yorku.ca), and/or follow us on Instagram ([Calumet College](#); [Stong College](#)), Facebook ([Calumet College](#); [Stong College](#)) and [LinkedIn](#).
- Are you receiving our weekly email (Subject: "Calumet and Stong Colleges - Upcoming events")? If not, please check your Inbox and Junk folders, and if it's not there then please contact [ccscadm@yorku.ca](mailto:ccscadm@yorku.ca), and request to be added to the listserv. Also, make sure to add your 'preferred email' to your [Passport York personal profile](#) to make sure you receive important news and information.