

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



**SAULT
COLLEGE**

COURSE OUTLINE

COURSE TITLE: PREVENTION AND MANAGEMENT OF INJURY

CODE NO. : FIT203 **SEMESTER:** 3

PROGRAM: FITNESS AND HEALTH PROMOTION

AUTHOR: Allan Kary

DATE: June/10 **PREVIOUS OUTLINE DATED:** June 09

APPROVED: "Marilyn King" Jul/10

	CHAIR, HEALTH PROGRAMS	DATE
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TOTAL CREDITS: 3

PREREQUISITE(S): FIT150, PNG121

HOURS/WEEK: 3

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For additional information, please contact the Chair, Health Programs
School of Health and Community Services
(705) 759-2554, Ext. 2689

I. COURSE DESCRIPTION:

This course explores risk factors involved with regular exercise, sport and exercise specific injuries. Basic first aid principles will be reviewed in relation to athletic injuries as well as the physiological cause and appropriate prevention techniques to prevent reoccurrence. The role of the athletic trainer or personal trainer when considering athletic equipment, playing surfaces and environmental factors such as heat and cold, and a variety of charting methods for client records will be included. This course will have both theory and applied components so students will gain practical knowledge along with their theory base.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon completion of this course the graduate has reliably demonstrated the ability to:

1. Evaluate the risk factors involved with regular exercise, sports, and identification and treatment of exercise specific injuries
2. Apply basic first aid knowledge
3. Evaluate the causes of athletic injuries and implement preventative measures to reduce athletic injuries
4. Appraise the roles of athletic trainer or personal trainer when considering athletic equipment, playing surfaces and environmental factors
5. Utilize a variety of charting methods for client records

III. TOPICS:

1. A comprehensive look at the adaptations to an exercise program necessary to prevent injury and enhance overall wellness for people with the following conditions: Obesity, Cardiovascular diseases, pulmonary diseases, Neuromuscular disease, Oncology, Diabetes.
2. First-Aid treatment and ongoing treatment for common sport and training injuries such as sprains, strains, tenosynovitis, meniscus injuries, rotator cuff injuries, and fractures.
3. Look at a variety of sporting equipment, sporting surfaces and training environments and evaluate their impact on performance.
4. Utilize SOAP charting and review other charting methods of record keeping.

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Exercise Physiology: Energy, Nutrition & Human Performance 6th ed. By McArdle, Katch and Katch.

V. EVALUATION PROCESS/GRADING SYSTEM:

There will be 1 quizzes worth 30% .

There will be 2 class presentations. One worth 35%, the other worth 20%

There will be in class work that is worth 15%

The following semester grades will be assigned to students in post-secondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

NOTE: Mid Term grades are provided in theory classes and clinical/field placement experiences. Students are notified that the midterm grade is an interim grade and is subject to change.

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.