

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: Tania Hazlett, Nicola Gray

INSTRUCTOR: Nicola Gray

DATE: Sept 2014 **PREVIOUS OUTLINE DATED:** Sept 2013

APPROVED: *"Marilyn King"* *Aug. 2014*

CHAIR, HEALTH PROGRAMS

DATE

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 Wellness and Continuing Education

(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 appropriate exercise and restoration of function. 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 appropriate exercise and restoration of function
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.
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. Utilize and review charting methods of record keeping.

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Anderson, M. K. (2003). Fundamentals of Sports Injury Management (2nd ed.). Lippincott Williams & Wilkins

V. EVALUATION PROCESS/GRADING SYSTEM:

Test #1 - 15%
 Test #2 - 20%
 Test #3 - 20%
 Assignment 1 - 30%
 Chapter Worksheets - 15%

Total: 100%

Note: Missed Tests and Late Assignments

If you miss a written test, you must call your instructor **BEFORE the test** to explain your absence. Only medical emergencies and extreme circumstances will warrant the opportunity to write the missed test at a later date. Official supporting documentation, such as a physician's certificate, may be required as confirmation of your illness. Arrangements with your instructor must be made as soon as you resume attendance at Sault College. Failure to comply with this policy will result in a zero grade for the missed test.

For each day that an assignment is late, ten percent of the total grade will be deducted. Assignments will not be accepted after five working days beyond the due date. Late assignments should be presented to your instructor in his/her office.

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%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
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.

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.