

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 2016 **PREVIOUS OUTLINE DATED:** Sept 2015

APPROVED: *"Marilyn King"* *Sept. 2016*

CHAIR, HEALTH PROGRAMS

DATE

TOTAL CREDITS: 3

PREREQUISITE(S): FIT150, PNG121

HOURS/WEEK: 3

Copyright ©2013 The Sault College of Applied Arts & Technology

Reproduction of this document by any means, in whole or in part, without prior written permission of Sault College of Applied Arts & Technology is prohibited.

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. 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 recognition of exercise specific injuries
2. Apply basic first aid knowledge
3. Evaluate the causes of exercise specific injuries and implement preventative measures to reduce exercise specific injuries
4. Appraise the roles of a personal trainer when considering appropriate exercise and restoration of function

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.

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 – 10%
Test 2 – 10%
Test 3 – 30% (10% Written, 20% Practical)
Individual Assignment 1 – 10%
Group Assignment – 10%
Participation – 30%

Note: Missed Tests and Late Assignments

If you miss a written test, you must call/email 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.

Written assignments must be submitted on the date and time specified. If the student is unable to do so, the teacher must be notified 24 hours prior to the due date and time. Failure to request an extension or requesting an extension later than 24 hours prior to the due date, will result in a zero grade for the assignment. For example; if the due date is on September 16, anything submitted after the 16th, will be counted as 0 grade. Similarly, if the assignment is due on September 16th by 5pm, anything submitted after 5pm will be considered late and will receive a 0 grade. Five marks per day of extension (with permission) will be deducted from the assignment for up to three academic days. For example, if an assignment has been granted a three day extension, there will be a five mark penalty each day it is late (total of 15 marks).

The request for an extension does not necessarily result in an extension. The final decision to permit an extension resides with the professor. The professor may choose to discuss the situation with the coordinator and/or dean of the program.

In the event of extenuating circumstances (ie. death, acute illness, disaster, etc.) where the extension could not be anticipated and which precludes the student from submitting the assignment on the due date an extension will be granted without penalty. The student is obliged to notify the teacher within 24 hours of the due date and collaborate on a date of submission. Appropriate documentation may be requested by the teacher to validate the extenuating circumstances.

Please see additional expectations for this course on your course syllabus.

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.	

If a faculty member determines that a student is at risk of not being successful in their academic pursuits and has exhausted all strategies available to faculty, student contact information may be confidentially provided to Student Services in an effort to offer even more assistance with options for success. Any student wishing to restrict the sharing of such information should make their wishes known to the coordinator or faculty member.

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.

OFC Certification:

To be considered an ideal candidate for the OFC Personal Fitness Trainer Certification, students must obtain a minimum overall grade of 75%.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located in D2L and on the portal form part of this course outline.