



COURSE OUTLINE: FIT203 - PREVENTION OF INJURY

Prepared: Lisa Folz

Approved: Bob Chapman, Chair, Health

Course Code: Title	FIT203: PREVENTION AND MANAGEMENT OF INJURY	
Program Number: Name	3040: FITNESS AND HEALTH	
Department:	FITNESS & HEALTH PROMOTION	
Semesters/Terms:	19F	
Course Description:	This course explores risk factors involved with regular exercise, and 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, and playing surfaces. This course will have both theory and applied components so students will gain practical knowledge along with their theory base.	
Total Credits:	3	
Hours/Week:	3	
Total Hours:	45	
Prerequisites:	FIT155, FIT156, PNG121	
Corequisites:	There are no co-requisites for this course.	
This course is a pre-requisite for:	FIT254, FIT255	
Vocational Learning Outcomes (VLO's) addressed in this course:	3040 - FITNESS AND HEALTH	
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.	
	VLO 2 Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.	
	VLO 3 Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.	
	VLO 4 Collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and well-being.	
	VLO 5 Develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients and maximize the benefits of health, fitness, and well-being.	
	VLO 6 Train individuals and instruct groups in exercise and physical activities.	
	VLO 9 Implement strategies and plans for ongoing personal and professional growth and development.	
	VLO 10 Develop and implement risk management strategies for health and fitness programs, activities and facilities.	
	Essential Employability Skills (EES) addressed in this course:	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
		EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective



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communication.

- EES 4 Apply a systematic approach to solve problems.
- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Passing Grade: 50%,

Books and Required Resources:

Sports Injuries Guidebook by Gotlin, S. Robert
Publisher: Human Kinetics Publishers
ISBN: 9780736063395

See Professor by Additional texts from year one will be used.

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Evaluate the risk factors involved with regular exercise, sports, and recognition of exercise specific injuries	1.1 explain and demonstrate the importance of proper technique while executing various exercises to prevent injuries. 1.2 identify systemic conditions that affect regular exercise and sports. 1.3 identify health conditions that would affect regular exercise and sports. 1.4 Identify common injuries for the Spine, Shoulder, Elbow, Wrist, Hand, Pelvis, Hip, Thigh, Knee, Foot, Ankle and Lower Leg.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Apply basic first aid knowledge.	2.1 students will identify appropriate management for various exercise related injuries within the scope of practice for a personal trainer. 2.2 apply the HOPS format in completing an onsite assessment within the scope of practice for a personal trainer. 2.3 provide immediate care within the scope of practice for a personal trainer.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Identify the causes of exercise specific injuries and implement preventative measures to reduce exercise specific injuries.	3.1 describe the mechanism of common exercise related injuries. 3.2 describe how the basic principles of training can be used to reduce exercise specific injuries. 3.3 identify contraindications and modify common exercises for various exercise-related injuries.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Appraise the roles of a personal trainer when considering appropriate	4.1 identify responsibilities of the personal trainer in injury prevention and management. 4.2 identify responsibilities of physically active individuals in



	exercise and restoration of function.	injury prevention and management. 4.3 describe measures that can reduce the risk of litigation.								
Evaluation Process and Grading System:	<table border="1"> <thead> <tr> <th>Evaluation Type</th> <th>Evaluation Weight</th> </tr> </thead> <tbody> <tr> <td>Assignments</td> <td>40%</td> </tr> <tr> <td>In Class Participation</td> <td>10%</td> </tr> <tr> <td>Tests</td> <td>50%</td> </tr> </tbody> </table>		Evaluation Type	Evaluation Weight	Assignments	40%	In Class Participation	10%	Tests	50%
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Date:	August 7, 2019									
Addendum:	Please refer to the course outline addendum on the Learning Management System for further information.									