



## COURSE OUTLINE: FIT222 - INJ. PREVENT & MNGT

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Approved: Bob Chapman, Dean, Health

<b>Course Code: Title</b>	FIT222: INJURY PREVENTION AND MANAGEMENT
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Academic Year:</b>	2024-2025
<b>Course Description:</b>	This course is designed to introduce students to common injuries involved with regular exercise and sport participation. The course will contain both theory and applied/practical applications of injury prevention and care. The role of the Fitness Professional in prevention, assessment, and limitations of injury on exercise prescription will be examined. Students will explore causes, classification and physiology of injuries. Through practical application students will develop exercise techniques and exercise prescription modifications specific to common injuries and the needs of the client.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	6
<b>Total Hours:</b>	42
<b>Prerequisites:</b>	FIT111, FIT125, FIT211, FIT214
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>Substitutes:</b>	FIT203
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>3040 - FITNESS AND HEALTH</b>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	VLO 1 Conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program.
	VLO 2 Develop, implement and evaluate safe training programs grounded in fundamentals of anatomy, bio-mechanics, cardiorespiratory physiology, and nutrition to support the fitness and wellness goals of clients.
	VLO 3 Instruct individual clients and groups in the correct techniques for executing fitness and training programs to achieve results that meet their goals for fitness, active living, and wellness.
	VLO 8 Provide positive reinforcement to empower clients and help them sustain their efforts.
	VLO 10 Communicate information persuasively and accurately in oral, written, and other media formats.
<b>Essential Employability Skills (EES) addressed in this course:</b>	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 communication.
	EES 4 Apply a systematic approach to solve problems.



- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
- 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%,

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

**Books and Required Resources:**

Fundamentals of Sports Injury Management by Marcia K. Anderson  
 Publisher: Wolters Kluwer Health / Lippincott Williams & Wilkins Edition: 3  
 ISBN: 9781451109764

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Understand the different types of sports injuries, including acute and overuse injuries, and their classification based on affected tissues.	1.1 Differentiate between acute, chronic, and overuse injuries 1.2 Define the signs and symptoms of common sport injuries 1.3 Describe the Mechanism of Injury of common sport related injuries 1.4 Classify various injuries based on location, tissue type, and severity
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Analyze how injuries affect movement function, including muscle injuries, ligament sprains, joint dislocations, nerve injuries, and skin injuries.	2.1 Review normal range of motion of the joints within the human body 2.2 Demonstrate various ROM techniques and movement screens to analyze injury limitations 2.3 Discuss the physiology of the injury and how it affects movement function
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Explain the mechanics of tissue injury and healing.	3.1 Define compression, tension, shear, bending, and torsion and how each can play a role in injury to tissue 3.2 Discuss the healing process for soft tissue and the stages of healing for bone 3.3 List and describe common injuries of the skin, tendons, ligaments, muscles and bones. 3.4 Differentiate between sprains and strains
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
5. Understand the role of personal trainers in injury prevention, recognition, and	5.1 Explain the role of Fitness Professionals in the recognition of common sport related injuries 5.2 Communicate how a fitness professional can remain within



	referral.	their scope of practice when identifying their responsibilities in injury prevention and management 5.3 Discuss scenarios when referrals are necessary for client involvement in an exercise program 5.4 Students will identify appropriate management for various exercise related injuries within the scope of practice for a personal trainer
	<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
	6. Identify joint-specific injuries (e.g., shoulder, knee, ankle, wrist/hand, hip, elbow) and discuss/implement various exercise related interventions.	6.1 Identify common injuries for the spine, shoulder, elbow, wrist, hand, hip, pelvis, thigh, knee, lower leg, foot, and ankle 6.2 Communicate the functional anatomy based on the specific joint and tissue involved 6.3 Create appropriate exercise programming, including modifications for a client with a known injury or one who is at risk of injury 6.4 Justify choice of exercises based on underlying mechanisms of injury and prevention of common exercise/sport related injuries 6.5 Identify contraindications and modify common exercises for various exercise/sport related injuries 6.6 Explore common injuries in various populations (eg. athletes, recreational exercisers, children, and older adults) 6.7 Explore factors such as biomechanics, training load, footwear, genetics, and lifestyle choices that affect a client's susceptibility to injuries.
	<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
	7. Identify and practice various assessments (e.g., movement screens, flexibility tests, strength imbalances) used to identify injury risk.	7.1 Identify various assessment tools and protocols for common exercise/sport related injuries 7.2 Conduct various Musculoskeletal, Range of motion, Functional Movement assessments, and Mobility (Eg. Functional Movement Screen, Manual Muscle Testing, Flexibility/Joint ROM) 7.3 Recommend exercises and create an action plan based on the assessment results
<b>Evaluation Process and Grading System:</b>	<b>Evaluation Type</b>	<b>Evaluation Weight</b>
	Assignments	40%
	Laboratory Activities	10%
	Tests	50%
<b>Date:</b>	August 20, 2024	
<b>Addendum:</b>	Please refer to the course outline addendum on the Learning Management System for further information.	