

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/09 **PREVIOUS OUTLINE DATED:**
APPROVED: "Lucy Pilon"

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	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 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, Cognitive/Emotional diseases, 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 2 quizzes worth 20% each.

There will be 2 assignments worth 15% each

There will be 2 class presentations. One worth 20%, the other worth 10%

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:

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Prior Learning Assessment:

Students who wish to apply for advance credit transfer (advanced standing) should obtain an Application for Advance Credit from the program coordinator (or the course coordinator regarding a general education transfer request) or academic assistant. Students will be required to provide an unofficial transcript and course outline related to the course in question. Please refer to the Student Academic Calendar of Events for the deadline date by which application must be made for advance standing.

Credit for prior learning will also be given upon successful completion of a challenge exam or portfolio.

Substitute course information is available in the Registrar's office.

Disability Services:

If you are a student with a disability (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Disability Services office. Visit Room E1101 or call Extension 2703 so that support services can be arranged for you.

Communication:

The College considers **WebCT/LMS** as the primary channel of communication for each course. Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information. Success in this course may be directly related to your willingness to take advantage of the **Learning Management System** communication tool.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Code of Conduct*. A professor/instructor may assign a sanction as defined below, or make recommendations to the Academic Chair for disposition of the matter. The professor/instructor may:

- (i) issue a verbal reprimand,
- (ii) make an assignment of a lower grade with explanation,
- (iii) require additional academic assignments and issue a lower grade upon completion to the maximum grade “C”,
- (iv) make an automatic assignment of a failing grade,
- (v) recommend to the Chair dismissal from the course with the assignment of a failing grade.

In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Student Portal:

The Sault College portal allows you to view all your student information in one place. **mysaultcollege** gives you personalized access to online resources seven days a week from your home or school computer. Single log-in access allows you to see your personal and financial information, timetable, grades, records of achievement, unofficial transcript, and outstanding obligations. Announcements, news, the academic calendar of events, class cancellations, your learning management system (LMS), and much more are also accessible through the student portal. Go to <https://my.saultcollege.ca>.

Electronic Devices in the Classroom:

Students who wish to use electronic devices in the classroom will seek permission of the faculty member before proceeding to record instruction. With the exception of issues related to accommodations of disability, the decision to approve or refuse the request is the responsibility of the faculty member. Recorded classroom instruction will be used only for personal use and will not be used for any other purpose. Recorded classroom instruction will be destroyed at the end of the course. To ensure this, the student is required to return all copies of recorded material to the faculty member by the last day of class in the semester. Where the use of an electronic device has been approved, the student agrees that materials recorded are for his/her use only, are not for distribution, and are the sole property of the College.

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.