
Department/Program: School of Human Kinetics

Year: 2006, term 2

Course Title: *An Introduction to Athletic Training I*
HKIN 361 (3), section 002

Course Schedule: *M, W, 9:00 – 10:00 am*

Location(s): *IRC # 5*

Instructor: G. Barry Legh

Office location: Osborne Unit II

Office phone: 822-1454

Office hours: *M: 10:30 – 12:00, T: 1:30*
– 3:00pm, F: 1:30 – 3:00

[Home phone:]

E-mail address:

glegh@interchange.ubc.ca

[Course website address:] www.hkin.educ.ubc.ca/361/pages/intro.htm

Teaching Assistant: Lianne Dolan

Office location: Osborne Unit II

Office phone:

E-mail address:

Course Description (from calendar): *Recognition, Prevention and Acute care of common athletic injuries.*

Prerequisites and/or Course Restrictions (from calendar): *Completion of 2nd year in Human Kinetics, and completion of HKIN 190 or equivalent*

Format of the course: *The format of the course will be two - one hour lectures a week and one - two hour lab per week*

Required and Recommended Reading:

Required: Anderson M.K. et al, *Foundations of Athletic Training*, Lippincott Williams & Wilkins, Baltimore, 3rd Edition, 2004

Others: Prentice, *Principles of Athletic Training*, 11th Ed. McGraw-Hill, 2003
Booher & Thibideau, *Athletic Injury Assessment*, McGraw-Hill, 2000

Learning Outcomes:

At the conclusion of this course, successful students will be able to:

- 1. have a working knowledge of functional anatomy*
- 2. understand and recognize the etiology of common athletic injuries.*
- 3. Demonstrate basic injury assessment skills*
- 4. recognize life-threatening situations in sport*
- 5. demonstrate basic prophylactic and support taping systems*
- 6. understand the role of strength and conditioning in injury prevention.*

Course Assignments, Due dates and Grading:

Laboratory examination 30%
(Last two weeks of term)

Midterm examination in class (on all information from lecture
1 until the completion of the Pelvic area).

Monday February 27th, 2006 35%

April examination
(during scheduled exam period) 35%

All exams will be held at the scheduled times. The midterm and final will not be rescheduled for any reason, other than a medical exclusion or family emergency (written documentation required). Travel plans made in advance DO NOT constitute an emergency.

Course Schedule: Lecture Outline

Week 1	Legal/ethical considerations (no lab week 1)	Chapt 1, pp12-16 Chapt. 2 , pp 20-23; 38-41
Week 2	Physiology of Trauma Shock, (lab on ankle surface anatomy)	Chapt. 5, pp 95-134
Week 3	Ankle, function, stability, Ankle Mx of injury (lab on examination of ankle, taping)	Chapt. 17, pp558-596
Week 4	Foot and lower leg injuries Compartment syndromes (lab on ankle treatment, taping)	as above as above
Week 5	Knee; stability, functional anatomy, Mx of injury (lab on surface anatomy of knee, taping)	Chapt. 16 (all)
Week 6	Knee injuries, (lab on knee examination, taping)	Chapt. 16
Week 7	Hip & Thigh (lab on hip and thigh)	Chapt. 15 (all)
Week 8	Midterm exam Lower back, spine (lab on surface anatomy of spine, biomechanical analysis)	Chapt. 10
Week 9	Shoulder girdle, stability and injuries (lab: surface anatomy, examination & tx of shoulder Taping of elbow)	Chapt. 12 (all)
Week 10	Elbow, wrist and hand (lab: surface anatomy, examination of elbow, taping of Wrist)	Chapt. 13, 14
Week 11	Head trauma (lab: taping fingers & hand)	Chapt. 9 (all)
Week 12	Skin disorders Pharmacology (lab exam, Taping)	Chapt. 27 Chapt. 26
Week 13	Heat stress, Extreme environments Internal injuries (lab exams palpation & assessment)	Chapt. 18 Chapt.22-24

Course Policies:

The calendar says: Regular attendance is expected of students in all their classes (including lectures, laboratories, tutorials, seminars, etc.). Students who neglect their academic work and assignments may be excluded from the final examinations. Students who are unavoidably absent because of illness or disability should report to their instructors on return to classes.

Attendance: *Regular attendance at lectures and labs is expected. Students can, and are expected to, receive help and guidance during the free time (variable) at the end of each lab class. Students who choose not to use this time wisely, will not be afforded extra time and assistance in preparation for the exam. If a student misses the writing of an exam, he or she must notify the instructor as soon as possible after the event, and supply the instructor with the necessary documentation to reschedule the exam.*

Last date for withdrawal without a W on your transcript: *January 24, 2006*

Last date for withdrawal with a W instead of an F on your transcript: *February 16, 2006*

The University accommodates students with disabilities who have registered with the Disability Resource Centre. The University accommodates students whose religious obligations conflict with attendance, submitting assignments, or completing scheduled tests and examinations. A list of religious holidays involving fasting, abstention from work or study, or participation in all-day or fixed-time activities is available at <http://students.ubc.ca/publications/multifaith/>. Please let your instructor know in advance, preferably in the first week of class, if you will require any accommodation on these grounds. Students who plan to be absent for varsity athletics, family obligations, or other similar authorized commitments, cannot assume they will be accommodated, and should discuss their commitments with the instructor before the drop date.

Academic Dishonesty: Please review the UBC Calendar “Academic regulations” for the university policy on cheating, plagiarism and other forms of academic dishonesty. Also visit www.arts.ubc.ca and go to the students’ section for useful information on avoiding plagiarism and on correct documentation.

Students should retain a copy of all submitted assignments (in case of loss) and should also retain all their marked assignments in case they wish to apply for a Review of Assigned Standing. Students have the right to view their marked examinations with their instructors, providing they apply to do so within a month of receiving their final grades. This review is for pedagogic purposes. The examination remains the property of the university.