

Sports Injuries - Prevention and Rehabilitation

Kinesiology 241

Section: D100

Term: 2009 Summer

Instructor: Dr. Don Hedges

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Discussion Topics: WEEK: - LECTURE SCHEDULE:

- 1 - Introduction; Preparation for Physical Activity

- 2 - First Aid; Biomechanics; Inflammation; Wound Healing

- 3 - Skin; Foot -- Anatomy & Injuries

- 4 - Ankle -- Anatomy & Injuries

- 5 - Knee -- Anatomy & Injuries

- 6 - M I D T E R M E X A M I N A T I O N

(followed by lecture on Lower leg)

- 7 - Hip, Groin and Thigh; Pelvis and Genitalia

- 8 - Spine -- Anatomy & Injuries

- 9 - Thorax and Abdomen; Head and Neck

- 10 - Shoulder -- Anatomy & Injuries

- 11 - Upper Extremity -- Anatomy

- 12 - Upper Extremity -- Injuries

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13 - "Snow Day" (Review/make up)

The final exam will NOT cover lectures given before the midterm. The content and organization as well as marking for the lab portion of the course will be the responsibility of the lab instructor exclusively. Some requirements for the B.C. Sports Aid Certificate can be met through this course -- discuss with lab instructor. Those who begin to read and study in the first two weeks of class will most likely do well overall!

Grading: Lecture/Midterm 25%

Lecture/Final 40%

Lab Practical 35%

Required Texts: Required - (own or otherwise have access)

Arnheim: Modern Principles of Athletic Training 13th.

Hoppenfeld: Physical Examination of the Spine and Extremities.

Recommended Texts:

Materials/Supplies:

Prerequisite/Corequisite: PREREQUISITE: Kin. 142.

Notes: Failure to attend an examination

Students who miss examinations due to exceptional circumstances (such as serious illness or compassionate reasons) are required to obtain a physician's certificate, whereby the physician states that you were unable to write your midterm or final on the set date due to a medical condition beyond your control, or other supporting documents in order to obtain consideration in the course. Such documents must be filed with the School Director (via the Kinesiology office) or Registrar within four calendar days of the date on which the examination was to have been written. Exceptional circumstances must be approved by the Undergraduate Program Committee in order for a student to receive consideration.

Students must check the exam schedule when making course selections. Students are reminded that final examinations may be scheduled at any time during the examination period and that students should avoid making travel or employment arrangements for this period.

Academic honesty and student conduct

Academic honesty is a condition of continued membership in the University community.

Academic dishonesty, including plagiarism or any other form of cheating is subject to serious academic penalty, i.e. failure on an assignment, failure in a course, suspension or expulsion from the University.

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The University codes of student conduct and academic honesty are contained in policies T10.01 and T10.02 which are available in the Course Timetable and on the Web via <http://www.reg.sfu.ca>.

July 2000

Lecture begins the first week of classes.

This outline is derived from a course outline repository database that was maintained by SFU Student Services and the University's IT Services Department. The database was retired in 2014 and the data migrated to SFU Archives in 2015.