

## **Musculoskeletal Disorders**

Kinesiology 481

Section: G001

Term: 2011 Summer

Instructor: Mr. Stephen Brown

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Teaching Assistant: to be determined

Discussion Topics: Course Overview

Considers the prevalence, distribution, risk factors, mechanisms, management and prevention of disorders of muscle, connective tissue, joint, and bone. Covers tendonitis, bursitis, carpal tunnel syndrome and other overuse injuries from work and sport; whiplash-associated disorders; arthritis; osteoporosis; chronic pain; fibromyalgia.

Topics to be covered

- Injury and healing; pain and pain control; psychosocial issues in pain and disability
- Disorders of the hand and arm, upper back, neck and shoulder, and lower back
- Task analysis; workplace inspection for ergonomic risk factors; workspace design
- Team approach to diagnosis and management of activity-related disorders
- Functional evaluation; pre-employment physical testing

Course Format

Three hours of lecture (8:30 to 10:20 Tuesdays; 8:30 to 9:20 Fridays) and one hour of tutorial (Fridays) per week.

You are not required to attend lecture or tutorial. However, if you choose not to attend, do not expect the instructor to repeat announcements, to loan you his lecture materials or to give you any handouts that might have been distributed. If you know that you are going to miss a class, you might want to ask a classmate to pick up materials for you and to borrow her notes. If extenuating circumstances (unusual circumstances beyond your control, such as death of a close family member or illness) cause you to miss a quiz or other marked activity,

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you should contact the instructor to make alternate arrangements as soon as you can.

Grading: 15% - Video analysis. Each student will be responsible to find a suitable task to videotape, will make a short (5 to 10 minute) video and will use the video to identify risk factors for musculoskeletal disorders.

10% - Case study. Each student will be responsible to find a worker or athlete with an upper body musculoskeletal disorder (it can be a current injury or an injury that has healed) to interview the injured person and to write a history (about 5 typewritten pages) on the injury.

30% - Quizzes on articles in Course Reader (5 @ 6%). A schedule will show what articles to read each week. Five times during the semester, at pre-announced times at the beginning of lecture period, students will write a quiz to test their comprehension of the assigned articles.

15% - Midterm examination

30% - Final examination (three hours, comprehensive)

Required Texts: Course Ware (a collection of assigned readings taken from various journals and books) will be available for sale at the Bookstore.

Recommended Texts:

Materials/Supplies:

Prerequisite/Corequisite: Prerequisites: KIN 201 and 326

Notes: Lecture begins on May 10th. Tutorials begin on May 20. 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 Dept. Chair (via the Biomedical Physiology and 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.

If you will need to miss a class for a religious holiday or travel related to a university function (e.g. athletic competition), please let the instructor know within the first week of the semester.

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.

The University codes of student conduct and academic honesty are contained in policies T10.01

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and T10.02 which are available in the Course Timetable and on the Web via  
<http://www.reg.sfu.ca>.

July 2000

THIS COURSE WILL BE HELD AT BURNABY CAMPUS

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.