

# COURSE SYLLABUS



AET 272: FIELD PREVENTION/INJURY CARE

Sections 0001A, 0001B, X01A, X01B

Winter 2022

3 CREDITS

Lecture and Lab

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

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*Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.*

## INSTRUCTOR DETAILS

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Instructor	Isabel Grondin
Office hours	Wednesday 12:30 – 1pm or Thursday 11:30 -12pm and 4-4:30pm or by appointment
Location	PISE 212g
Phone	250.370.4729
E-mail	grondini@camosun.bc.ca

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

## CALENDAR DESCRIPTION

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This course introduces the role of the athletic/exercise therapist in prevention and basic on-field assessment of common injuries and exercise derived conditions. Through both practical and theoretical means, students learn about the basic recognition and the basic immediate care of common injuries and exercise derived conditions, and basic taping and strapping techniques.

PREREQUISITE(S):	One of:	C in BIOL 143 C in BIOL 150, C in BIOL 152
Pre/CO-REQUISITE(S):	One of:	C in BIOL 144 C in BIOL 151 C in BIOL 153

## COURSE LEARNING OUTCOMES / OBJECTIVES

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Upon successful completion of this course a student will be able to:

- Discuss the role of the athletic/exercise therapist in prevention and basic immediate on-field care of injuries.
- Discuss the etiology, mechanisms, signs and symptoms, and management and prevention techniques for common injuries.
- Describe the differential assessment among the injuries.
- Discuss the acute inflammatory response affected when the proper immediate care methods are applied.
- Perform basic assessment tests for injuries.
- Demonstrate common medical terminology related to the identification of injuries.
- Demonstrate basic assessment and care of injuries through applications of assessment and management techniques.
- Demonstrate proper professional conduct when interfacing with the medical team and communicating with the injured individual.
- Demonstrate an understanding of the limits of the athletic/exercise therapist's knowledge and how this can influence professional image.

## REQUIRED MATERIALS

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1. Course Pack: AET 272 Field Prevention/Injury Care 1 Laboratory Manual  
Note: This will be put on D2L for print if you wish.
2. Anderson, M.K., (2022) "Foundations of Athletic Training. Prevention, Assessment & Management", 7th Edition Lippincott, Wolters Kluwer
3. Beam, J.W., (2021) "Orthopedic Taping, Wrapping, Bracing & Padding", 4th edition, F.A. Davis Company

## RECOMMENDED TEXT & REFERENCES

1. Norkin, C.C. & White, J.D. (2003), "Measurement of Joint Motion: A Guide to Goniometry", 3rd Edition. F.A. Davis Company
2. Kisner, C. & Colby, L.A. (2019), "Therapeutic Exercise Foundations and Techniques" 7th Edition, F.A. Davis Company.
3. Higgins, (2011), "Therapeutic Exercises: From theory to practice". FA Davies
4. Frontera, Slovik and Dawson (2006), "Exercise in Rehabilitation Medicine" 2nd edition, Human Kinetics
5. Magee, David J., Zachazewski, James E. & Quillen, William S. (2007) "Scientific Foundations and Principles of Practice in Musculoskeletal Rehabilitation" Saunders Elsevier
6. Abell, B.A. (2010) "Taping and wrapping made simple", Lippincott, Williams & Wilkins
7. Keil, A, (2012), Strap Taping for Sports and Rehabilitation, Human Kinetics

The following schedule and course components are subject to change, as deemed appropriate by the instructor.

Tentative Lecture Schedule

<b>Lecture</b>
Inflammation & Healing
Mechanism of Injury
Ankle
Foot
Knee
Hip
Thigh
Shoulder
Elbow
Wrist
Hand

Mid Term Exam Week February 28 to March 4 2022

Written Final Exam as Scheduled in Camosun College Exam Period  
April 19-27, 2022

Tentative Lab Schedule

<b>Lab</b>
General Principles of Taping
Ankle
On Field Assessment
Foot
Knee
Lab for assignment work
Lab open for practical exam
Hip
Thigh/
Shoulder
Elbow
Wrist
Hand
Thumb

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines scan be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

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DESCRIPTION	WEIGHTING
Written Mid Term	20%
Written Final	30%
Practical Lab Exam #1	25%
Practical Lab Exam #2	25%
	<b>TOTAL</b>
If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the <a href="http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf">Grade Review and Appeals</a> policy for more information. <a href="http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf">http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf</a>	
	100%

## COURSE GUIDELINES & EXPECTATIONS

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### Course Content and Schedule

Lecture	Wednesday	1:00pm– 2:50pm	CHW 349
Lab A	Thursday	12:00pm –1:50pm	LACC 107
Lab B	Thursday	2:00pm - 4:50pm	LACC 107

### Expectations

<ul style="list-style-type: none"><li>• The final grade will be a combined total of the written and practical marks.</li></ul>
<ul style="list-style-type: none"><li>• A passing grade (50%) in both is required in order to successfully complete the course.</li></ul>
<ul style="list-style-type: none"><li>• The written exams will include evaluation of comprehension and application of the readings from the assigned textbook and from material covered in class and lab.</li></ul>
<ul style="list-style-type: none"><li>• The practical exams will include evaluation of comprehension and application of the readings from the assigned textbook and from material covered in class and lab.</li></ul>

### Additional Information

- ***Missed gradable related submissions:*** Students who miss written or practical exams **may be** allowed to write a deferred or “make up” exam. These “make up” exams will be different from the original.

Excused absences may include:

- Permission by course instructor prior to absence
- Compassionate reasons

All other reasons are unexcused and **will not be accommodated**. Students will not receive the associated marks for the missed exam. Students are to be present for the pre-scheduled exams.

## SCHOOL OR DEPARTMENTAL INFORMATION

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### Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C	Minimum grade required for courses that serve as a prerequisite	2
50-59	D	Minimum level of achievement for which credit is granted; a course with a "D" grade cannot be used as a prerequisite or for graduation from the BAET program	1
0-49	F	Minimum level has not been achieved.	0

## STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

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Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>

Support Service	Website
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

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## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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### Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures” (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun’s Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student’s right to choose what is right for them. For more information see Camosun’s Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College’s Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

**Changes to this Syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.