

COURSE SYLLABUS



AET 272: FIELD PREVENTION/INJURY CARE

Sections X01A, X01B

Winter 2025

3 CREDITS

Lecture and Lab

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən 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>.

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

Instructor Melissa Roumanis MSc. exercise Science; CAT(C)

Office hours Mondays 2:30pm-3:30pm, Thursdays 2:30-3:30PM,
Fridays 12:30-2:30PM or Also by appointment

Location PISE 212A

AI: Mike Davies (daviesm@camosun.bc.ca)

E-mail roumanism@camosun.bc.ca

As your course instructor, I endeavor 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

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

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

1. Course Pack: AET 272 Field Prevention/Injury Care 1 Laboratory Manual
Note: This will be put on D2L
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

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

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

Course Content and Schedule

Lecture		Monday	12:30– 2:30pm	TEC 175
Lab	X01A	Friday	10:30-12:30pm	LACC 107
Lab	X01B	Thursday	3:30-5:30pm	LACC 107

Tentative Course Schedule

Feb 17 – No classes: Family Day

Feb 18-21 – Reading Week

Feb 24-Feb 28- Midterm Week; Times TBD

April 18- No classes: Good Friday

April 14-25 – Final Exam Week; Times TBD

April 21 – Easter Monday

Tentative Schedule		
Week	Lectures	Lab
1	January 6th Course Introduction Tissue Response to Injury	January 9th & 10th General Principles of Taping
2	January 13th Tissue Response to Injury Mechanism of Injury/Injury Classification	January 16th & 17th Professionalism & Communication Sideline Assessment Activity The Ankle
3	January 20th The Ankle	January 23rd & 24th Foot, Toes and Lower Leg
4	January 27th The Foot	January 30th & 31st The Knee
5	February 3rd The Lower Leg	February 6th & 7th Thigh, Hip & Pelvis
6	February 10th The Knee	February 13th & 14th Scenarios/Review
7	February 17st Family Day	February 20th & 21st READING WEEK
8	February 24th MIDTERM WEEK	February 28th MIDTERM WEEK
9	March 3rd The Thigh, Hip & Groin	March 6th & 7th Shoulder
10	March 10th The Shoulder	March 13th & 14th Elbow
11	March 17th The Elbow	March 20th & 21st Wrist & Hand

12	March 24th The Wrist & Hand	March 27th & 28th Scenarios/Review
13	March 31st Skin Conditions	April 3rd & 4th Open Lab
14	April 17th Review	April 10th & 11th Review
15	FINALS APRIL 14th-25th	

Evaluation of Learning

DESCRIPTION	WEIGHTING
Written Midterm	20%
Written Final	30%
Midterm Practical Lab Exam	25%
Final Practical Lab Exam	25%
	100%

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 [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information. <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

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>

COURSE GUIDELINES & EXPECTATIONS

<ul style="list-style-type: none"> The final grade will be a combined total of the written and practical marks.
<ul style="list-style-type: none"> Students will maintain optimum levels of safe behavior (personal hygiene, use of proper body mechanics, personal protective equipment) to minimize potential for disease transmission
<ul style="list-style-type: none"> 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.
<ul style="list-style-type: none"> 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.
<ul style="list-style-type: none"> Students will be practicing skills on each other. Students must refrain from any inappropriate touching or comments that make their peers feel uncomfortable in any way. Respect must be given to all peers at all time. Any concerns must be brought to the instructor immediately.
<ul style="list-style-type: none"> Students must become prepared with appropriate dress (loose shorts, t-shirt, socks, and shoes). Students must change for lab unless informed in advance. Students who do not come prepared to actively participate in labs may be asked to leave.

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
- Sickness

A student who does not speak to the instructor regarding a possible excused absent PRIOR to the start of the assessment will receive a zero. In this instance, a “make up” exam request will be denied.

SCHOOL OR DEPARTMENTAL INFORMATION

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

Grading System

(If any changes are made to this part, then the Approved Course description must also be changed and sent through the approval process.)

(Mark with “X” in box below to show appropriate approved grading system – see last page of this template.)

Standard Grading System (GPA)

Competency Based Grading System

STUDENT RESPONSIBILITY

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

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	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

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.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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 planning 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. To contact the Office of Student Support: 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.