

COURSE SYLLABUS



COURSE TITLE: Field Prevention/Injury Care 2
CLASS SECTION: X01
TERM: Fall 2022
COURSE CREDITS: 3
DELIVERY METHOD(S): Lecture & Lab

For COVID-19 updates please visit <https://camosun.ca/about/covid-19-updates>.

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](#).

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

NAME: Connie Klassen, MSc, CAT(C)
EMAIL: klassenc@camosun.ca
OFFICE: PISE 212D
HOURS: Tuesday 9:00am – 10:00am / Thursday 9:30am – 10:30am / Friday 9:30am – 10:30am or by appointment
INSTRUCTIONAL ASSISTANT: Mike Davies daviesm@camosun.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

This course provides the learner with advanced skills for the athletic/exercise therapist in the on-field and off-field prevention, assessment, treatment and rehabilitation of injuries and exercise derived conditions. Through both practical and theoretical means, students learn about the advanced recognition and advanced immediate care of injuries and exercise derived conditions, and advanced taping and strapping techniques.

PREREQUISITE(S): All of C in AET 260 **AND** AET 272
PRE/CO-REQUISITE: C in AET 261

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, advanced immediate field care, treatment and rehabilitation of injuries.
- Discuss the etiology, mechanisms, signs and symptoms, and management and prevention techniques for common injuries.
- Perform advanced field differential assessment and management of injuries and exercise derived conditions.
- Perform advanced field assessment tests for specific injuries and exercise derived conditions.
- Use common medical terminology related to identification of injury and exercise derived conditions.
- Demonstrate knowledge of the principles of protective and bracing materials and equipment.
- Design and construct supports for specific anatomical structures.
- Demonstrate knowledge of a variety of supportive braces and an understanding of their application to injuries and disease.
- Demonstrate proper professional conduct when interfacing with a medical team and communicating with the injured individual.
- Demonstrate an understanding of the limits of the athletic/exercise therapists knowledge and how this can influence professional image

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Required Materials:

1. Course Pack: AET 273 Field Prevention/Injury Care 2 Laboratory Manual (on D2L)
2. Anderson, M.K., (2017) "Foundations of Athletic Training. Prevention, Assessment & Management", 6th Edition Lippincott, Williams & Wilkins ISBN: 9781496330871
3. Beam, J.W., (2017) "Orthopedic Taping, Wrapping, Bracing & Padding", 3rd Edition F.A. Davis Company ISBN: 9780803658486

Recommended Texts/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. (2007), "Therapeutic Exercise Foundations and Techniques" 5th 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

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

Lecture	Monday	10:00am – 11:50am	CHW 350
Lab	Tuesday	10:30am – 12:20pm	LACC 104

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

Lecture

WEEK	LECTURE	LAB
1	Sept. 5 Labour Day - College Closed	Sept. 6 Course Outline / Taping Review
2	Sept. 12 Equipment / Ankle	Sept. 13 Equipment
3	Sept. 19 Ankle / Foot	Sept. 20 Ankle
4	Sept. 26 Foot / Orthotics	Sept. 27 Foot
5	Oct. 3 Lower Leg / Knee	Oct. 4 Knee
6	Oct. 10 Thanksgiving – College Closed	Oct. 11 Knee / Bracing
7	Oct. 17 Knee / Bracing	Oct. 18 Exam Prep
8	Oct. 24 - 28 BAET Midterm Exam Week	
9	Oct. 31 Thigh / Hip	Nov. 1 Hip
10	Nov. 7 Hip / Shoulder	Nov. 8 Shoulder
11	Nov. 14 Shoulder / Elbow	Nov. 15 Elbow
12	Nov. 21 Elbow / Wrist / Hand	Nov. 22 Wrist / Hand / Finger
13	Nov. 28 Thoracic / Facial Injuries / Skin Conditions	Nov. 29 Thoracic / Facial Injuries
14	Dec. 5 & 6 AET 273 Final Practical Exams	

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 can 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

DESCRIPTION	WEIGHTING
Midterm Written Exam	20%
Midterm Practical Exam	25%
Final Written Exam	20%
Final Practical Exam	25%
Midterm Exam Reflections (Due Oct 31, 2022 by 4:00 pm via D2L)	2.5%
Final Exam Reflections (Due December 20, 2022 by 4:00 pm via D2L)	2.5%
Case Study (Due November 21, 2022 by 4:00 pm via D2L)	5%
	TOTAL
	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>

- All exams will include evaluation of comprehension and application of all course materials (lecture, lab, associated readings, discussions, videos, etc). Specific exam details will be discussed in lecture / lab and posted to D2L.
- **Due Dates** - There is zero-tolerance in effect for missed due dates. Students who might miss submission deadlines for legitimate reasons are to contact the instructor in advance of the due date. All other reasons are unexcused and will not be accommodated for. **Late assignments will be graded as 0%. Failure to turn in an assignment may result in an incomplete final grade being assigned for the course.**

Written Final Exams Scheduled in Exam Period – December 12 – 20, 2022 (All Materials)

COURSE GUIDELINES & EXPECTATIONS

Cell Phones / Cameras

Cell phones / cameras are not permitted in lecture or lab.

Class / Lab Participation & Expectations of Conduct

Students practice skills on each other. Learning what the human body feels like in a healthy condition is important for recognizing unhealthy or injured states. Students will be palpating / practicing skills on other students on a regular basis. Students must refrain from any inappropriate touching. Students with concerns are to speak to the instructor prior to the beginning of the course or as it arises during the semester. There can be no exception to this participation.

Students will maintain optimum levels of safe behavior (personal hygiene, cleaning of shared equipment, etc.) with a minimization of potential for disease transmission.

Students must come appropriately dressed to allow for hands on application / demonstration of assessment / taping / wrapping techniques.

Students that do not come prepared to actively participate (appropriate dress, etc.) in labs may be asked to leave.

Attendance

Research shows a strong correlation with class attendance and academic success. Given the practical nature of this course, and the need to understand the theory utilized during the labs, attendance at lectures is strongly encouraged.

For any of the below, it is required that students contact the instructor.

An excused absence includes:

- a) Medical certificate
- b) Intercollegiate trip with supporting documentation.
- c) Permission of instructor prior to absence.
- d) Compassionate reasons.

“Make up” exams will be different than the original. All other reasons are unexcused and will not be accommodated for. Students will not receive the associated marks. Students are to be present for the scheduled exam dates.

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

Support Service	Website
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 Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>
Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

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 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.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

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.