



# Kin 347 – Sports Injuries And Rehabilitation

Semester: Fall, 2014 / Winter, 2015

Days: N/A

Room: N/A

Lab – day: N/A

Lab–Room: A 2151

Number of credits: 3

Prerequisite:

Kin 201

Instructor: Dr. Carol Gibbons Kroeker

Email: ckroeker@ambrose.edu

Phone: 403-410-2000, ext 5910

Office: A 2156

Office hours: Tues. / Thurs. 11:00 – 1:00  
or by appointment

## Course Description:

This course will be a combination of lectures, directed study, and practicum. It can be completed over one term or two. Lectures will include topics such as the physiology of sports injuries, injury prevention and rehabilitation, and training methods. Directed study will enhance these topics and include the most up-to-date research in these areas.

## Further Course Information:

This course will rely on independent work, in conjunction with a hands-on practicum which will include training methods and injury rehabilitation (eg. taping methods and rehabilitative exercises, etc.).

## Expected Learning Outcomes:

1. Students will gain a greater understanding of the anatomy and physiology of sports injuries
2. Student will learn the process of injury recovery and techniques to aid in the recovery process
3. Students will learn the fundamentals of sports medicine, taping, splinting, and physical therapy

## Important Dates:

First day of classes: September 3, 2014

Registration revision period: September 14, 2014

Last day to request revised examination: October 27, 2014

Last day to withdraw from course: November 12, 2014

Last day to apply for time extension for coursework: November 24, 2014

Last day of classes: December 9, 2014

**Final Exam:** N/A

**Time:**

**Room:**

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## Requirements:

This course will be a combination of lecture material, independent directed study, a practicum (consisting of hours as a trainer and taping / splinting experience), as well as a term project.

## Submission of Assignments:

The term project will be due at the end of March. There will be other assignments that will be handed in throughout the term.

## Attendance:

Some lectures will be scheduled as well as regular meeting times with the supervisor.

## Evaluation:

<b>Mark Distribution</b> :	Assignments	25%
	Practicum	20%
	Term Project	20%
	Exams	35%

## Grade Summary:

The available letters for course grades are as follows:

Grade	Percent	Grade Point Value	Description
A+	96-100	4.00	Outstanding
A	92-95	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	88-91	3.70	
B+	83-87	3.30	
B	78-82	3.00	Good-clearly above average performance with knowledge of subject matter generally

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			complete.
B-	73-77	2.70	
C+	68-72	2.30	
C	64-67	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	60-63	1.70	Minimum grade required if needed as a prerequisite course
D+	55-59	1.30	
D	51-54	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	<50	0	Fail – unsatisfactory performance or failure to meet course requirements.

**Textbook:**

Sports Injuries Guidebook: Athletes' and Coaches' resource for identification, treatment, recovery by Robert Gotlin

Research papers and journals will be also used, as well as reference textbooks.

**Policies:**

All students have received an Ambrose e-mail account upon registration. It is the student’s responsibility to check this account regularly as the Ambrose email system will be the professor’s instrument for notifying students of important matters (Cancelled class sessions, extensions, requested appointments, etc.) between class sessions. If students do not wish to use their Ambrose accounts, it is highly recommended that they forward all messages from the Ambrose account to the other account.

During the **Registration Revision Period** students may to enter a course without permission, change the designation of any class from credit to audit and /or voluntary withdraw from a course without financial or academic penalty. These courses will not appear on the student’s transcript. Courses should be added or dropped on the student portal by the deadline date, please consult the List of Important Dates. After that date, the original status remains and the student is responsible for related fees.

Students intending to withdraw from a course after the Registration Revision Period must apply to the Office of the Registrar by submitting a Request to Withdraw from a Course by the **Withdrawal Deadline**, please consult the List of Important Dates. Withdrawal from courses after the Registration Revision period will not be eligible for tuition refund. A grade of “W” will appear on the student’s transcript.

Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.

Students, who find a conflict in their exam schedule must submit a **Revised Examination** Request form to the Registrar’s Office by the deadline date, please consult the List of Important Dates. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; 2) three final exams within three consecutive exam time blocks; 3) the

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scheduled final exam slot conflicts with an exam at another institution; 4) extenuating circumstances. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

### **Electronic Etiquette**

Students are expected to treat their instructor, guest speakers, and fellow students with respect. It is disruptive to the learning goals of a course or seminar and disrespectful to fellow students and the instructor to engage in electronically-enabled activities unrelated to the class during a class session. Please turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Please do not use iPods, MP3 players, or headphones. Do not text, read, or send personal emails, go on Facebook or other social networks, search the internet, or play computer games during class. The professor has the right to disallow the student to use a laptop in future lectures and/or to ask a student to withdraw from the session if s/he does not comply with this policy. Repeat offenders will be directed to the Dean. If you are expecting communication due to an emergency, please speak with the professor before the class begins.

### **Academic Policies**

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. Personal information, that is information about an individual that may be used to identify that individual, may be collected as a requirement as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at [privacy@ambrose.edu](mailto:privacy@ambrose.edu).

### **Extensions**

Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a “**Course Extension**” from the Registrar’s Office. Requests for course extensions or alternative examination time must be submitted to the Registrar’s Office by the deadline date, please consult the List of Important Dates. Course extensions are only granted for serious issues that arise “due to circumstances beyond the student’s control”.

### **Appeal of Grade**

An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Office of the Registrar in writing within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal to review final grades. If the appeal is sustained, the fee will be refunded.

### **Academic Integrity**

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University College as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else’s ideas, words, or work as one’s own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to give credit to another person’s ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university college. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student’s permanent record.

Students are strongly advised to retain this syllabus for their records.

### **Other**