

SIMON FRASER UNIVERSITY

MEMORANDUM

S.79-20

Senate

From... N.R. Reilly, Chairman  
Senate Committee on  
Undergraduate Programs

Subject... New Course Proposal: KIN. 341-3  
and 441-3

Date... 1 February 1979

Action taken by the Senate Committee on Undergraduate Studies at its meeting on January 30, 1979 gives rise to the following motion:

MOTION

That Senate approve and recommend approval to the Board of Governors, the following new courses as outlined in paper S79-20:

KIN. 341-3, Sports Medicine I

KIN. 441-3, Sports Medicine II.

NOTE: SCUS has approved a waiver of the two-semester time lag requirement for KIN. 341-3, Sports Medicine I.

*Norman R. Reilly*  
N.R. Reilly

/kb

MEMORANDUM

Mr. H.M. Evans  
.....  
Registrar & Secretary, SCUS.....

From J. Blanchet, Secretary of the  
Faculty of Interdisciplinary Studies  
Undergraduate Curriculum Committee.....

Subject... I.S.C. 78-29 New Course Proposals.....  
KIN. 341 and 441

Date... December 15, 1978.....

The attached New Course Proposals for KIN. 341 & 441 - Sports Medicine I & II, were approved on December 12, 1978 by the Faculty of Interdisciplinary Studies Undergraduate Curriculum Committee.

Would you please place these items on the agenda for the next meeting of the Senate Committee on Undergraduate Studies.

*Janet Blanchet*  
Janet Blanchet

JB:jk

Attachments

SENATE COMMITTEE ON UNDERGRADUATE STUDIES

NEW COURSE PROPOSAL FORM

1. Calendar Information

Department: Kinesiology

Abbreviation Code: KIN. Course Number: 341 Credit Hours: 3 Vector: 3-1-0

Title of Course: SPORTS MEDICINE I

**Calendar Description of Course:**

More advanced study into the etiology treatment and prevention of sport and activity related problems involving the following systems--skin, eye, ears, nose and throat, and muscular-skeletal.

Nature of Course Lecture / tutorial

**Prerequisites (or special instructions):**

KIN.100 and KIN.241 Recommended KIN.326

What course (courses), if any, is being dropped from the calendar if this course is approved: None

2. Scheduling

How frequently will the course be offered? Once every three/four semesters

Semester in which the course will first be offered? Fall, 1979

Which of your present faculty would be available to make the proposed offering possible? J. E. Taunton and D.B. Clement.

3. Objectives of the Course

4. Budgetary and Space Requirements (for information only)

What additional resources will be required in the following areas:

- Faculty None
- Staff Additional T.A.
- Library None
- Audio Visual None
- Space None
- Equipment None

5. Approval

Date: 22 Nov 78 15 Dec 78 15 JAN 1979

[Signature]  
Department Chairman

J. W. Barrett  
Dean

William R. Kelly  
Chairman, SCUS

KIN. 341-3 SPORTS MEDICINE I

Pre Reqs. - KIN 241  
KIN 100

Textbook - Sports Medicine  
J. G. P. Williams  
and P. N. Sperryn

Grading - Midterm 30%  
Paper 30%  
Final 40%

Lectures:

Soft Tissues:

- (1) Inflammation--Factors.
- (2) Healing.
- (3) Etiology of Tendonitis (Achilles) and Treatment.

Muscle:

- (4) Muscle Strains--Etiology--Imbalances, Inflexibility and Spasms.  
Inco-ordinate Contraction--Treatment.
- (5) Myositis Ossificans.
- (6) Effect of Training on Muscle Fibres.

Skeletal:

- (7) Bones Physiology and Alterations with Exercise.
- (8) Fractures--Including Stress Factors.
- (9) & (10) Arthritis--Rheumatoid, Osteo, Post-infectious, Gouty,  
Pseudogout, Charcot Joints.
- (11) & (12) Osteochondritis--Osgood Schlatter's  
Osteochondritis Dissecans:  
Severs, Panners, Frieberg,  
Legge Perthes Diseases.
- (13) Shoulder--Acromio Clavicular Separation

Anterior--Supraspinatus Tendonitis  
--Biceps Tendonitis

Posterior--Bennett's Lesion--Posterior Capsular Tear  
and Exostosis.

- (14) Shoulder--Dislocations--Anterior and Posterior.
- (15) Elbow--Tennis Elbow
  - Pitcher's Elbow
  - Javelin Elbow.
- (16) Wrist--Fracture
  - Carpal Tunnel Syndrome.
- (17) Hand--Boxer's #
  - Bennett's #
  - Gamekeeper's Thumb
  - Mallet Finger.
- (18) Hip and Groin--Trochanteric Bursitis
  - Hip Pointers
  - Snapping Hip
  - Adductor Strains
  - Hamstring Strains.
- (19) Knee--Chondromalacia
  - Iliotibial Band
  - Popliteal Tendonitis
  - Jumper's Knee.
- (20) Knee--Ligament Injuries--1st, 2nd, 3rd Strains
  - Subluxation Patella
  - Peripatellar Pain Syndrome.
- (21) Tibial Stress Syndrome and Anterior Compartment Syndrome.
- (22) Ankle Strains.
- (23) & (24) Foot Mechanics and Problems--Tib. Post Tendonitis
  - Plantar Fasciitis.
- (25) Feet Problems--Blisters
  - Subungal Hematoma
  - Stress Fractures, Neuromas, etc.
- (26) & (27) Back--Scoliosis
  - Scheuermann's Disease
  - Ankylosing Spondylitis
  - Ligamentous Strains
  - Disc. Degeneration.
- (28) Skin--Mat Burns
  - Tinea Dermatomycosis
  - Contact Dermatitis
  - Impetigo.

(29) Ocular--Emergencies.

Ear, Nose and Throat:

(30) ENT--Swimmer's Ear and Otitis Externa and Media.

(31) Barotrauma to Ear, Inner and Outer. Cauliflower Ears.

(32) Mononucleosis.

Reading List

General Texts and Readings

(1) Treatment of Injuries to Athletes  
O'Donoghue (Saunders)

(2) Sports Medicine  
Williams and Sperryn (Arnold)

(3) Medical Care of the Athlete  
A. Ryan (McGraw-Hill)

(4) The Foot Book  
I. Alavac (World Publications)

Special papers from the following journals:

Journal of Applied Physiology

American Journal of Sports Medicine

Physician and Sports Medicine

Medicine and Science in Sports

SENATE COMMITTEE ON UNDERGRADUATE STUDIES

NEW COURSE PROPOSAL FORM

Calendar Information

Department: Kinesiology

Abbreviation Code: KIN - Course Number: 441 Credit Hours: 3 Vector: 3-1-0

Title of Course: SPORTS MEDICINE II

Calendar Description of Course:

More advanced study into the etiology treatment and prevention of sport and activity related problems pertaining to environmental stresses (heat and cold) and problems in the following systems--respiratory, cardiovascular, gastro, intestinal, urinary and endocrine.

Nature of Course Lecture/tutorial

Prerequisites (or special instructions):

KIN. 341, KIN. 405 Recommended KIN326

What course (courses), if any, is being dropped from the calendar if this course is approved: None

2. Scheduling

How frequently will the course be offered? Once every 3/4 semesters.

Semester in which the course will first be offered? Spring, 1980

Which of your present faculty would be available to make the proposed offering possible? J.E. Taunton, and D.B. Clement

3. Objectives of the Course

Along with KIN 241 and KIN 341, to complete a program of sports medicine and rehabilitation.

4. Budgetary and Space Requirements (for information only)

What additional resources will be required in the following areas:

Faculty None

Staff Additional T.A.

Library None

Audio Visual None


Space None

Equipment None

5. Approval

Date: 22 Nov 78

15 Dec 78



J.W. Palmer

Department Chairman

Dean

Chairman, SCUS

KIN. 441-3 SPORTS MEDICINE II

Pre Reqs. - KIN 241  
KIN 341  
KIN 405

Textbook - Sports Medicine  
J. G. P. Williams  
and P. N. Sperryn

Grading - Midterm 30%  
Paper 30%  
Final 40%

Lectures:

Respiratory:

- (1) Respiratory Adaptations to Exercise.
- (2) Exercise Induced Asthma.
- (3) Rehabilitation Function of Exercise with Cystic Fibrosis and Chronic Obstructive Lung Disease.

Cardiovascular:

- (4) Athletic Heart Syndrome--EKG and Echo Changes. Adaptations to Endurance Training.
- (5) Sudden Death in Athletes.
- (6) Cardiac Rehabilitation Programs.
- (7) Sports Anemia and Erythrocytic Adaptations to Training.
- (8) Contra Indications to Exercise.

Gastro Intestinal:

- (9) Weight Loss--Weight Classes--Superior Mesenteric Syndrome.
- (10) Diarrhea.
- (11) Etiology of Stitch and Abd Pain and Running.

Genito Urinary:

- (12) Athletic Pseudonephritis.
- (13) Myoglobinuria and Acute Renal Failure.
- (14) Perineal Injuries in Sport.



Central Nervous System:

- (15) Overstress and Adrenal Exhaustion Syndrome.
- (16) Head Injuries.
- (17) Neck Injuries.

Environment:

- (18) Hypothermia and Exposure.
- (19) Frostbite.
- (20) Heat Cramps and Heat Exhaustion.
- (21) Heat Stroke and ASCM Recommendations for Participation in the Heat.
- (22) Altitude--High Altitude Pulmonary Edema  
--Mountain Sickness.
- (23) Diving--Squeeze  
--Bends  
--Air Embolus.

Endocrine:

- (24) Anabolics Steroids in Sport.
- (25) Secondary Amenorrhea.
- (26) Pre and Post Natal Exercise Program.
- (27) Catecholamines--Exhaustion  
--Depression  
--Endorphins and "High" of Sport.
- (28) Diabetics in Sport.

Nutrition and Performance:

- (29) Vitamins and Iron.
- (30) Fluid Replacement.
- (31) Carbohydrate Loading and FFA Mobilization and Xanthines.
- (32) Protein and Fat: Serum Lipids, HDL with Training.