

## Course Outline

**Code: SPX221**

### **Title: Introduction to Sports Medicine**

**School:** Health & Sport Sciences  
**Teaching Session:** Semester 1  
**Year:** 2020  
**Course Coordinator:** Daniel Mellifont Tel: 5456 5014 Email: dmellifo@usc.edu.au  
**Course Moderator:** Dr Max Stuelcken

Please go to the USC website for up to date information on the teaching sessions and campuses where this course is usually offered.

#### **1. What is this course about?**

##### **1.1 Description**

This course aims to facilitate your growth in knowledge and skills in the field of sports medicine. Learning experiences introduce the development of professional practise. This includes working as part of a multidisciplinary team and injury management (including prevention, classification, and interventions). Whilst the course addresses a breadth of sports medicine issues, it has a particular focus on emergency and first aid response in a sporting context. As such, it is strongly recommended that enrolling students are proficient in both resuscitation and first aid (incl. holding current and recognised certification).

##### **1.2 Field trips, WIL placements or activities required by professional accreditation**

<b>Activity</b>	<b>Details</b>
Ethical and Professional Conduct	Demonstrate ethical and professional conduct across the course (see Assessment Task 1)
CPR	Practical demonstration of safe and effective simulated cardiopulmonary resuscitation (see Assessment Task 2b)
Incident Reporting	Demonstrate accurate and thorough incident report form use in response to a simulated first responder event (see Assessment Task 2b)
Safe and Effective Care of Clients	Demonstrate safe and effective care of clients at their initial presentation (see Assessment Tasks 2b CPR, 3b Practical Exam)

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**1.3 Course topics**

Sports medicine principles

Ethical and other professional considerations

Emergency care including resuscitation and first aid

*Systems Approach* to immediate athlete care

Medical issues in sport

Soft tissue response to injury

Musculoskeletal injury prevention, assessment, classification and initial care (incl. taping)

**2. What level is this course?**

200 level Developing - Applying broad and/or deep knowledge and skills to new contexts. May require pre-requisites and introductory level knowledge/skills. Normally undertaken in the 2nd or 3rd year of an undergraduate program

**3. What is the unit value of this course?**

12 units

**4. How does this course contribute to my learning?**

<b>Specific Learning Outcomes</b> On successful completion of this course you should be able to:	<b>Assessment Tasks</b> You will be assessed on the learning outcome in task/s:	<b>Graduate Qualities or Professional Standards mapping</b> Completing these tasks successfully will contribute to you becoming:
Understand the ethical and other professional considerations in sports medicine care	1, 2a, 2b, 3a, 3b	Ethical. Creative and critical thinkers.
Demonstrate knowledge and understanding of sports medicine theory and principles	2a, 2b, 3a, 3b	Knowledgeable.
Uses the systems approach to analyse, evidence, modify and apply sports medicine interventions (e.g. sports taping) for different purposes and individuals	2b, 3b	Empowered. Creative and critical thinkers.
Demonstrate effective communication in different sports medicine contexts.	1, 2b, 3b	Empowered. Ethical.

**5. Am I eligible to enrol in this course?**

Refer to the [USC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

**5.1 Enrolment restrictions**

Nil

**5.2 Pre-requisites**

LFS122

**5.3 Co-requisites**

Nil

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**5.4 Anti-requisites**

Nil

**5.5 Specific assumed prior knowledge and skills (where applicable)**

Gross human anatomy and physiology.

The use of at least one recognised peer reviewed literature database (e.g. PubMed).

Information literacy skills including use of internet search engines (e.g. Google Scholar), online learning environments (e.g. Blackboard), word processing software (e.g. Word, PowerPoint).

Basic organisational skills including planning, time and document management.

The capacity to attend and engage in all classes unless approved otherwise.

**6. How am I going to be assessed?****6.1 Grading scale**

Limited – Pass (PU), Fail (UF)

**6.2 Details of early feedback on progress**

Students will receive individual informal feedback on their development of specific practical skills across each week of lab classes (e.g. sports taping, immediate athlete care). Further, completion of online quizzes with unlimited attempts (due from Wk 2) afford students the opportunity to engage in assessment to drive learning (assessment as learning) and to gauge their development of sports medicine knowledge (assessment of learning).

**6.3 Assessment tasks**

Task No.	Assessment Product	Individual or Group	Weighting %	What is the duration / length?	When should I submit?	Where should I submit it?
1	Code of Conduct - adherence	Individual	PU/UF	N/A	Continuous	In Class
2a	Quiz/zes	Individual	PU/UF	~2hrs/wk	Lecture Day 8 am Weeks 2-6 & 8-12	Quiz (Online Test)
2b	Practical / Laboratory Skills	Individual	PU/UF	Critical reflection, ~10 minute video or in class demonstration	During relevant labs (see Bb schedule)	In Class
3a	Examination	Individual	PU/UF	2 hours	Central Exam Period	Exam Venue
3b	Practical / Laboratory Skills	Individual	PU/UF	2 x 10 mins (over ~2 hours)	Central Exam Period	Exam Venue

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**Assessment Task 1: Code of Conduct - Adherence**

<b>Goal:</b>	This task ensures that you demonstrate professional and ethical conduct required for ESSA (Exercise & Sport Science Australia) and the University's policies covering student conduct. This is a continuous assessment as you are required to demonstrate care, respect and professional behaviour across the entire suite of activities that you will be engaged in while in SPX221.
<b>Product:</b>	Code of Conduct
<b>Format:</b>	During your entire course experience, you are required to conduct yourself in a professional, respectful and appropriate manner.
<b>Criteria:</b>	<ul style="list-style-type: none"> <li>• Behaviour that is in accordance with the ESSA's Code of Professional Conduct and Ethical Practice</li> <li>• Adherence to USC's Student Conduct - Governing Policy</li> </ul>

**Assessment Task 2a Foundation: Quizzes**

<b>Goal:</b>	To facilitate your development of disciplinary knowledge and critical evaluation skills. You will be assessed on your ability to answer questions that explore the consideration and critical evaluation of sports medicine theory and principles. This will also provide you with important feedback to make early and more informed decisions about your engagement in the course.
<b>Product:</b>	Quiz/zes
<b>Format:</b>	<p>Individual online quizzes consisting of no more than 50 questions (usually True/False or MCQ's) which relate to the coming week's or previous weeks' learning materials and experiences. The quizzes are named by the week in which they fall due (e.g. the <b>Wk 2 Quiz is due at 8am on the morning of the Wk 2 lecture</b>) and will be available on Blackboard at the end of the previous week (e.g. the Week 2 quiz will be available in Week 1; before 11:59pm on the day after the last Wk 1 lab).</p> <p><i>Early</i> quizzes (Wks 2-6) have been introduced in response to student feedback and will focus on applying essential pre-requisite and new learning experiences to sports medicine scenarios (e.g. resuscitation, first aid, professional practice, anatomy, healing and evidence based practice). Many of these questions go towards industry competencies for resuscitation and first aid.</p> <p><i>Advanced</i> quizzes (Wks 8-12) involve fewer but more challenging questions which provide you with important feedback regarding your progress towards the skilled application of knowledge in the field.</p>
<b>Criteria:</b>	<p>You will be assessed on your ability to demonstrate knowledge and understanding of sports medicine theory and principles (incl. emergency care, medical issues, musculoskeletal injury etc.)</p> <ul style="list-style-type: none"> <li>• <b>Each week at least one of your attempts must have ALL questions answered correctly to pass this task</b></li> <li>• <b>Unlimited attempts are allowed prior to the quiz falling due</b></li> </ul> <p><b>NOTE –</b></p> <ul style="list-style-type: none"> <li>• <b>Applications for assessment extension (AAE) must be based on valid grounds and must be submitted prior to the due date</b> (as per the Application for Assessment Extension (AAE) procedures of the School of Health and Sport Sciences, FoSHEE, USC).</li> <li>• <b>You are encouraged in the strongest possible terms to complete the quiz while logged into a USC computer to avoid connectivity and compatibility issues</b> (as regularly occurs with unstable, personal or off campus Blackboard access).</li> <li>• <b>If you encounter an IT issue that prevents you from successfully completing the quiz before the due date, you must take a screenshot, email USC's IT services and cc your course coordinator</b></li> </ul>

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**Assessment Task 2b Practical / Laboratory Skills**

<b>Goal:</b>	This task is essential for both this course and for your graduate professional package that you will develop and evidence in an e-portfolio. Hence, it is necessary for you to complete all elements to both pass this course and for accreditation and graduation. You will demonstrate your proficiency in undertaking practical skills that have been identified as being essential and critical in sports medicine.
<b>Product:</b>	Practical/Laboratory Skills
<b>Format:</b>	You will upload the following elements into your e-portfolio: After related learning opportunities in sports medicine theory (i.e. pre-reading, online quizzes and resources, lectures and practice (i.e. in labs and independently)); You will be required to act as a first responder in simulated scenarios; Either live in front of the tutor (some skills such as resuscitation necessitate this for accuracy and validity) or by providing a video vignette for the tutor to review (e.g. a smart phone or windows media file). You will also be required to include a critical reflection of your learning and performance as part of your professional e-portfolio entry
<b>Criteria:</b>	You will be required to demonstrate safe and effective practice: This includes performance and communicating your rationale for assessment, decision-making and intervention competencies identified by the ARC (Australian Resuscitation Council), SMA (Sports Medicine Australia) and your program (field) of study. [Note - In the context of competency-based training and assessment of practical skills, if you do not demonstrate competent practice on your first attempt you will be given the opportunity to resubmit.]

**Assessment Task 3a Examination**

<b>Goal:</b>	You will demonstrate your summative knowledge of sports medicine and the application of sports medicine principles. You will use the systems approach to analyse, evidence, modify and apply sports medicine interventions in theory and convey your understanding of the ethical and other professional considerations in sports medicine care.
<b>Product:</b>	Examination
<b>Format:</b>	A two (2) hour (plus perusal) exam consisting of True/False and multiple-choice questions (MCQ's) that explore questions from across the course
<b>Criteria:</b>	True/False and MCQ's that vary in complexity from questions requiring recall of sports medicine knowledge and principles to their application in challenging case scenarios. This includes (but is not limited to): <ul style="list-style-type: none"> <li>• The principles of sports medicine and injury prevention strategies</li> <li>• Importance of communication and the principles of ethics and confidentiality</li> <li>• Treatment of sporting emergencies</li> <li>• First aid management of acute events such as asthma, hypoglycaemia in diabetics, and epilepsy</li> <li>• Sport injury classifications</li> <li>• Understanding the tissue healing process</li> <li>• Principles of injury management, and treatment</li> <li>• Knowledge and treatment of common sports / exercise injuries</li> <li>• Special considerations in athletes across the lifespan and specific patient populations such as children, older people and females</li> </ul>

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**Assessment Task 3b Practical / Laboratory Skills**

<b>Goal:</b>	In this practical evaluation you will apply the systems approach to analyse, evidence, modify and apply sports medicine interventions for different purposes and individuals under test conditions. It is important to note your practice will be evaluated with the consideration of ethical and other professional practice in sports medicine care.
<b>Product:</b>	Practical/Laboratory Skills
<b>Format:</b>	<p>This will occur during the University's Central Examination Period, where you will act as a sports trainer in providing sports medicine care to an athlete. You will complete two (2) simulated scenarios:</p> <ol style="list-style-type: none"> <li>1. a musculoskeletal scenario (i.e. either taping or injury) AND</li> <li>2. an emergency scenario.</li> </ol> <p>Each scenario will be randomly selected, on the spot, from a pool of scenarios for the respective context.</p> <p>Each scenario will last no longer than 10 minutes.</p> <p>The athlete will be role played by a fellow student allocated to you no later than the end of week 13 (i.e. your <i>prac partner</i>). Of course, this means that you will also be required to act as an athlete for your <i>prac partner's</i> scenarios as they take their turn to complete the practical exam). Where a scenario precludes the involvement of live humans as athletes (e.g. resuscitation interventions) a simulation mannequin may be used.</p>
<b>Criteria:</b>	<p>You will be assessed on your:</p> <ul style="list-style-type: none"> <li>• Safe and effective practice including clinical and safety assessment and actions</li> <li>• Ability to verbally communicate your understanding of the course material and clinical reasoning for assessment and interventions</li> <li>• Demonstrated effectiveness of sports medicine skills</li> <li>• Timeliness of your assessment and interventions including prioritisation of time critical actions and productivity within the limited time available</li> <li>• Respectful ethical conduct befitting a health professional</li> </ul> <p>The criteria sheet (<i>rubric</i>) will be available on Blackboard and will be discussed in labs.</p>

**7. Directed study hours**

The directed study hours listed here are a portion of the workload for this course. A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Directed study hours may vary by location. Student workload is calculated at 12.5 learning hours per one unit.

<b>Location:</b>	<b>Directed study hours for location:</b>
USC Sunshine Coast	On average, a commitment of 10 hours per week to achieve a satisfactory level of performance. This includes preparation for, and review of, learning experiences via tasks such as Blackboard activities (e.g. Assessment Task 2a Foundation: Quizzes), online learning activities, readings, critical reflection & practice of clinical skills and scenarios.

This course has a substantive practical component intended to build your skills relevant to sport and exercise science / clinical exercise science. Attendance at not fewer than 80% of practical classes is a requirement for this course. An attendance roll will be taken in all practical classes. Students who are unable to attend 80% of practical classes must apply for an Application to Assessment Extension (AAE) and provide supporting evidence (e.g. medical certificate).

## 8. What resources do I need to undertake this course?

Please note that course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Blackboard site. Please log in as soon as possible.

### 8.1 Prescribed text(s)

Please note that you need to have regular access to the resource(s) listed below as they are required:

Author	Year	Title	Publisher
Bruckner, P. [and eight others]	2019 (Bundle)	Clinical Sports Medicine 5 <sup>th</sup> Edition Volumes 1 & 2	McGraw Hill
Sports Medicine Australia	2013	Sports Medicine for Sports Trainers (10 <sup>th</sup> Edition)	Elsevier
Australian Resuscitation Council (ARC)	Current	ARC Guidelines <a href="http://www.resus.org.au/">http://www.resus.org.au/</a>	ARC - The Australian Resuscitation Council Online

### 8.2 Specific requirements

In this course students will be required to take part in practical sport and exercise science activities, which may include undertaking vigorous exercise, physical contact with other members of the class, require wearing specialist clothing, using sports equipment, partial disrobing, or connection to instruments for scientific measurement. This course has a particular focus on treating all individuals with respect. This is essential in clinical practice (incl. simulations) where there are well recognized risks of harm with disrespectful behavior and power imbalances in the client-professional relationship. Importantly, to ensure a safe environment for all, students may be asked to leave the class and/or course if they demonstrate disrespectful behavior.

## 9. Risk management

Risk assessments have been performed for all laboratory classes and a low level of health and safety risk exists. Some risks concerns may include equipment, instruments, and tools; as well as manual handling items within the laboratory. This course specifically includes various activities with some risk (e.g. musculoskeletal injury with sporting activity; side effects such as allergy and skin trauma with sports taping or use of ice) but overall the risk is low given that the demands of the learning experiences are less than reasonably expected in general physical activity, sport and activities of daily living; and because sports medicine care (incl. risk reduction and clinical care) is the focus of this course.

It is your responsibility as a student to review course material, search online, discuss with lecturers and peers, and understand the health and safety risks associated with your specific course of study. It is also your responsibility to familiarise yourself with the University's general health and safety principles by reviewing the [online Health Safety and Wellbeing training module for students](#), and following the instructions of the University staff.

## **10. What administrative information is relevant to this course?**

### **10.1 Assessment: Academic Integrity**

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Blackboard, are electronically checked through SafeAssign. This software allows for text comparisons to be made between your submitted assessment item and all other work that SafeAssign has access to.

### **10.2 Assessment: Additional requirements**

#### **e-Portfolio**

In this course you will be required to actively use an electronic platform to both engage in learning tasks (e.g. to prepare for, and review, learning experiences) and build your professional e-portfolio. Importantly, you must do this to both successfully complete this course and support your application for professional accreditation on graduation.

### **10.3 Assessment: Submission penalties**

See individual assessment tasks for this course as it is conducted in a limited grades format.

### **10.4 Study help**

In the first instance, you should contact your tutor, then the Course Coordinator. Additional assistance is provided to all students through Academic Skills Advisers. To book an appointment or find a drop-in session go to [Student Hub](#).

Contact Student Central for further assistance: +61 7 5430 2890 or [studentcentral@usc.edu.au](mailto:studentcentral@usc.edu.au)

### **10.5 Wellbeing Services**

Student Wellbeing Support Staff are available to assist on a wide range of personal, academic, social and psychological matters to foster positive mental health and wellbeing for your success. Student Wellbeing is comprised of professionally qualified staff in counselling, health and disability Services.

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, mental health issue, learning disorder, injury or illness, or you are a primary carer for someone with a disability, [AccessAbility Services](#) can provide assistance, advocacy and reasonable academic adjustments.

To book an appointment with either service go to [Student Hub](#), email [studentwellbeing@usc.edu.au](mailto:studentwellbeing@usc.edu.au) or [accessability@usc.edu.au](mailto:accessability@usc.edu.au) or call 07 5430 1226



## 10.6 Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Administration of Central Examinations
- Deferred Examinations
- Student Academic Misconduct
- Students with a Disability

Visit the USC website:

<http://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

## 10.7 General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC Moreton Bay** – Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **USC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **USC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **USC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **USC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

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Email: [studentcentral@usc.edu.au](mailto:studentcentral@usc.edu.au)