



THE VISION OF THE UNIVERSITY OF JORDAN

A university excelling in pedagogy, research, and innovation and advancing in global standing

THE MISSION OF THE UNIVERSITY OF JORDAN

Providing students with fulfilling learning experiences, conducting knowledge-producing research, and building firm societal ties, within an environment conducive to creativity, innovation, and entrepreneurship: making efficient use of resources and forging fruitful partnerships.

THE VISION OF THE SCHOOL OF REHABILITATION SCIENCES

Leadership in the creation and development of knowledge, and in the preparation of human resources aspiring for excellence regionally and internationally

THE MISSION OF THE SCHOOL OF REHABILITATION SCIENCES

To excel in the preparation and training of model rehabilitation personnel, who participate in the health and community sector, and provide the local and regional community with appropriate rehabilitation services based on needs. Through educational curricula that facilitates the implementation of up to date rehabilitation services based on the best available evidence.

THE VISION OF THE DEPARTMENT OF PHYSIOTHERAPY

To be recognized as an outstanding educational program with high quality faculty members, staff and students

THE MISSION OF THE DEPARTMENT OF PHYSIOTHERAPY

To graduate professionals in the field of physical therapy who are to contribute to the health needs of society through education, scholarly activities, research, service and professional practice.

Course Syllabus

1	Course title	Sport-related injuries III
2	Course number	1801715
3	Credit hours	3
	Contact hours (theory, practical)	5 (2, 3)
4	Prerequisites/corequisites	---
5	Program title	M.Sc. in Athletic Therapy
6	Program code	018-01-7
7	Awarding institution	The University of Jordan
8	School	Rehabilitation Sciences
9	Department	Physiotherapy
10	Course level	Graduate
11	Year of study and semester (s)	Second year – First semester
12	Other department (s) involved in teaching the course	---
13	Main teaching language	English
14	Delivery method	<input type="checkbox"/> Face to face learning <input checked="" type="checkbox"/> Blended <input type="checkbox"/> Fully online
15	Online platforms(s)	<input checked="" type="checkbox"/> Moodle <input checked="" type="checkbox"/> Microsoft Teams <input type="checkbox"/> Skype <input type="checkbox"/> Zoom <input type="checkbox"/> Others.....
16	Issuing/Revision Date	Oct, 2024

17 Course Coordinator:

Name: Maha Mohammad

Contact hours: S & T, 3:00 – 4:00

Office number: 320

Phone number: 23218

Email: maha.tayseer@gmail.com

Teams account: m_mohammad

The preferred method of communication is the Teams account.

While the instructor will try the utmost effort to reply to students' inquiries and messages in a timely manner, students should allow a 48-hour window for the instructor to reply back to inquiries. The course instructor does not reply to messages sent during the weekends or official holidays.



18 Other instructors:

Name: Mayis Aldughmi	Contact hours: M & W, 12:00 – 1:00
Office number: 305	Phone number: 23256
Email: m.aldugmi@ju.edu.jo	Teams account: m.aldughmi

19 Course Description:

This course will focus on the most common sport injuries that may affect the central nervous system (brain and spinal cord) and internal organs. It will cover the signs and symptoms, assessment, and rehabilitation management strategies for wide range of medical health conditions. It will also discuss return to play for adolescents and adults after these injuries.

20 Course aims and outcomes:

A- Aims:

- To educate students about the most common sport injuries that may affect the central nervous system (brain and spinal cord) and internal organs.
- To develop the skills and knowledge required to design treatment programs for athletes with head or spine injuries.
- To be able to make decisions regarding the athlete's return to play following head and spine injuries.

B- Students Learning Outcomes (SLOs):

Upon successful completion of this course, students will be able to:

SLOs	SLO (1)	SLO (2)	SLO (3)	SLO (4)	SLO (5)	SLO (6)	SLO (7)	SLO (8)	SLO (9)
SLOs of the course									
1 Gain knowledge on the causes, signs, and symptoms of common head, spine, and internal organ injuries in the athlete.		X							
2 Apply adequate management based on international and evidence-based practice guidelines from the point of injury until the return to full athletic performance to the athlete following injury to the head, spine, and internal organs.			X						

Program Students Learning Outcomes:

1. Discuss the theoretical aspects of athletic therapy and rehabilitation frameworks to apply them professionally.
2. Apply evidence-based practices and international athletic therapy standards.
3. Apply and evaluate the best practices for the care of athletic injuries across a spectrum of health conditions.
4. Analyze, evaluate, and develop a comprehensive plan to protect athletes against injuries.
5. Adhere to the ethical and professional considerations and best practices in athletic therapy.
6. Build the ability to work and communicate effectively within a multidisciplinary team.
7. Develop higher-order, critical, and creative thinking skills in analyzing problems and investigating issues related to athletic therapy.
8. Criticize and evaluate theoretical and applied research to utilize high-quality research findings in athletic therapy.
9. Adhere to the ethical and professional considerations in research and best practices in athletic therapy.

21. Topic Outline and Schedule:

#	Topic	SLO	Learning Methods (Face to Face/Blended/ Fully Online)	Synchronous / Asynchronous Lecturing*	Evaluation Methods	Resources
1	On-field assessment and management of spine injuries	1, 2	Blended	Both (synch. and asynch.)	Mid Practical exam Final	Hsu, ch. 1 Cleary, ch. 9
2	Considerations for spinal cord injury in the athlete	1, 2	Blended	Both (synch. and asynch.)	Mid Practical exam Final	Hsu, ch. 2
3	Rehabilitation of the athlete's spine	1, 2	Blended	Both (synch. and asynch.)	Mid Practical exam Final	Hsu, ch. 3
4	Transient brachial plexopathy	1, 2	Blended	Both (synch. and asynch.)	Mid Final	Hsu, ch. 8
5	Thoracic pathology in athletes	1, 2	Blended	Both (synch. and asynch.)	Mid Final	Hsu, ch. 19
6	Internal organ injuries Injuries of the thorax and lungs	1, 2	Blended	Both (synch. and asynch.)	Mid Final	Cleary, ch. 10 & 12
7	Head and neck injury prevention	1, 2	Blended	Both (synch. and asynch.)	Homework Final	O'Brien, ch. 1
8	Midterm exam (theory and practical)	1, 2	On-campus	---	---	All above

9	Protective equipment	1, 2	Blended	Both (synch. and asynch.)	Homework Final	O'Brien, ch. 2
10	Contusions, abrasions, and lacerations of the head and neck in young athletes	1, 2	Blended	Both (synch. and asynch.)	Final	O'Brien, ch. 4
11	Concussions	1, 2	Blended	Both (synch. and asynch.)	Final	O'Brien, ch. 5
12	Cumulative effects of concussion/ chronic traumatic encephalopathy	1, 2	Blended	Both (synch. and asynch.)	Final	O'Brien, ch. 6
13	Student presentations	1, 2	Blended	Both (synch. and asynch.)	Final	Student presentations
14	Skull fractures and structural brain injuries	1, 2	Blended	Both (synch. and asynch.)	Final	O'Brien, ch. 7

*Platform: each class will constitute of two parts: asynchronous learning via video content that the students will be asked to review before class and synchronous meetings that will be held on-campus. Links to asynchronous material will be provided to students via E-learning.

Practical labs:

During the first half of the course, the following practical content will be covered:

Week	Topic
2	On-field emergency management.
3	ASIA motor and sensory exam.
4	ASIA scoring.
5	Spine MMT and ROM, Rehabilitation of athlete spine.

Links to content will be provided on E-learning. Students will be asked to review this content before class. During the practical sessions, students will get the chance to apply the practical skills.

22 Evaluation Methods:

Opportunities to demonstrate achievement of the SLOs are provided through the following assessment methods and requirements:

Evaluation Activity	Mark	Topic(s)	SLOs	Period (Week)	Platform
Midterm	30	Weeks 1 – 6	1, 2	Week 8 Nov 24 th	On-campus
Practical exam	20	Weeks 1 – 5	1, 2	Week 6 Nov 10 th	On-campus
Student presentation	10	Student choice	1, 2	Week 13 Dec 29 th	On-campus
Final exam	40	All material	1, 2	Week 16 TBA	On-campus

Practical exam: students will be asked to apply the different techniques learned in the course. Grading rubric is provided in appendix 1. The date of the practical exam will be arranged with the students.

Student presentations: each student will be asked to do a 15-minute presentation about a topic of their choice related to the course content. The presentation should focus on recent scientific research related to the topic. Details of the presentation and grading rubric are provided in the appendix 2.

23 Course Requirements

Computer; internet connection; accounts on e-Learning and Microsoft Teams.

24 Course Policies:

A- Attendance policies:

- Attendance will be taken on every class throughout the semester.
- Absence of more than 20% of all the number of classes requires that the student provides an official excuse to the instructor and the dean.
- If the excuse was accepted the student is required to withdraw from the module.
- If the excuse was rejected the student will fail the module and mark of zero will be assigned according to the regulations of The University of Jordan.

B- Absences from exams and submitting assignments on time:

- Absence from exam should be discussed with the instructor as soon as possible.
- Makeup for the final exam may be arranged according to the regulations of The University of Jordan.

C- Health and safety procedures:

- Students will not be in direct contact with patients during this course.
- Students are not expected to use any heavy tools that might impose health and safety issues during this course.

D- Honesty policy regarding cheating, plagiarism, misbehavior:

- Students are expected to observe all University guidelines pertaining to academic misconduct.
- Any work submitted by a student for academic credit must be the student's own work. Submission of work taken directly from another source (e.g., book, journal, internet, or another student work) will be considered plagiarism and the student/group will get a zero grade on that homework. In addition, if copying occurred, both the student who copied the work and the student who gave material to be copied (if applicable) will receive a zero for the assignment.
- Students are expected to do work required for homeworks on their own. Asking other instructors at JU, staff, or other students to assist in or do any part of the assignment for them will negatively affect their grade on that assignment. The course instructor is the person the student needs to talk to if s/he has any difficulties pertaining to an assignment or project and is strongly encouraged to schedule an appointment with the instructor if such difficulties arise during the semester.
- All submitted work will be checked for the use of Artificial Intelligence resources. Usage of such resources should not exceed the percentage set in the homework guidelines.
- Course materials prepared by the instructor, together with the content of all lectures and review sessions presented by the instructor are the property of the instructor. Video and audio recording of lectures and review sessions without the consent of the instructor is prohibited.
- Any forms of academic misconduct will be handled according to the University of Jordan guidelines.

E- Grading policy:

- Grading for this course will be determined based upon the accumulation of points for variety of assignments and exams.
- All work will be evaluated on completeness, organization, clarity of information, and the integration and application of the material.

F- Available university services that support achievement in the course:

- The University of Jordan provides many services to support social, health, and mental well-being of students in general and students with disabilities in specific. Students are advised to visit the Deanship of Students Affairs to learn more about those services.
- If you are a student with a disability for which you may request accommodations, please notify the instructor as soon as possible (email is acceptable) so the appropriate accommodations for this course can be made. Also, notify the staff of Services for Student with Disabilities (Deanship of Students Affairs) as soon as possible.



- The University of Jordan provides internet access for students who request such services. Please contact the Assistant Dean for Student Affairs for such requests.

25 References:

A- Required book(s), assigned reading and audio-visuals:

Spinal Conditions in the Athlete. 1st edition. Hsu W. and Jenkins T. 2020

Acute and Emergency Care in Athletic Training. 1st edition. Cleary M and Flanagan K. 2019

Contemporary Pediatric and Adolescent Sports Medicine: Head and Neck Injuries in Young Athletes. 1st edition. O'Brien M and Meehan III, W. 2016

B- Recommended books, materials and media:

Assigned readings.

Online videos.

26 Additional information:

Course announcements will be posted on Teams.

All course materials including assigned readings, homework, etc. will be posted on E-learning. It is the student's responsibility to regularly check the E-learning page for course updates.

Teaching material for the course will also include readings from articles assigned by the course instructor.

Name of Course Coordinator: --maha mohammad-- Signature: ---mm--- Date: ---6/10/2024---

Head of Curriculum Committee/Department: -Dr. Mais AlDoghmi Signature: - Mais AlDoghmi
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Head of Department: Dr.Mais AL-Dughmi - Signature: - Mais AlDoghmi
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Head of Curriculum Committee/Faculty: Prof. Kamal AL-Hadidi Signature: -KAH-
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Dean: Prof. Kamal AL-Hadidi Signature: -KAH-
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Appendix 1

Practical Exam

Each student will demonstrate practical skills learnt in the course.

This practical exam is worth 20 grades. Each student will answer 3 questions, each worth 7 points. The grade will be converted to out of 20.

Grading rubric:

#	Criterion	Points	Excellent	Average	Weak
1	Technique application	3	Correct application to all components of the technique.	Correct application to few components and application of the rest upon prompting.	Correct application upon prompting.
2	Therapist position and instructions	2	Proper therapist position that considers appropriate biomechanics. Clear and detailed instructions.	Either proper therapist position or clear, detailed instructions.	Proper position and clear instructions upon prompting.
3	Familiarity with and use of equipment	2	Correct use of equipment without hesitation.	Correct use of equipment upon several attempts.	Missing important considerations when using equipment.

Appendix 2

Student Presentation

Each student will be asked to do a 15-minute presentation about a topic of their choice related to the course content. The presentation should focus on recent scientific research related to the topic. Students should arrange topics among themselves and get the instructors approval prior to the presentation.

The presentation is worth 10 grades.

Grading rubric:

#	Criterion	Points	Excellent	Average	Weak
1	Topic coverage and use of recent evidence	5	Choice of a topic related to practice, comprehensive coverage of topic, choice of high-quality evidence	Choice of a topic related to practice, good coverage of topic,	Average coverage of topic while missing several important considerations
2	Use of recent evidence	4	Choice of high-quality evidence	Choice of moderate-quality evidence	Insufficient evidence
3	Presentation skills	3	Excellent communication skills and use of slides to convey ideas, adherence to time limit	Good communication skills, slides that mainly contain text, adherence to time limit	Reading from slides, no interaction with audience, exceeding or not investing all time limit
4	Addressing audience questions	3	Leading an effective discussion with audience about topic and properly answering questions	Properly answering audience questions	Answering few audience questions