**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 MISSION OF THE DEPARTMENT OF PHYSIOTHERAPY**

The mission of the department of Physiotherapy is 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.

**THE VISION OF THE DEPARTMENT OF PHYSIOTHERAPY**

The vision of the Department of Physical Therapy is to be recognized as an outstanding educational program with high quality faculty members, staff and students

**Course Syllabus**

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| --- | --- | --- |
| **1** | **Course title** | Injury Prevention |
| **2** | **Course number** | 801716 |
| **3** | **Credit hours** | 3  |
| **Contact hours (theory, practical)** | 3 (3,0) |
| **4** | **Prerequisites/corequisites** | ----- |
| **5** | **Program title** | MSc Athletic Therapy |
| **6** | **Program code** | 1807 |
| **7** | **Awarding institution**  | University of Jordan |
| **8** | **School** | Rehabilitation Sciences |
| **9** | **Department** | Physiotherapy |
| **10** | **Course level**  | Postgraduate  |
| **11** | **Year of study and semester (s)** | 2022-2023 Second Semester |
| **12** | **Other department (s) involved in teaching the course** | none |
| **13** | **Main teaching language** | English |
| **14** | **Delivery method** | ☐Face to face learning ✓Blended ☐ Fully online |
| **15** | **Online platforms(s)** | ✓Moodle ✓Microsoft Teams ☐Skype ☐Zoom ☐Others………… |
| **16** | **Issuing/Revision Date** | 24/2/2022 |

**17 Course Coordinator:**

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| Name: Dr. Dania Qutishat, PT, PhD Contact hours:Office number: 328 Phone number:+962 6 5355000 ext. 23227Email: d.qutishat@ju.edu.jo |

**18 Other instructors:**

|  |
| --- |
| None |

**19 Course Description:**

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| This course covers topics related to preventing injury and minimizing re-injury at the level of the athlete, sport and training context. It explores available evidence and best practices to measurement, reporting and clinical application in injury prevention. It discusses professional guidelines and regulations for safe participation in exercise and sports. It identifies the risk factors associated with injury in different sports and exercise contexts, including walking and running, jumping and landing, throwing, and other sports related skills. It covers analysis of exercise and sport load patterns and movements’ mechanics and their potential implications on athletic performance and injuries. It explores different approaches for injury prevention including illness surveillance, pre-participation, general health screening, load monitoring, environment assessment, venue design, the use of protective equipment, appropriate clothing, activity scheduling and recovery methods. |

**20 Course aims and outcomes:**

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| A- Aims:* To provide students with the basic concept of therapeutic exercise and how it is related to physical function in general. Emphasis will be directed to the physical aspects of strength, endurance, power, balance and coordination.
* To encourage the students to use the skills acquired during the course in the design and delivery of wide variety of exercise programs.
* To offer an interactive learning approach about the evidence based exercises.
* To give the students the opportunity to practice skills related to exercise prescription, delivery and coaching in different and challenging settings.
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| B- Students Learning Outcomes (SLOs): Upon successful completion of this course, students will be able to:

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SLOsSLOs of the course | SLO (1) | SLO (2) | SLO (3) | SLO (4) | SLO (5) | SLO (6) | SLO (7) | SLO (8) |
| Identify and apply all the required procedures to ensure safe participation and prevent injuries. | x |  |  |  |  |  |  |  |
| Select and implement adequate assessment and screening methods as part of comprehensive prevention program. |  | x | x |  |  |  |  |  |
| Practice documentation through establishing a data base of baseline performance for athletes at selected sports. | x |  |  |  |  |  |  |  |
| Perform batteries of assessment tests supported by recent evidence and professional bodies’ guidelines. |  | x |  |  |  |  |  |  |
| Discuss the implications of pre-participation on athletes with health issues. |  |  | x |  |  |  |  |  |
| Discuss concepts of inclusion vs. exclusion especially in cases with diagnosed health conditions. |  |  | x |  |  |  |  |  |
| Design and implement tailored programs for pre-participation and post injuries to prevent injuries and its recurrence.  |  |  |  | x |  |  |  |  |
| Critique and analyze assessment test findings to devise appropriate programs for athletes who are at higher risk if injury.  |  |  |  |  |  |  | x | x |

**Program SLOs:**1. Discuss the theoretical aspects of athletic therapy and rehabilitation frameworks to apply them professionally.
2. Apply evidence-based international athletic therapy guidelines.
3. Apply and evaluate the best practices for the management of athletic injuries across a spectrum of health conditions.
4. Analyze, evaluate, and develop comprehensive plan for the prevention of athletic 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 that is involved in athletic therapy.
7. Develop higher-order, critical, and creative thinking skills in analyzing problems and investigating issues related to athletic therapy.
8. Critique and evaluate theoretical and applied research to utilize the findings of high-quality evidence in athletic therapy.
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**21. Topic Outline and Schedule:**

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| **W** | **Topic + Resources** |
| --- | --- |
| 1 |  Introduction to the course |
| 2 | Performance based approach (Part-1 (1) page-2)Holistic approach (Nutrition and Psychology)(Part 1 (2) page 22/ Part 1 (3) page 31)  |
| 3+ 4 |  Medical Assessment and pre-participation screening (Part-2 page 5l page 44)The injury risk profiling process (Part 2- ( 6) page 62) Assessing athletic qualities (Part-2 (8) page 95)Determining return to play (Part-3 (18) page 232) Chapter-8 114-120 |
| 5+6 |  Fitness related measures- Strength and conditioning (Part-1 (2) page 11)- Core stability (Part-2 (12) page 153)- Flexibility (Part-2 (13) page 169)  |
| 7 |  Skill and activity related measures -Running (Part-2 (9) page 106)- Landing (Part-2 (10) page 121)- Throwing (Part-2 (11) page 139)- Assessing and developing kinetic chain (Part-2 (7) page 77) |
| 8 | Injury processes/ prevention and structure related and return to performance.- Muscle (Part-3 (14) page 180- Tendon (Part-3 (15) page 199-Bone (Part-3 (16) page 212-Pain and performance (Part-3 (17) page 223 |
| 9 | Managing the training athlete- Managing pre-season and in-season training (Part-5 (27) page 372-Monitoring training load (Part-5 (28) page 380-Optimizing athlete recovery (Part-5 (29) page 392  |
| 10+11 |  Managing external factors -Environmental stress-heat and altitude (Part-5 (30) page 401)Chapter-8 Prevention strategies and procedures 120-130Unit VIII Preventing athletic injuries- Protective taping and wrapping page 331- Protective equipment page 347  |
| 12+13 |  Special considerations- The developing athlete (Part-6 (31) page 414)- The female athlete (Part-6 (32) page 429)- The travelling athlete (Part-6 (33) page 436. |
| 14 | Reflection and discussion |
| 15 | Final exam week |

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**22 Evaluation Methods:**

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

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| --- | --- | --- | --- | --- | --- |
| **Evaluation Activity** | **Mark** | **Topic(s)** | **SLOs** | **Period (Week)** | **Platform** |
| **Mid Exam**Essay exam  | **30%** |   |  |  24/4 Sunday |  Campus |
|  **Project\*\*\***-Submit a detailed report on Screening and pre-participation with appropriate interpretation for 2 athletes in selected sports (15%)-Present 10 minutes on one of the trending topics in injury prevention + 5 minutes questions (15%) | **30%** |   |  |  week 12 |   |
|   **Final Exam**Essay exam |  **40%** |  All topics |  |  To be announced  |  Campus  |

\*\*\* Please check the assessment criteria at the end of this document. |

**23 Course Requirements**

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| **Onsite Lectures:** * Each student needs access to a computer, tablet, or mobile phone.
* Each student needs to ensure they have adequate internet connection, access to course platforms such as E-learning, and MS teams.
* Each student needs to have a copy of the required references.
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**24 Course Policies:**

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| 1. Attendance policies:
* You are expected to attend all the classes. If you are sick, have symptoms that are flu related or have been in contact with confirmed cases, you need to inform me directly by email or on teams chat and provide relevant test results. You’ll be advised on what to do according to your situation.
* In case of absence it is your responsibility to monitor your own learning and catch up with any missed materials or activities.

B- Absences from exams and submitting assignments on time:* **Exams** should be attended in its due time unless there are severe circumstances (this include the death of a 1st degree family member, provided that you submit evidence OR severe illness or major health condition/ if you have any symptom that is flu related you should inform me immediately). Make up exams for the mid exams are subject to the instructor’s confirmation. Make up exams for the final exams have to be approved by the dean.
* **Submitting assignments on time**: late submissions for the project will be subject to marks deduction. 2 marks per day.

C- Health and safety procedures:COVID related policy* If you have any symptom that is flu related you should stay at home (e.g. fever, cough, and sore throat) and provide test results.
* If you suspect that you have COVID OR tested positive for COVID OR has been in contact with people who are confirmed to have COVID you should stay at home and inform your instructor and colleagues if you have been in contact with them. (you need to provide test results)
* Put your face mask properly at all times. You will not be allowed to attend the practical session if you are not wearing a mask. Pay attention to the hygiene of the mask if it is a washable cloth mask. And use only once if it is a disposable mask.
* Bring your own sanitizer with you, make sure to use it frequently every 30 minutes or whenever you touch a surface or work with a colleague.
* Bring your own clothes (shorts and tops for the practical session) DO NOT SHARE your clothes with any of your colleague. Please make sure to wash clothes after every single use.

General policy * Students will not be in direct contact with patients during this course.
* Students are taught proper body mechanics and they will be given regular feedback regarding their posture and handling.
* Sanitizers are available to use in the practical training rooms.
* Long nails are not allowed.
* Students are taught the yellow and red flags.
* Personal hygiene is of utmost importance (body and oral hygiene).

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, clinic forms, or another student work) will be considered plagiarism and the student/group will get a zero grade for that work if part of an assignment. 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 zero grade for the assignment.
* Students are expected to do work required for assignments on their own. Asking other instructors at the JU clinic or the staff, or other students to assist in or do any part of the assignment 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.
* 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 marks from theoretical, practical exams and the project. 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 School 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 staff of Services for Student with Disabilities (School of Students Affairs) as soon as possible. Please also contact the instructor as soon as possible (email is acceptable) so the appropriate accommodations for this course can be made.
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**25 References:**

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| 1. Required book(s), assigned reading and audio-visuals:

Sports Injury Prevention and Rehabilitation, David Joyce1. Recommended books, materials, and media:
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**26 Additional information:**

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| * Students are encouraged to apply the principles learned in this course while they are in their field training.
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Name of Course Coordinator: - Dr. Dania Qutishat -Signature: ---DQ Date: -24/2/2023-

Head of Curriculum Committee/Department: -Dr. Ibrahim Altubasi Signature: --IMA ------------

Head of Department: --Dr. Lara Al-Khlaifat -- Signature: ---LK-----

Head of Curriculum Committee/Faculty: **Prof. Kamal Hadidi** Signature: KAH

Dean: **Prof. Kamal Hadidi** Signature: KAH

**Table 1: Preparticipation screening report (2 athletes) 15 marks**

|  |  |
| --- | --- |
| **Assessment criteria** | **mark** |
| Adequate personal, family, and medical history information is provided | 2 |
| Selection of appropriate tests | 2 |
| Appropriate scoring and reporting of results | 2 |
| Appropriate interpretation of the findings | 3 |
| Appropriate recommendations are presented  | 3 |
| Presentation style (font type: times new roman/ font size body text 11 & heading 14 bold/ line spacing 1.5/ justified text/ insert page number at the right end/ no borders/ insert caption for the tables and graphs)  | 3 |

**Table 2: Presentation 15 marks**

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| --- | --- |
| **criteria** | **mark** |
| Adequate selection of slide design and sequence (includes font size/ number of lines/colors/ images) | 3 |
| Clarity of ideas and strength of argument | 3 |
| Confidence and tone of voice | 3 |
| Response to questions  | 3 |
| Time management | 2 |
| Resources | 1 |