

## PHTH 201 SPORTS MEDICINE PRACTICUM 1

**Credits:** 1

**Prerequisite:** PT U1 fall courses  
Valid CPR-AED level HCP certificate or other upon approval (before the practical work starts)  
Selection from the McGill Sport Medicine Clinic staff is required (team allocation will be determined after the interview according to interview performance, availability and student interests)

**Instructors:** Course coordinator and instructor:  
Isabelle Pearson, PT, MSc, Cert. MDT, Dip. Sport PT  
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Office hours by appointment

Lab instructor:  
Laura Abbatiello, PT, MSc, CAT(C)

Team therapist supervisors:  
McGill Sport Medicine varsity team clinicians

**Course Description:** This course is the first in a series of three courses intended to provide students with a directed, practical experience in pre-event, on-field and post-event sports therapy interventions. Students will be introduced to current concepts in sports medicine. Students will work closely with one of the McGill varsity teams, as well as intra- and interprofessionally with the staff of the McGill Sport Medicine Clinic (including physiotherapists, athletic therapists, physicians, and other allied health-care professionals).

**Course Structure and Instructional Method:** This course is the first part of a series of three courses (PHTH 201, PHTH 202, PHTH 303), which together are equivalent to a 3-credit complementary course. The students are required to take the three courses.

PHTH 201 will take place during the U2 fall term, and will include:

- 20 hours of pre-season theoretical and practical course / training\*
- Directed, practical experience with one varsity team over the first half of the team season\*\*
  - Training camp, regular team practices and games (= team events)
  - On average, students will do approximately 75 hours of mandatory practical work in PHTH 201. However, some sports will require more hours. Students will be required to attend approximately 2 to 4 team events / week.
  - The season length varies depending on the sports. Practical work commitment from students may be required starting in August prior to the fall term.

- Seminar series on topics in sports medicine chosen and provided by the McGill Sport Medicine Clinic (sports medicine rounds) or faculty members
- Course structure will also include topics for self-directed learning in sports medicine and injury management (refer to course content for topics)

\*Note that the pre-season course/ training will begin before the regular fall calendar start date. It will be held end of April or beginning of May of the U1 year after the U1 winter examination schedule. The directed, practical experience may also begin before the regular fall calendar start date depending on the teams' assignment and schedule.

\*\*Also note that some teams will have practices/ games during evenings, weekends and University holidays (for e.g. Christmas vacation, spring break, etc). If this is the case, students will be responsible to attend the scheduled events.

**Course Learning Outcomes:** The student will be developing the following core competencies as they relate to the roles for physiotherapists<sup>1</sup> in the context of the practice in the field of sports medicine:

#### Expert

1. Provide on-field first aid.
2. Assist medical staff with on-field procedures.
3. Perform pre-game/practice and post-game/practice procedures (e.g. taping).
4. List the steps involved in the evaluation and transportation of head and neck injuries.
5. Describe the purpose, content and documentation of pre-participation physical examinations.
6. Assist the McGill Sport Medicine Clinic staff during pre-participation physical examinations.

#### Communicator

7. Understand the basic principles related to the collection of information and production of written communication to the sports medicine team.
8. Demonstrate effective and appropriate verbal, nonverbal and written communications in the context of sports medicine while promoting respect and ethical principles.

#### Collaborator

9. Understand the roles and responsibilities of physical therapists and other health care professionals working with varsity sports teams.
10. Collaborate effectively in the intra- and interprofessional environment of the varsity sports teams.

#### Manager

11. Deliver practical interventions to the varsity teams in a safe and effective manner.

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<sup>1</sup> Essential Competency Profile for Physiotherapists in Canada, October 2009.

Scholarly practitioner

12. Access, interpret and use data and information acquired from a variety of sources to support evidence-informed practices in sports medicine.
13. Demonstrate ongoing qualities of self-directed learners in order to foster independent learning and professional development throughout the course.

Professionalism

14. Adhere to ethical and professional regulations in the context of sports medicine.
15. Document sports injuries and related statistics through logbook and specific McGill Sport Medicine clinic documentation in compliance with provincial regulations.
16. Understand the importance of documentation and statistics for the purpose of injury prevention.

**Course content:**

Topics include: pre-participation medical exam, sports medicine team, taping, stretching, sport massage, on-field first aid, PRICE management, documentation of injuries, statistics and injury prevention, common sporting conditions and selected topics of sports medicine rounds.

**Course Materials:**

Assigned readings to be posted on MyCourses.

Students will be required to purchase a polo shirt and a jacket from the McGill Sport Medicine clinic at a cost of approximately 75-100\$.

**Student Assignment and Evaluation:**

Assignment/evaluation	Description	%
<b>Written exam</b>	The written exam will cover theoretical and practical content presented during the pre-season course/training	35%
<b>Attendance, participation and performance of practical skills</b>	Set number of team practices and games are mandatory, as well as other scheduled content (e.g. pre-season training, etc), satisfactory standing from supervising therapist based on an evaluation grid.	40%
<b>Portfolio</b>	Logbook of practices and games coverage (taping, interventions, injuries, etc), summary of seminars, and evidence of self-directed learning (additional scholarly articles, etc.)	25%

**In the event of extenuating circumstances the assignment and evaluation scheme in this course is subject to change.**

**In the event of extraordinary circumstances beyond the University's control, the content and/or evaluation scheme in this course is subject to change.**

**Special Requirements for Course Completion and Program Continuation:**

In order to pass the course, a grade of at least C+ (60%) must be obtained as a total course mark. Please refer to the appropriate sections in the undergraduate calendar on University regulations regarding final and supplemental examinations.

This course falls under the regulations concerning theoretical and practical evaluation as well as individual and group evaluation. Please refer to the section on marks in the Rules and Regulations for Student Evaluation and Promotion of the Physical Therapy Course Guides.

**Plagiarism/Academic Integrity:** "McGill University values academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the Code of Student Conduct and Disciplinary Procedures (see [www.mcgill.ca/students/srr/honest/](http://www.mcgill.ca/students/srr/honest/) for more information.)

L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le Code de conduite de l'étudiant et des procédures disciplinaires (pour de plus amples renseignements, veuillez consulter le site [www.mcgill.ca/students/srr/honest/](http://www.mcgill.ca/students/srr/honest/)).

**Dress Code:**

Professionalism with respect to dressing is encouraged throughout the course of the semester. It is each student's responsibility to have appropriate attire during all class assignments and learning activities. Team practices and games will require specific attire set by the McGill Sport Medicine Clinic; purchase of varsity team clothing will be necessary (refer to course material section).

**Attendance:** Students are expected to attend all learning activities. Students who have missed more than 15% of assigned team events, pre-season training or who miss any required professional workshop or seminar, without prior approval, will receive 0/10 for participation in the course. If a course does not have a participation mark, then the final course mark will be deducted by a 10% mark. This rule applies to labs and to all required workshops, seminars or professional activities.

**Right to submit in English or French written work that is to be graded:** In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French any written work that is to be graded. *Conformément à la Charte des droits de l'étudiant de l'Université McGill, chaque étudiant a le droit de soumettre en français ou en anglais tout travail écrit devant être noté (sauf dans le cas des cours dont l'un des objets est la maîtrise d'une langue)."*

**Consequences of not completing assignments as requested:** Students who do not hand in the assignments on time and does not have a university recognized reason for deferral will lose 10% of the total mark for the assignment for each day the project is overdue (i.e. 1 day late: total mark out of 90%; 2 days late: total mark out of 80%; etc.).

**Disability:** If you have a disability please contact the instructor to arrange a time to discuss your situation. It would be helpful if you contact the Office for Students with Disabilities at 514-398-6009 before you do this.

**Technology in Class:** Your respectful attentive presence is expected, therefore while you are permitted to use your laptop in class, it is understood that you will not be using your laptop or cell-phone for social purposes during class time (e.g. email, msn, sms). Your cell phone should be on silence during class time and phone calls should only take place during the break or after class.

**Copyright:** Instructor generated course materials (e.g., handouts, notes, summaries, exam questions, etc.) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright can be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.