

PHTH 301 SPORTS MEDICINE PRACTICUM

Credits:	3
Term:	U2 fall and winter (1.5 credits per term)
Prerequisite:	PT U1 mandatory courses (PT students) OT U1 mandatory courses (OT students) Valid CPR-AED certificate (before the practical work starts) Selection is required through interviews done in collaboration with the McGill Sport Medicine Clinic staff (team allocation will be determined after the interviews according to interview performance, availability and student interests)
Instructors:	Course coordinator and instructor: Isabelle Pearson, PT, MSc, Cert. MDT, RISPT, Dip. Sport PT Office: H201, Phone: 514-398-4400 Ext: 09214 isabelle.pearson@mcgill.ca Office hours by appointment (in-person or virtual on a case by case basis) McGill Sport Medicine clinic coordinator: Julie Gardiner, PT, Dip. Sport PT julie.gardiner@mcgill.ca Team therapist supervisors: McGill Sport Medicine varsity team clinicians

Course Description: This course is 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 at least 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 will span through the fall and winter term of the U2 year. It will include:

- 21 hours of pre-season theoretical and practical course / training*
 - Approximately, 3 hours of the pre-season course will be done with pre-recorded lectures to be watched prior to the in-person section of the pre-season course.

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- Directed, practical experience with at least one varsity team over the team season**
 - Training camp (attendance is mandatory), annual athletes' medical exams (attendance is mandatory), regular team practices and games (= team events)
 - On average, students will do approximately 8-15 hours of mandatory practical work per week. However, some sports will require more weekly hours (for example, football generally requires 16 to 22 hours per week). Weekly hours can go up to 20-22 hours per week for some sports during peak periods of the competitive season. Note that the weekly estimates exclude traveling time. Also, note that training camp weeks will require more commitment hours.
 - The season length varies depending on the sports. Practical work commitment from students may be required starting the first week of August, prior to the fall term, and may be required until the end of March in the winter semester.
 - Students will be assigned to one primary team. However, to ensure diversity in the experience and fair commitment from all students, students may be asked, at times, to cover other teams.
- Twelve to fourteen one-hour classes with the course instructors distributed throughout the fall and winter terms. Ten of these classes will be using lecture, labs and case discussions as instructional methods all to a varying degree. The content of the case discussions will come from cases made by the instructors and/or the students from their experiences with the teams. The remaining one-hour classes will be dedicated to the student presentations; depending on student enrollment two to four classes will be necessary. All students are required to attend all the one-hour classes.
- Mandatory seminars on topics in sports medicine chosen and provided by the McGill Sport Medicine Clinic.
- Course structure will also include self-directed learning in sports medicine and injury management (refer to course content for topics).

All class material will be posted either on MyCourses or on Microsoft SharePoint. Some material may be sent via email, if MyCourses is not yet available

*Note that the pre-season course/ training will be held end of July/early August before the regular fall calendar start date. 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.

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Course Learning Outcomes: This course will cover essential competencies and milestones related to the domains of physiotherapy expertise, communication, collaboration, management, scholarship and professionalism. Following attendance and active participation in the course the student will begin to develop skills in the following domains of physical therapy practice in the context of sports medicine. The specific learning outcomes for the physical therapy domains are:

Learning objectives	Milestones
Physiotherapy Expertise	
1. Provide on-field first aid.	1.1.2, 1.1.3, 1.1.5, 1.1.6, 1.2.1 to 1.2.4, 1.3.1 to 1.3.7, 1.4.1, 1.5.2, 1.5.3, 1.5.5 to 1.5.7
2. Assist medical staff with on-field and sideline procedures.	1.1.2, 1.1.3, 1.1.5, 1.1.6, 1.2.1 to 1.2.4, 1.3.1 to 1.3.7, 1.4.1, 1.5.2, 1.5.3, 1.5.5 to 1.5.7
3. Perform pre-game/practice and post-game/practice procedures (e.g. taping).	1.1.2 to 1.1.6, 1.2.1 to 1.2.4, 1.3.1 to 1.3.7, 1.4.1, 1.5.2, 1.5.3, 1.5.5 to 1.5.7
4. List the steps involved in the evaluation and transportation of head and neck injuries.	6.1.1
5. Identify urgent and non-urgent cases that require referrals and take appropriate action.	1.3.5, 1.3.6, 1.4.6
6. Describe the purpose, content and documentation of pre-participation physical examinations.	6.1.1
7. Assist the McGill Sport Medicine Clinic staff during pre-participation physical examinations.	1.1.5, 1.2.1 to 1.2.3, 1.3.1

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Communication	
8. Understand the basic principles related to the collection of information and production of written communication to the sports medicine team.	2.2.1 to 2.2.3, 2.3.2, 2.4.2, 4.6.3, 4.6.4
9. Demonstrate effective and appropriate verbal, nonverbal and written communications in the context of sports medicine while promoting respect and ethical principles.	2.1.1 to 2.1.4, 2.3.3 to 2.3.5
10. Use electronic technologies appropriately and responsibly.	2.4.2
Collaboration	
11. Understand the roles and responsibilities of physical therapists and other health care professionals working with varsity sports teams.	3.2.1
12. Collaborate effectively in the intra- and interprofessional environment of the varsity sports teams.	3.1.2, 3.2.3, 3.2.4, 3.2.5, 3.3.1, 3.3.3, 3.3.4, 3.4.1
Management	
13. Deliver practical interventions to the varsity teams and utilise resources in a safe, efficient and effective manner.	4.2.1, 4.2.3, 4.2.4, 4.3.1 to 4.3.6
Scholarship	
14. Access, interpret and use data and information acquired from a variety of sources to support evidence-informed practices in sports medicine.	6.1.1 to 6.1.4, 6.2.3, 6.2.4
15. Demonstrate ongoing qualities of self-directed learners in order to foster independent learning and professional development throughout the course.	6.2.3, 6.2.4, 6.3.3, 6.4.1, 6.4.2
16. Exchange knowledge and clinical experiences with the other students involved with the varsity teams.	4.5.3, 4.5.4, 6.5.2
Professionalism	
17. Adhere to ethical, legal and professional regulations in the context of sports medicine.	7.1.1 to 7.1.3, 7.2.2, 7.2.3, 7.4.1 to 7.4.3, 7.4.6
18. Document sports injuries and related statistics through logbook and specific McGill Sport Medicine clinic documentation in compliance with provincial regulations	7.1.1 to 7.1.3,

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Course content:Pre-season course

Topics include but may not be limited to: pre-participation medical exam, sports medicine team, taping, stretching, sport massage, on-field first aid, introduction to physiotherapy evaluation and intervention, acute injury management, documentation of injuries, statistics and injury prevention, common sporting conditions and selected topics of sports medicine rounds.

One-hour class

Topics include:

- Introduction to selective tissue tension testing
- Introduction to physiotherapy evaluation and interventions:
 - Shoulder
 - Elbow
 - Wrist/hand
 - Hip
 - Knee
 - Ankle/foot
 - Spine

Course Materials:

Mandatory and suggested readings to be posted on MyCourses or sent via McGill email. Students may be required to purchase a polo shirt and a jacket from the McGill Sport Medicine clinic at a cost of approximately 25-50\$. If clothing is lost or is not in good condition, the students will be required to re-purchase the appropriate clothing.

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.

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Student Assignment and Evaluation:

Assignment/evaluation	Description	%	Milestones Assessed
Written exam	The written exam will cover theoretical and practical content presented during the pre-season course/training (both online and in-person content)	30%	1.2.1, 1.3.5, 1.3.6, 1.3.7, 1.4.1, 1.4.6, 1.5.2, 6.1.1
Performance of practical skills	Satisfactory standing (pass/fail) from supervising therapist based on an evaluation grid. If the student gets a pass they will receive 25/25 for this evaluation. If the student gets a fail, they will receive 0/25 for this evaluation.	25%	1.1.2, 1.1.3, 1.1.5, 1.1.6, 1.2.1 to 1.2.4, 1.3.1 to 1.3.7, 1.4.1, 1.5.2, 1.5.3, 1.5.5 to 1.5.7, 2.1.1 to 2.1.4, 2.2.1 to 2.2.3, 2.3.2 to 2.3.5, 2.4.2, 3.2.4, 3.3.3, 3.3.4, 3.4.1, 4.2.1, 4.2.3, 4.2.4, 4.3.1 to 4.3.6, 6.1.1 to 6.1.4, 7.1.1 to 7.1.3, 7.2.2, 7.2.3, 7.4.1 to 7.4.3, 7.4.6
Student Presentation	Students will be asked to present on one common sporting condition seen in the sport covered (epidemiology, definition, etiology, clinical presentation, PT management, etc).	20%	6.1.1, to 6.1.4, 6.2.3, 6.2.4
Portfolio	Logbook of practices and games coverage (taping, interventions, injuries, etc), summary of seminars, and evidence of self-directed learning (additional scholarly articles, etc.)	15%	2.2.1, 6.2.3, 6.2.4, 6.3.3, 6.4.1, 6.4.2

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Assignment/evaluation	Description	%	Milestones Assessed
Attendance	Attendance is mandatory to all learning activities and to a set number of team events. The grade for attendance will follow the attendance policy written below in the attendance section of this course outline.	10%	Not applicable

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

Review of marks: Students who are dissatisfied with a mark must first discuss the matter with the course instructor within one calendar week of being informed of the mark. Following discussion of the student’s concerns, the instructor may leave the mark unchanged or may change the mark (please refer to the 2023-2024 SPOT Rule & Regulations document found on the SPOT website for further details).

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.

Course dropping period: Due to the special nature of this course (i.e. students starting at different times before the regular fall term), the dropping period for this course will be different than the regular add/drop period for the University. The students will only be allowed to drop the course with no academic penalties up to two calendar weeks after the start of the first team event (see definition of team events in the Course Structure and Instructional Methods section) with the team. If the two-week period falls during the weekend the students will be eligible to drop the course with no academic penalties up to the following Monday.

Plagiarism/Academic Integrity: McGill University and the Faculty of Medicine and Health Sciences value academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the [McGill University](#)

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[Code of Student Conduct and Disciplinary Procedures](#) and the [Faculty of Medicine and Health Sciences Code of Conduct](#)

L'université McGill et la Faculté de Médecine et des Sciences de la Santé attachent une haute importance à l'honnêteté académique. Ils incombent 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 [Université de McGill Code de conduite de l'étudiant et des procédures disciplinaires](#) et [Faculté de médecine et des sciences de la santé](#).

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 professional attire set by the McGill Sport Medicine Clinic; purchase of varsity team clothing may be necessary (refer to course material section).

*Appropriate attire must be worn during practical sessions (i.e. shorts and tank tops that allow for easy assessment of limbs being examined).

*Please adopt appropriate "hand hygiene" (regularly washing hands, clean and short fingernails) during massage/palpation labs and hands-on techniques.

Attendance: Students are expected to attend all learning activities and a set number of team events. Students who have missed more than 15% of the pre-season course, one-hour classes and McGill Sports Medicine Clinic seminars or who miss any other required class, professional workshop or seminar, without prior approval, will receive 0/10 for attendance in the course. This rule applies to labs and to all required classes, workshops, seminars or professional activities. In terms of the practical work with the team(s), the students will be expected to attend a set number of team events. Absences to scheduled or assigned team events need to be justified with a university sanctioned reason and need to be made up with additional clinical hours and/or supplemental work. Students who miss scheduled or assigned events without a university sanctioned reason will lose 5% per event missed for the attendance grade in the course up to a total of 10%. In addition to getting a penalty, students will need to make up for any missed hours with the team with additional clinical hours and/or supplemental work. The students should notify the team therapist as soon as possible in case of any absences and help arrange for replacement.

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

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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.).

Equity, Diversity and Inclusion: The instructors in this course recognize the importance of equity, diversity and inclusion as well as safe learning environment. We understand the various backgrounds and identities that compose this group and want to ensure that these identities are respected. If you identify yourself to a group and would like to be acknowledged a certain way, please let us know via email or in-person. If you would like us to refer to you by a different name indicated in your student record, please also let us know via email or in-person.

Course Accessibility: As the instructor of this course, I endeavor to provide an inclusive learning environment. 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 [Student Accessibility and Achievement](#) at 514-398-6009 before you do this. Please refer to the Accommodations for learning document: (www.mcgill.ca/spot/files/spot/accommodation_information_pt_2022.pdf)

Mental Health: Many students may face mental health challenges that can impact not only their academic success but also their ability to thrive in our campus community. Please reach out for support when you need it; many [resources](#) are available on-campus, off-campus and online

Professional Conduct: Professionalism and accountability are expected throughout the course of the semester. This includes the on-going respectful nature of teacher-student, varsity team staff-student, athletes-student as well as student-student interactions.

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, messenger, sms). Your cell phone should be on silence during class time and phone calls should only take place during the break or after class.

Course evaluations: [End-of-course evaluations](#) are one of the ways that McGill works towards maintaining and improving the quality of courses and the students' learning experience. You will be notified by e-mail when the evaluations are available.

Additional policies governing academic issues which affect students can be found in the [Academic Rights and Responsibilities](#)

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