



# Course Outline

EXSCI3001 INJURY PREVENTION IN HUMAN MOVEMENT ACTIVITES

**Title:** INJURY PREVENTION IN HUMAN MOVEMENT ACTIVITES

**Code:** EXSCI3001

**Formerly:** HM718

**School / Division:** School of Health Sciences

**Level:** Advanced

**Pre-requisites:** Nil

**Co-requisites:** Nil

**Exclusions:** (HM718)

**Progress Units:** 10

**ASCED Code:** 69999

## Objectives:

After successfully completing this course, students should be able to:

### Knowledge:

- Identify major activity-related injury in Australia, and relate these to stages of the lifespan
- Recognise the general nature and extent of common sports injuries occurring during active recreation and /or sports participation
- Consider the risk behaviour of individuals, and its impact on injury susceptibility
- Consider the behavioural, social, cultural, attitudinal, economic and environmental factors which act as barriers to, or facilitate the uptake of, injury prevention strategies
- Describe the nature and extent of the sport and physical activity injury problem as a public health problem in Australia and globally
- Identify sport and physical activity injury settings and mechanisms
- Examine safety issues in sport and physical activity and identify strategies for injury prevention
- Demonstrate an understanding of the factors relevant to legal liability in sporting and physical activity settings
- understand the basis if treatment, the therapeutic modalities available and the time course of recovery from various injuries
- Understand the concepts of first aid
- Identify the principles of taping for both prophylactic and therapeutic purposes

### Skills:

- Tape and bandage competently, for both therapeutic and prophylactic purposes
- Assess an acute injury and decide on immediate treatment



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- Administer cryotherapy in the appropriate circumstances
- Perform facility audits within environments such as schools and sporting settings
- Work cooperatively and effectively in groups

### Values:

- Accept and encourage participation in a cooperative learning environment
- Appreciate the attitudes and beliefs relating to sports injuries of sports participants and the Australian public more generally
- Recognise the extent and seriousness of injury within the wider community
- Examine and clarify values and attitudes related to issues of health and safety
- Appreciate and understand the legal implications of failure to adopt suitable risk management policies and procedures

### Content:

Topics may include:

- Injury as a public health issue
- Measuring injury data collection and surveillance systems: death rates; hospitalisations; emergency department attendances; other measures eg prospective studies
- Stages and strategies in injury prevention
- Injury in sport and physical activity: soft tissue injury, injuries to the upper & lower extremities, head & face, spine & trunk
- Pre-participation screening
- Prophylactic taping in sport
- Risk homeostasis and risk versus challenge
- Safety audit of facilities
- Risk management strategies for schools, sport organisations, facilities and event management
- Hazard identification, risk management and control

### Learning Tasks & Assessment:

Learning Task	Assessment	Weighting
Completion of Laboratory Manual check lists.	Taping Practical Exam	15%
Attendance at practical laboratory sessions.	Mid-Semester Theory Test	30%
Attendance at practical laboratory sessions.	Final Theory exam	55%

### Adopted Reference Style:

APA

### Handbook Summary:

This course is designed to enable students to examine activity related injury in Australia and globally and to identify injury settings and mechanisms. Students will analyse the risk behaviours of individuals and also consider the various factors impacting on injury prevention strategies. In addition, students will be introduced to the theoretical bases of hazard identification and risk management and control including safety audits and strategies for injury



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prevention in a variety of settings. Students will also be introduced to the basic preventative, first aid and therapeutic modalities involved in sporting injury.