

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	Injury Prevention and Management in Human Movement
Unit ID:	EXSCI3173
Credit Points:	15.00
Prerequisite(s):	(EXSCI2172)
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	069999

Description of the Unit:

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

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment.

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	■	■	■	■	■	■
Intermediate	■	■	■	■	■	■
Advanced	■	■	✓	■	■	■

Learning Outcomes:

Knowledge:

- K1.** Identify major activity-related injury in Australia, and relate these to the stages of the lifespan.
- K2.** Recognise the general nature and extent of common sports injuries occurring during active recreation and /or sports participation and their physical, psychological, social and economic impact.
- K3.** Explain the mechanisms, risk factors and treatment of common injuries sustained during physical activity.
- K4.** Describe the body's physiological response to injury and tissue healing.
- K5.** Describe how various intrinsic and extrinsic factors interact and contribute to injury risk.
- K6.** Identify the basis of treatment, the therapeutic modalities available and the recommended recovery time from various injuries.
- K7.** Describe the concepts of first aid and your role in injury management and prevention.
- K8.** Identify the principles of personal protective equipment for both prophylactic and therapeutic purposes.
- K9.** Critically evaluate strategies to minimise risk of injuries during exercise and testing, both in general, and for each specific body region occurring.
- K10.** Explain the behavioural, social, cultural, attitudinal, economic and environmental factors which act as barriers to, or facilitate the uptake of, injury prevention strategies.
- K11.** Identify the factors relevant to legal liability in sporting and physical activity settings.

Skills:

- S1.** Tape and bandage competently, for both therapeutic and prophylactic purposes.
- S2.** Perform basic first aid and the secondary assessment of common activity-related injuries.
- S3.** Administer different forms of cryotherapy and identify the most effective in the appropriate circumstances.
- S4.** Perform facility audits and emergency procedures within environments such as schools and sporting settings.
- S5.** Experience and evaluate injury prevention exercises from published interventions.

Application of knowledge and skills:

- A1.** Employ principles and guidelines of injury management to select appropriate methods to control and modify inflammatory, reparative and remodelling phases of tissue responses to injury.
- A2.** Critically evaluate the need and benefit of risk assessments and justify the responsibility of each stakeholder.

Unit Content:

Intrinsic and extrinsic risk factors; Healing of soft and hard tissue; Pre-participation screening; Return to play guidelines; Mechanisms, immediate treatment and prevention of common sports injuries; Injury surveillance and prevention interventions; Risk management.

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K4, K6, K7, K8, K9, K10, S1, S2, S3, S4, S5, A1, A2	Attendance and participation in laboratory classes to demonstrate competency in practical skills.	90% attendance required to satisfy ongoing formative assessments	Satisfactory/Unsatisfactory
K3, K6, K7, S1, S2, S3, A1	Ability to demonstrate the immediate care required in specific injury scenarios, including such skills as applying ice correctly, taping an ankle effectively, and assessing an injury using the secondary assessment method.	Practical Exam	20-40%
K1, K2, K3, K4, K5, K6, K7, K9, K10, A1	Review of course material covered prior to exam date.	Mid Semester Theory Test	20-40%
K1, K2, K3, K4, K5, K6, K7, K8, K9, K10, K11, S5, A1, A2	Self-directed study of entire course content.	Final Theory Test	30-50%

Adopted Reference Style:

APA ()

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