

Psychological Aspects of Sport Injury & Rehabilitation

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Office Hrs: T/Th 2 –3:30 PM
other times available by appt
Class Info: Fridays 9–11:50AM
Room 330 NMOR Building

Website: www.unc.edu/~rrnewcom

Textbooks:

Taylor et al (2003) **CISM:** Comprehensive Sport Injury Management. ~ \$39 REQUIRED

Ray & Weise-Bjornstal (1999) **CSM:** Counseling in Sports Medicine. ~ \$45 RECOMMENDED

*Other course readings will be made available through Blackboard or the Library's e-Reserves.

Course Description:

ESS 711-01 is a graduate level seminar designed for both scientists and practitioners in sports medicine, sport psychology, or other exercise and sport science disciplines. This course reviews both theory and research regarding psychological factors as they relate to the risk, experience, and treatment of athletic injuries from a biopsychosocial perspective.

Course Expectations and Requirements:

1. **Attendance** – Regular attendance is expected but not required to be successful in this class, particularly because most of the application of class material will be accomplished during in-class activities. If you are unable to attend a class, it is your responsibility to obtain information from either myself or classmates (i.e., lecture notes, handouts, assignments, etc.).
2. **In-class / Homework Activities** – There will at least 5 in-class or take-home activities which will facilitate the application of knowledge gained. These will be relatively brief assignments, which can be completed in less than 15 minutes. Each assignment is worth 1% of your final grade (5% total for all activities).
3. **Case Study / Assessment Reports** – Students will be given 2 case studies with assessment data (i.e., preseason screenings, post-injury interview, etc.). For each case, students will synthesize information given into a SOAP note and generate at least 2 treatment recommendations. Each report is worth 10% of your final grade (20% total for both).
4. **Major Project & Presentation** – Students will complete one major project (either scientific or practice-based) and present their work to peers in-class. Each project option includes a written (15-20 page paper) AND oral (in-class presentation) component. A brief description of each option is provided below, and additional details will be provided in class. The project is worth 25% of your final grade.

OPTION A: Professional Research Paper & Poster Presentation ~

Students choosing this option may either conduct a literature review or propose a research study regarding a specific area of interest. Written papers should range between 15-20 pages in length (not including references), include no fewer than 20 references, and demonstrate knowledge gained from material beyond that of class lecture/readings. Guidelines for preparing research posters will be provided. Examples of research topics may include:

- Evaluating the effectiveness of a relaxation training program on injured athletes' report of pain and anxiety
- The impact of imagery and mental rehearsal on athletes' confidence and fear of re-injury upon return to sport participation
- Impact of a brief educational intervention on athletes' knowledge of sports nutrition and awareness of disordered eating behavior

OPTION B: Professional Practice Manual & Tools ~

Create a practice manual based on a specific topic area of interest. The manual should range between 15-20 pages in length, include no fewer than 5 tools (i.e., forms, templates, handouts, etc.) and be written for professional (peers) in either sport psychology or sports medicine. Examples of manual topics may include:

- The Athletic trainers' guide to goal setting with injured athletes
- Psychological preparation for ACL Surgery
- Injured athletes manual of pain management strategies

Your choice of project (A or B) as well as specific topic is to be submitted to AND approved by me prior to class on 10/7. A rough draft of your in-class presentation materials (clinical tool or research poster) should be reviewed by me prior to class on 11/11. The rubric used to evaluate your project will be as follows:

| | |
|---------|-------------------------------------------------|
| 5 pts | Choice & Topic by (10/7); Draft (by 11/11) |
| 5 pts | Organization of material and clarity of writing |
| 5 pts | Depth of resources provided/reviewed |
| 5 pts | Overall quality of manual/paper content |
| + 5 pts | Quality and professionalism of presentation |
| 25 pts | |

5. **Written Exams** – There will be a midterm and final exam for this class. Exam format will include a combination of multiple-choice, short answer, and essay items, and each exam is worth 25% of your final grade (50% total for both).

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|---------------------------------|----------------------------------------------|-----------------|
| Final Grade Computation: | In-Class / Homework Activities (5 @ 1 pt ea) | 5 pts |
| | Case Reports (2 @ 10 pts ea) | 20 pts |
| | Project & Presentation | 25 pts |
| | Exams (2 @ 25 pts ea) | 50 pts |
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| | | 100 pts = 100 % |

** There may be an occasional opportunity to earn extra credit, which may include a lecture/video write-ups, current events summary, or pop-quiz (on assigned readings).