Credit Hours: 3  
Room: TYKH 209  
Schedule: Mon and Wed 10:00 AM to 11:20 AM

Course Instructor: Christine D. Pollard, PhD, PT  
Teaching Assistant: None

Office Location: TYKH 337  
Office Phone: (541) 322-3122  
Email: christine.pollard@osucascades.edu  
Office Hours: Monday and Wed 11:20 AM to 12:20 PM

**COURSE DESCRIPTION:** Mechanics of tissue injury and the body's response and repair following injury of bone, muscle, tendon, ligament, cartilage and nervous system tissue.

**Prerequisites:** BI 231-233 & 241-243 or BI 331-333 & 341-343  
**Co-requisites:** None

**LEARNING RESOURCES:**
- A pdf document of the power point slides for each content area will be posted on Blackboard by 7:00 pm the day prior to the day of class in which these slides will be covered in class. *(required)*
- Additional readings from the literature or popular press will be provided in-class or on Blackboard for in-class assignments and/or homework. *(required)*

**STUDENT LEARNING OUTCOMES:**
Students will:
- Describe the pathophysiology and mechanics of tissue injury
- Explain the inflammatory response to injury
- Discriminate between the regeneration and/or repair processes of different tissues following injury
- Compare the basic structure and function, response to injury, and repair of bone, muscle, tendon, cartilage, and nervous system tissues
- Apply tissue injury and repair processes to treatment of specific injuries

**PROGRAM COMPETENCIES IN KINESIOLOGY:**
Upon satisfactory completion of the degree in Kinesiology, the students will have met the program competencies found at [http://health.oregonstate.edu/degrees/competencies](http://health.oregonstate.edu/degrees/competencies)
**COURSE CONTENT**

Note: the schedule is tentative and may vary slightly

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>Mon. April 3rd</td>
<td>Tissue Injury and Repair Overview</td>
</tr>
<tr>
<td></td>
<td>Wed. April 5th</td>
<td>Hip</td>
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<tr>
<td>2</td>
<td>Mon. April 10th</td>
<td>Hip</td>
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<tr>
<td></td>
<td>Wed. April 12th</td>
<td>Knee</td>
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<tr>
<td>3</td>
<td>Mon. April 17th</td>
<td>Knee</td>
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<tr>
<td></td>
<td>Wed. April 19th</td>
<td>Articular Cartilage / Osteoarthritis</td>
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<td>4</td>
<td>Mon. April 24th</td>
<td>Articular Cartilage / Osteoarthritis</td>
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<tr>
<td></td>
<td>Wed. April 26th</td>
<td>Begin Ankle/Foot</td>
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<td>5</td>
<td>Mon. May 1st</td>
<td>Midterm Exam / Finish Ankle/Foot</td>
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<tr>
<td></td>
<td>Wed. May 3rd</td>
<td>Ankle / Foot</td>
</tr>
<tr>
<td>6</td>
<td>Mon. May 8th</td>
<td>Ankle/Foot</td>
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<tr>
<td></td>
<td>Wed. May 10th</td>
<td>Shoulder</td>
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<tr>
<td>7</td>
<td>Mon. May 15th</td>
<td>Shoulder</td>
</tr>
<tr>
<td></td>
<td>Wed. May 17th</td>
<td>Elbow</td>
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<tr>
<td>8</td>
<td>Mon. May 22nd</td>
<td>Elbow</td>
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<td></td>
<td>Wed. May 24th</td>
<td>Wrist / Hand</td>
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<tr>
<td>9</td>
<td>Mon. May 29</td>
<td>Memorial Day Holiday observed: No class</td>
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<tr>
<td></td>
<td>Wed. May 31st</td>
<td>Wrist / Hand</td>
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<tr>
<td>10</td>
<td>Mon. June 5th</td>
<td>Spine</td>
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<td></td>
<td>Wed. June 7th</td>
<td>Spine</td>
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<tr>
<td>Final</td>
<td>TBA</td>
<td>TBA</td>
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**EVALUATION OF STUDENT PERFORMANCE:**

**In-class quizzes:** Quizzes will be given at the beginning of class throughout the term. These quizzes may or may not be announced prior to the date of the quiz. If you arrive after the quizzes have been submitted, you will not be allowed to take the quiz. **There will be no make-up quizzes.** Your lowest quiz grade will be dropped OR if you miss one quiz then this score will be dropped. If you miss more than one quiz, a zero for that or those quizzes will be factored into your overall quiz grade.

**In-class assignments:** In-class assignments will occur throughout the term. **Credit for in-class assignments will only be given to those in attendance.**

**Homework assignments:** Homework will be assigned throughout the term. If your homework assignment is not completed at the designated time and date for completion, it will not be accepted and you will receive a zero for that assignment. If you miss a class, it is your responsibility to get the homework assignment for that day.
Midterm and Final Exam: The exams may feature multiple choice, true/false, fill-in the blank, and short answer/essay type questions. Grades will not be curved and no extra credit or “make up” assignments or points are available.

<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Exams (2 x 32.5% each)</td>
<td>65%</td>
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<tr>
<td>Quizzes</td>
<td>20%</td>
</tr>
<tr>
<td>Assignments (homework and in-class)</td>
<td>15%</td>
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<tr>
<td>Total</td>
<td>100%</td>
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</tbody>
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The grading scale is shown below in percentages:

- 93 – 100% = A
- 90 – 92% = A-
- 87 – 89% = B+
- 83 – 86% = B
- 80 – 82% = B-
- 77 – 79% = C+
- Less than 60% = F

Additional Course Policies:
1. No make-up exams or extensions on assignments will be given without serious/ or compelling reason. In case of an emergency, contact me as soon as possible to discuss potential arrangements.
2. Any changes in the course calendar are at the discretion of the instructor and will be announced in class. If you are absent and miss the announcement, you are responsible for the information.
3. Use of computers for the purpose of note taking is permitted, however, using a computer for other purposes not directly related to the course (e.g., email, Facebook) is not permitted.
4. Violation of the student code of conduct will not be tolerated and will be handled according to University policy.
5. Absolutely no cell phone use or headphone use permitted in class.
6. Absolutely no taking pictures of quizzes or exams. If you want to review a previously taken quiz or exam, please arrange a time during office hours. Taking pictures of an exam or quiz will be considered a case of academic dishonesty.

DIVERSITY STATEMENT:
The College of Public Health and Human Sciences strives to create an affirming climate for all students including underrepresented and marginalized individuals and groups. Diversity encompasses differences in age, color, ethnicity, national origin, gender, physical or mental ability, religion, socioeconomic background, veteran status, sexual orientation, and marginalized groups. We believe diversity is the synergy, connection, acceptance, and mutual learning fostered by the interaction of different human characteristics.

EXPECTATIONS FOR STUDENT CONDUCT
The Student Conduct Code establishes community standards and procedures necessary to maintain and protect an environment conducive to learning, in keeping with the educational objectives of Oregon State University. This code is based on the assumption that all persons must treat one another with dignity and respect in order for scholarship to thrive. For the full Student Conduct Code see http://oregonstate.edu/studentconduct/
Academic or Scholarly Dishonesty is prohibited and considered a serious violation of the Student Conduct Code. It is defined as an act of deception in which a Student seeks to claim credit for the
work or effort of another person, or uses unauthorized materials or fabricated information in any academic work or research, either through the Student's own efforts or the efforts of another. For specifics related to offenses proscribed by the University see: http://oregonstate.edu/studentconduct/offenses-0

RELIGIOUS HOLIDAY STATEMENT
Oregon State University strives to respect all religious practices. If you have religious holidays that are in conflict with any of the requirements of this class, please see me immediately so that we can make alternative arrangements.

STUDENTS WITH DOCUMENTED DISABILITIES
"Accommodations are collaborative efforts between students, faculty, and Disability Access Services (DAS). Student with accommodations approved through DAS are responsible for contacting the faculty member in charge of the course prior to or during the first week of the term to discuss accommodations. Students who believe they are eligible for accommodations but who have not yet obtained approval through DAS should contact DAS immediately at 737-4098."