KIN C033N: INJURY PREVENTION FOR ESPORTS

Item	Value
Curriculum Committee Approval Date	12/03/2021
Top Code	493012 - Job Seeking/Changing Skills
Units	0 Total Units
Hours	18 Total Hours (Lecture Hours 18)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Grading Policy	P/NP/SP Non-Credit (D)

Course Description

This course examines the physical injuries that esports players may develop while gaming. Students will learn about extremity disorders, overuse injuries, the ergonomics of a proper gaming setup, and simple exercises to minimize physical injury. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Describe common gaming injuries and identify proper stretching techniques to mitigate injury risk.

Course Objectives

- 1. Understand the biomechanics of game play by learning techniques to enhance the gaming environment including body position and equipment used.
- 2. Identify common extremity injuries and learn to manage these injuries through stretches and exercises
- 3. Develop a comprehensive stretching routine for before, during, and after gaming sessions.

Lecture Content

Common Extremity Disorders of Esports Upper and Lower Extremity Disorders Neck Back Disorders Alleviating Extremity Disorders The Ergonomics of Esports Traditional "Neutral" Body Positions to Play In Overuse Injuries Based on Gaming Consoles Biomechanics of esports on Performance Gaming Environment and Space Stretching Exercises for Esports Exercises to Prevent Injury Stretching Routine Before, During, and After Gaming

Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Online Enhanced NC Lect (NC5)
- Live Online Enhanced NC Lect (NC9)

Instructional Techniques

This course will use a combination of lecture, practical skills demonstration, discussions, quizzes, and short writing assignments.

Reading Assignments

Research and read about common extremity disorders in gamers Research and read how to alleviate common extremity disorders in gamers

Writing Assignments

Written assignment on common overuse injuries in esports

Out-of-class Assignments

Written assignment on extremity disorders in gamers Visual guide on proper stretches and exercises for gamers

Demonstration of Critical Thinking

Short quizzes that assess the students understanding of extremity disorders and overuse injuries in the esports world. Short writing assignments that demonstrate the students ability to understand the importance of practicing stretching and exercise habits

Required Writing, Problem Solving, Skills Demonstration

Short writing assignments Quizzes Projects

Eligible Disciplines

Health: Masters degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelors degree in any of the above AND masters degree in public health, or any biological science OR the equivalent. Masters degree required. Kinesiology: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Textbooks Resources

1. Required Migliore, L.; McGee, C.; Moore, M. Handbook of Esports Medicine: Clinical Aspects of Competitive Video Gaming, 1st ed. Springer, 2021

Other Resources

1. Scholarly articles will be used from leaders in the industry. 2. Coastline Library Career Technical Education Database: https://www.proquest.com/career.accountid=40745