

FIT5222
Assignment 2: A Pain in the Neck!
A Case of Postural Strain



Your client Prabhat approaches you as you are finishing with another client at the gym where you work as a personal trainer. He is grimacing and holding his neck. “My neck is killing me,” he says. “My doctor told me that it’s just postural strain that’s causing it. She told me to do some exercises to strengthen my neck and sit up straight at work and then she left me sitting there.” He added: “What does she mean and what can I do to stop it!”

“Did she tell you what was going on?” you ask. “Not really,” Prabhat responds. “It was just like I said.”

“Where’s it bothering you?” you ask. “Right here,” he says as he points to his neck and the back of his head.

“OK then,” you say. “Start at the beginning.” Prabhat states that he has changed desks recently and he’s having problems getting comfortable. His chair won’t fit under the desk and the keyboard and mouse are positioned on top of the desk. His neck pain started a few days after moving to the new desk and has gotten worse since. Eventually he went to his doctor to get some relief.

You say: “It sounds like a recipe for disaster.” “It’s killing me!” he moans. “What’s going on and how can I fix it?”

“And you’re sure that your doctor said that nothing else was going on?” you ask. Prabhat says: “She checked me over and said that everything else was OK. Oh, and she told me to take some Advil or Tylenol to help with the pain.”

“Well then,” you say, “I have a good idea about how we can strengthen your neck and back, but the real problem here is the postural strain. Let’s talk about that and what we can do about it.”

Questions

1. What does Prabhat’s doctor mean by “postural strain”?
2. What ergonomic factors could be leading to his postural strain in the sitting posture?
3. What biomechanical forces could be causing his problem? (Hint: it’s in the levers.)
4. How do the forces affect Prabhat’s body?
5. How should he change his sitting posture and desk setup to reduce the strain?

Assignment instructions

For this assignment, you will be paired with another student. See the pairings in the discussion forum titled “Assignment 2: A Pain in the Neck!—A Case of Postural Strain” under the thread titled “Assignment groups.” This collaborative assignment is worth 15% of your final course mark. The same mark will be given to both partners. Share the work equitably.

Preparing and submitting the paper:

1. Answer the questions in detail in 1000-1500 words (plus title and reference pages) in 12-point type single- or double-spaced using the sources identified below, organized by introduction, body, and conclusion.
2. You may use images and links to multimedia to illustrate your points.
3. Your assignment shall include a title page (with your names and student numbers) and a list of references cited according to APA style:
<http://www.algonquincollege.com/lrc/library/services/studyguides/documents/APAStyle2009.pdf>.
4. Submit a copy of your assignment to the “Assignment 2” forum by the date identified in the course syllabus so that other students can review it.
5. Respond to the feedback from the other students.
6. Review and provide meaningful feedback to the assignments from the other groups.
7. Submit (individually) a copy of your assignment in the “Assignment 2” area of the *Assignments* page (see the link at on the course menu at left) by the date identified in the course syllabus.

Sources:

- Course text: Carr, G. (2004). *Sport Mechanics for Coaches*. (2nd ed). Champaign, IL: Human Kinetics.
- Other quality sources: internet, journal, and textbooks.

Grading

Your assignment will be graded according to rubric shown below. This assignment is worth 15% of your total course mark. Your feedback to other students will be graded as part of your course participation mark.

	10 points	7 - 9 points	4 - 6 points	1 - 3 points	Score
Depth and breadth of content	<p>Covers topic in detail. Excels in responding to the assignment instructions.</p> <p>Demonstrates sophistication of thought.</p> <p>Understands and critically evaluates sources.</p> <p>Clear evidence that higher level thinking skills were used in the creation of this assignment.</p>	<p>Includes essential information and responds appropriately to the assignment instructions.</p> <p>Shows careful reading of sources, but may not evaluate them critically.</p>	<p>Fulfills minimal topic requirements as outlined in the assignment instructions.</p> <p>Limited use and evaluation of sources.</p> <p>Some evidence that higher level thinking skills were used in the creation of the assignment.</p>	<p>Does not address any of the questions in the assignment instructions.</p> <p>Neglects to use sources where necessary.</p> <p>No evidence that higher level thinking skills were used in the creation of this assignment.</p>	
Subject knowledge	<p>Thorough subject knowledge is evident throughout the assignment—more than required.</p> <p>All information is clear, appropriate, and correct.</p>	<p>Subject knowledge is evident in much of the assignment.</p> <p>Information is clear, appropriate, and correct.</p>	<p>Subject knowledge is limited.</p> <p>Some information is confusing or incorrect.</p>	<p>Subject knowledge is not evident.</p> <p>Information is confusing, incorrect, or flawed.</p>	
Conclusions reached	<p>Numerous detailed conclusions are reached from the evidence offered.</p>	<p>Several detailed conclusions are reached from the evidence offered.</p>	<p>Limited conclusions are reached from the evidence offered.</p>	<p>A conclusion is made from the evidence offered.</p>	
Organization	<p>Highly effective introduction.</p> <p>The sequencing of information is logical, creative, and intuitive with clear structure that enhances the assignment.</p>	<p>Appropriate introduction.</p> <p>The sequence of information is logical and clear with an interesting presentation.</p>	<p>Adequate introduction.</p> <p>The information demonstrates random organization lacking coherence and transitions.</p>	<p>Missing or underdeveloped introduction.</p> <p>There is no appreciable organization. The sequence of information is not logical.</p>	
Mechanics	<p>Assignment honours all of the rules of spelling and grammar.</p> <p>All sources are properly cited within the assignment.</p>	<p>Assignment adequately keeps to most rules of spelling, grammar, or both.</p> <p>Most sources are properly cited within the assignment.</p>	<p>Assignment has three misspellings, grammatical errors, or both.</p> <p>Sources are cited within the assignment but not in the proper style.</p>	<p>Assignment has four or more errors in spelling, grammar, or both.</p> <p>No sources are cited.</p>	
Total Score (HPS: 50)					

Rubric adapted from: Continuing Education University of Calgary. (2010). *Learning Online BMC 152 114: Group Project Grading Rubric*. Retrieved December 5, 2010, from the course website.