

## HHPA 259 – Athletic Injury Assessment I

Fall 2012

Location: FH005

M, W 11-12:15p / 3 semester hours

**Sarah M. Mitchell, MS, ATC, LAT**

*Instructor / Director of Athletic Training Education*

**Office:** Field House 210

**Phone:** (903) 886-5543

**Email:** Sarah.Mitchell@tamuc.edu

**Office Hours:** Mon-Thurs 9:30-11am; or by appointment

### Required Text

Starkey, C. & Ryan, J. *Evaluation of Orthopedic and Athletic Injuries*, 3<sup>rd</sup> ed. F.A. Davis, 2010.

### Supplemental Texts:

Konin, J., Wiksten, D., Isear, J., Brader, H. *Special Tests for Orthopedic Examination*, 3<sup>rd</sup> ed. SLACK, Inc., 2006.

Biel, A. *Trail Guide to the Body*, 4th ed. Books of Discovery, 2010.

### Course Description

A study of the knowledge, skills and values an athletic trainer must possess to assess and evaluate injured athletes and other physically active individuals. Content areas to include: pathology, on and off-field assessment procedures for the foot, ankle, knee and thigh/hip, and lumbar spine. Prerequisite HHPA 213 and 214

### Course Objectives

- Identify the functional anatomy of the lower extremity.
- Differentiate the signs, symptoms, and mechanisms of injuries to identify the appropriate special tests to perform in a foot, ankle, lower leg, knee, hip, thigh, or lower extremity injury evaluation
- Develop a differential diagnosis based on the results of a thorough injury evaluation.
- Demonstrate the ability to appropriately document a lower extremity injury evaluation in the form of a SOAP note.
- Critically think and problem solve regarding the techniques for evaluation, assessment, and management of lower extremity injuries.

### Course Evaluation

Each assignment will be worth a pre-determined amount of points. Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course:  $850/1000 = 85\%$  "B"). Grades will be assigned based upon the percentages below.

Quizzes: 12 @ 10 pts each = 120 pts

Exams: 4 @ 100 pts each = 400 pts

Worksheets/Assignments: 300 pts

Notebook: 100 pts

Grading Scale:

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = 0-59%

Students are expected to earn points toward their final grade during the course of the semester with the assignments and tests that are scheduled. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

Students will receive back all graded assignments in a timely manner. Students are encouraged to keep all graded assignments as well as keep up with their grades throughout the semester. Any questions or concerns about assignments/grades should be brought to the instructor's attention immediately (i.e. Do not wait until the end of the semester)

### Quizzes

Quizzes will be given periodically and **unannounced** throughout the semester over the reading assignments or material covered in previous lectures may be short answer, multiple choice, true/false, listing, etc. *Attendance IS necessary to take the quiz.* Quiz make-ups are only permitted if the absence is excused (see attendance policy). If you are late to class and the quiz has already been given, the make-up policy applies.

### Exams

Four written exams will be given. The format shall include any of the following: short answer, essay, fill in the blank, multiple choice, true/false, and/or listing type questions. Final Exam WILL BE COMPREHENSIVE!!! A green scantron and pencil will be required for all 'in-class' exams. Some exams may be given via eCollege. See *Missed Work & Late Work* section for more information on make-ups.

### Worksheets/Assignments

Assignments will be given periodically during the course as appropriate. More information will be given when assignments are made. Due dates and point values for each assignment will be given when the assignment is made and will be posted on eCollege. All assignments are due at the beginning of the assigned class time to receive credit; this includes assignments that are due when a student misses class. See *Missed Work & Late Work* section for more information.

### Notebook

Students are expected to keep a notebook of all notes, handouts, articles, quizzes, and study material from HHPA 259. Notebooks are due during final exam week. The notebook should be organized in divided sections of Course Info, Assignments, Notes, Quizzes, Exams and must be in a 3-ring binder with clearly marked sections.

### Attendance:

Class attendance is **required**. Excused absences include university approved absences or those that the instructor receives appropriate notification of (i.e. sudden/serious illness, death to immediate family member, etc.). It is the student's responsibility to notify the instructor ahead of time if they are going to miss class due to an excused absence and make arrangements for all materials and assignments that will be missed on that day. In the case of excused absences due to unavoidable or emergency situations, the student must promptly notify the instructor via **phone call** or **email** (sending a text is not considered professional and is not an acceptable means of notification) explaining the circumstances. Prompt notification is required to have an absence excused; additionally, written documentation may be required to have the absence excused. If a student misses a class, excused or unexcused, the student is responsible for obtaining all information presented and turning in all assignments by the due date. Remember: *Poor planning on your part is not an emergency on my part.* Unexcused absences beyond **three (3)** will automatically drop your **final** grade by 5% (i.e. if your final grade = 83 with 3 or fewer absences, the 83 stands; but drops to a 78 with 4 absences; 73 with 5 absences, etc.). A student who misses 5 or more classes must meet with the instructor to determine if they need to drop the course.

Tardiness WILL NOT be tolerated. Classroom doors will be locked at the beginning of class. If a student cannot attend class because the door is locked it will be considered an unexcused absence.

### **Missed Work & Late Work**

Exams must be taken on the designated date and time. No make-up exams will be allowed unless prior arrangements have been made with the instructor. Under certain circumstances (situations out of your control), make-ups will be allowed at the instructor's discretion. Students are required to contact the instructor ASAP if they happen to miss an exam and may be required to provide written documentation for the absence if a make-up is allowed.

Quizzes and in-class activities will not be allowed for make-up unless prior arrangements have been made, the absence/tardy is deemed to be excused by the instructor, and the nature of the activity allows for it to be made up.

All assignments are due as assigned and must be turned in on or before the due date to receive credit. This includes assignments that are due when you have an absence. Assignments turned in beyond the due date will not be accepted and the student will receive zero (0) points for the assignment. It is the student's responsibility to be aware of assignment due dates as the dates are included with the assignment and posted on eCollege. Technical and computer problems associated with email and/or eCollege is not a valid excuse for turning in an assignment late.

### **eCollege**

This course will utilize your eCollege account through MyLeo. Course lecture notes, assignments, information, and grades will be posted through this site. It is the students' responsibly to check this site frequently. If you need assistance with eCollege, please contact: [helpdesk@online.tamuc.org](mailto:helpdesk@online.tamuc.org) or 1-866-656-5511.

### **Academic Dishonesty**

It is the philosophy of Texas A&M - Commerce that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. (see Student's Guide Handbook).

### **Classroom/Student Expectations**

Students are expected to prepare for, participate in, and attend each scheduled class. Failure to do so may/will lead to a decline in the student's overall grade. In order to succeed in this class, students should read each chapter prior to beginning that section in the course. Forming study groups to prepare for class and tests will also greatly benefit students throughout the semester.

Students are also expected to behave appropriately in class and avoid being a distraction to their fellow students and the instructor. Appropriate behavior involves paying attention, actively participating, and following instructions. Cell phones (including text messaging), music, inappropriate language/gestures, and any other behavior determined to be a distraction will not be tolerated. Students who are considered to be a disturbance in class will be asked to leave.

All students enrolled at the University shall follow the tenets of common behavior statement: "All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See current Student Guidebook)

### **Americans with Disabilities Act (ADA) Statement**

The ADA is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of

their disabilities. Students requesting accommodations for disabilities must go through the Office of Student Disability Resources and Services. For more information, please contact SDRS at Gee Library – Rm. 132; (903)886-5150 or (903)886-5835; [StudentDisabilityServices@tamu-commerce.edu](mailto:StudentDisabilityServices@tamu-commerce.edu)

All athletic training students (ATS) must sign the program’s **Technical Standards Form**. Any student that requires assistance related to an ADA eligible problem needs to inform the instructor as soon as possible.

**Note:** This syllabus is tentative and may be changed as the course dictates.

### HHPA 259 Tentative Course Schedule

		Class Lecture	Reading Assignment	Assignment Due
Mon	8/27	Course Intro & Syllabus		
Wed	8/29	Ch 1: Injury Evaluation Process	Ch 1	
Mon	9/3	Labor Day - No class		
Wed	9/5	Ch 1: Injury Evaluation Process & Ch 4: Injury Pathology Nomenclature	Ch 1, 4	
Mon	9/10	Ch 4: Injury Pathology Nomenclature	Ch 4	
Wed	9/12	Ch 3: Evidence-Based Practice in the Diagnostic Process	Ch 3	
Mon	9/17	Exam #1		
Wed	9/19	Ch 8: Foot & Toes	Ch 8	
Mon	9/24	Ch 8: Foot & Toes	Ch 8	
Wed	9/26	Ch 9: Ankle & Lower Leg	Ch 9	Article: Foot/Toes
Mon	10/1	Ch 9: Ankle & Lower Leg	Ch 9	Ch 8 & 9 questions due
Wed	10/3	Guest Speaker - Foot & Ankle Injuries		Article: Ankle/Lower Leg
Mon	10/8	Exam #2		
Wed	10/10	Ch 10: Knee	Ch 10	
Mon	10/15	Ch 10: Knee	Ch 10	
Wed	10/17	Ch 10: Knee	Ch 10	
Mon	10/22	Ch 11: Patellafemoral Articulation	Ch 11	
Wed	10/24	Ch 11: Patellafemoral Articulation	Ch 11	Article: Knee
Mon	10/29	Ch 11: Patellafemoral Articulation & Ch 12: Pelvis & thigh	Ch 11, 12	
Wed	10/31	Ch 12: Pelvis & thigh	Ch 12	Ch 10 & 11 questions due
Mon	11/5	Ch 12: Pelvis & thigh	Ch 12	
Wed	11/7	Exam #3		
Mon	11/12	Ch 13: Thoracic & Lumbar Spine	Ch 13	Article: Pelvis/thigh
Wed	11/14	Ch 13: Thoracic & Lumbar Spine	Ch 13	
Mon	11/19	Ch 6: Assessment of Posture	Ch 6	
Wed	11/21	Ch 6: Assessment of Posture	Ch 6	
Mon	11/26	Guest Speaker - Dr. Hulseley		
Wed	11/28	Ch 7: Evaluation of Gait	Ch 7	Article: Thoracic/lumbar spine OR Posture/Gait assessment
Mon	12/3	Ch 7: Evaluation of Gait	Ch 7	
Wed	12/5	Review Topics (last class day)		
Mon	12/10	Final Exam Week - See Final Exam Schedule for more info		
Wed	12/12			