

HHPA 259 – Athletic Injury Assessment I

Fall 2015

Location: FH005

M, W, F 9-9:50p / 3 semester hours

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Office Hours: MW 10-11a; 1-2p; TR 11a-12p or by appointment

Required Text

Starkey, C. & Brown, S. *Evaluation of Orthopedic and Athletic Injuries*, 4th ed. F.A. Davis, 2015. ISBN# 978-0-8036-3918-8

Supplemental Texts:

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

Biel, A. *Trail Guide to the Body*, 5th ed. Books of Discovery, 2014.

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.

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: 150 pts

Exams: 4 @ 100 pts each = 400 pts

Class Participation Activities: 200 pts

Article Reviews: 5 @ 50 pts = 250 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. Extra Credit Assignments WILL NOT be given at the end of the semester. 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)

Class Participation Activities/Quizzes

In class activities will be given often and will be **unannounced** throughout the semester over the reading assignments or material covered in previous lectures. Quizzes may be short answer, multiple choice, true/false, listing, etc, and will typically be online on eCollege. *Attendance IS necessary to take the quiz or complete the activity. See Missed Work & Late Work section for more information on make-ups.*

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 blue 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.

Article Reviews

Students will find peer-reviewed journal articles that are related to the course topics and will summarize the articles. More information will be given when assignments are made. Due dates 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.

Attendance:

Class attendance is **required**. Excused absences include university approved absences or those that I receive 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 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. Additionally, arriving to class more than 15 minutes late or leaving class early will result in an unexcused absence, unless the instructor receives prior notification. Remember: *Poor planning on your part is not an emergency on my part.* Students with unexcused absences beyond nine (9) must meet with the instructor to determine if they need to drop the course.

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. Student's 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. Class participation activities and quizzes will not be allowed for make-up. Students MUST be present to earn points for these activities regardless if absence is excused or unexcused.

All assignments are due as assigned and must be turned in on or before the due date to receive full credit. This includes assignments that are due when you have an absence. Assignments turned in

beyond class time on the due date will receive zero (0) points. It is the student's responsibility to be aware of assignment due dates as the dates are included on the course schedule 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, and information will be posted through this site. Some assignments, quizzes, and exams throughout this course will require using eCollege. It is the students responsibly to have internet access, check this site frequently, and become familiar with how it works. If you need assistance with eCollege, please contact: 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. Plagiarism is copying another's work as your own without proper acknowledgment. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. Also ignorance of the definition of plagiarism is also not an excuse and will result in the same consequences as for someone who has knowledge of it. Plagiarism is also not restricted to copying the writings of others, nor to stealing from established authors; it also includes the ideas of your fellow students. If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially. 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)

A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Americans with Disabilities Act (ADA) Statement

The Americans with Disabilities Act (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. If you have a disability requiring an accommodation, please contact: Office of Student Disability Resources and Services, Gee Library Rm

132; Phone (903) 886-5150 or (903) 886-5835; Fax (903) 468-8148;
StudentDisabilityServices@tamuc.edu

Note: This syllabus is tentative and may be changed as the course dictates. Any changes will be posted on eCollege and sent via email to all enrolled students.

HHPA 259 Tentative Course Schedule

			Class Lecture	Reading Assignment	Assignment Due
Wk 1	Mon	8/31	Course Intro & Syllabus		
	Wed	9/2	Ch 1: Foundations of Examination	Ch 1	
	Fri	9/4	eCollege Quiz		Quiz
Wk 2	Mon	9/7	Labor Day - No class		
	Wed	9/9	Ch 1: Foundations of Examination & Ch 4: Injury Pathology Nomenclature	Ch 1, 4	
	Fri	9/11	eCollege Quiz		Quiz
Wk 3	Mon	9/14	Ch 4: Injury Pathology Nomenclature & Ch 5: Musculoskeletal Diagnostic Techniques	Ch 4, 5	
	Wed	9/16	Ch 2: Examination & Management of Acute Conditions	Ch 2	
	Fri	9/18	eCollege Quiz		Quiz
Wk 4	Mon	9/21	Ch 3: Evidence-Based Practice in the Diagnostic Process	Ch 3	
	Wed	9/23	Exam #1 (Chapters 1-5)		
	Fri	9/25	eCollege Quiz		Quiz
Wk 5	Mon	9/28	Ch 8: Foot & Toe Pathologies	Ch 8	
	Wed	9/30	Ch 8: Foot & Toe Pathologies	Ch 8	Article: Foot/Toes
	Fri	10/2	eCollege Quiz		Quiz
Wk 6	Mon	10/5	Ch 9: Ankle & Lower Leg Pathologies	Ch 9	
	Wed	10/7	Ch 9: Ankle & Lower Leg Pathologies	Ch 9	Article: Ankle/Lower Leg
	Fri	10/9	eCollege Quiz		Quiz
Wk 7	Mon	10/12	Exam #2 (Chapters 8-9)		
	Wed	10/14	Ch 10: Knee Pathologies	Ch 10	
	Fri	10/16	eCollege Quiz		Quiz
Wk 8	Mon	10/19	Ch 10: Knee Pathologies	Ch 10	
	Wed	10/21	Ch 10: Knee Pathologies	Ch 10	
	Fri	10/23	eCollege Quiz		Quiz
Wk 9	Mon	10/26	Ch 11: Patellafemoral Pathologies	Ch 11	Article: Knee/Patellafemoral
	Wed	10/28	Ch 11: Patellafemoral Pathologies	Ch 11	
	Fri	10/30	eCollege Quiz		Quiz
Wk 10	Mon	11/2	Ch 12: Pelvis & Thigh Pathologies	Ch 12	
	Wed	11/4	Ch 12: Pelvis & Thigh Pathologies	Ch 12	
	Fri	11/6	eCollege Quiz		Quiz
Wk 11	Mon	11/9	Ch 12: Pelvis & Thigh Pathologies	Ch 12	Article: Pelvis/thigh
	Wed	11/11	Exam #3 (Chapters 10-12)		
	Fri	11/13	eCollege Quiz		Quiz
Wk 12	Mon	11/16	Ch 13: Lumbosacral Pathologies	Ch 13	
	Wed	11/18	Ch 13: Lumbosacral Pathologies	Ch 13	
	Fri	11/20	eCollege Quiz		Quiz
Wk 13	Mon	11/23	Ch 6: Assessment of Posture	Ch 6	
	Wed	11/25	Ch 6: Assessment of Posture	Ch 6	
	Fri	11/27	Thanksgiving Break - No Class		
Wk 14	Mon	11/30	Ch 7: Evaluation of Gait	Ch 7	Article: Lumbosacral OR Posture/Gait assessment
	Wed	12/2	Ch 7: Evaluation of Gait	Ch 7	
	Fri	12/4	eCollege Quiz		Quiz
Wk 15	Mon	12/7	Case Studies		
	Wed	12/9	Case Studies		
	Fri		Independent Study - Review for Final Exam		
Wk 16		2/14-18	Final Exam Week - See Final Exam Schedule for more info		