

## **HHPA 260 – Athletic Injury Assessment I Lab**

Fall 2015

Location: FH 005

Time: Thurs 2-3:15p / 1 semester hour

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

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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*, 4<sup>th</sup> ed. F.A. Davis, 2015. ISBN# 978-0-8036-3918-8

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**

This lab course will teach general and specific assessment and evaluation techniques for the foot, ankle, knee, thigh, and hip. Pathology and on-field assessment procedures will also be taught. Mastery of clinical skills will be required to complete the lab. Participation in directed clinical experience in on-campus and off-campus facilities is required. Co-requisite: HHPA 259.

### **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.

Special Tests Packet: 500pts

Quizzes: 5@ 10 pts each = 50 pts

Exams: 2 @ 100 pts each = 200 pts

Lab Assignments: 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. 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)

### **Special Tests Packet**

At the beginning of the semester, each student will receive a packet of all special tests that will be covered in this course. The purpose of this packet is to:

1. Give students a clear understanding of the special tests they are required to know
2. Serve as an aid in learning how to perform each special test, its purpose, and positive implications
3. Serve as a means to evaluate the student's ability to perform each special test

Over the course of the semester, students will be evaluated on each special test and must score at least 80% on each one. Each special test will be discussed and demonstrated in lab class. Students will then practice the skills during lab time or their clinical experience. When the student feels they have 'mastered' the skill, they will seek a peer evaluation, followed by a Preceptor evaluation. Students must earn a passing score on each special test while being evaluated by a Preceptor in order to successfully complete this course. Students not scoring 80% on a skill will have to re-test on the skill. Due dates for passing each special test will be announced as the course dictates; however, special tests will be grouped by joints/regions and will be due as the course transitions to a new topic.

### **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**

Exam will be in the form of oral practicals. The purpose of these exams is to test the competencies and proficiencies taught in the laboratory sessions. See *Missed Work & Late Work* section for more information on make-ups.

### **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.

### **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. 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. 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.

### **Required Attire**

Due to the hands-on nature of this lab course, you will need to bring or wear a t-shirt and shorts for each class. If this becomes a problem, failure to come to lab dressed appropriately will be recorded as an absence.

### **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](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. 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](mailto:StudentDisabilityServices@tamuc.edu)

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

HHPA 260: Tentative Course Schedule

		Class Lecture	Assignment Due
wk 1	9/3	Intro/syllabus	
wk 2	9/10	SOAP Notes, Goniometers, Terminology	
wk 3	9/17	Strength & Laxity grades, Manual Muscle Testing, Neurological Testing	
wk 4	9/24	Foot & Toes Assessment	
wk 5	10/1	Ankle & Lower Leg Assessment	
wk 6	10/8	Special Tests: Foot & Toes / Ankle & Lower Leg (practice & testing)	
wk 7	10/15	Knee & Patellafemoral Assessment	Foot/Toes/Ankle/Lower Leg due
wk 8	10/22	Midterm Exam (covers wks 1-6)	
wk 9	10/29	Special Tests: Knee (practice & testing)	
wk 10	11/5	Pelvis & Thigh Assessment	Knee due
wk 11	11/12	Lumbosacral Assessment	
wk 12	11/19	Special Tests: Pelvis & Thigh / Lumbosacral (practice & testing)	
wk 13	11/26	Thanksgiving - no class	
wk 14	12/3	Posture Assessment & Gait Assessment	Pelvis/Thigh/Lumbosacral due
wk 15	12/10	Final Exam (covers wks 1-15)	All Special Test Due