

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism

ATEP 260 — Athletic Injury Recognition of the Upper Extremity, Head and Spine (3 credits)
Spring 2010

DAY/TIME:	T, R, 9:00 - 10:15 a.m.	LOCATION:	PW-BRH 247
PROFESSOR:	Elizabeth Codjoe	EMAIL ADDRESS:	ecodjoe@gmu.edu
OFFICE LOCATION:	Bull Run Hall Conf. Room	PHONE NUMBER:	703-993-2060
OFFICE HOURS:	T, R- by appointment	FAX NUMBER:	703-993-2025

PREREQUISITES

Concurrent enrollment in ATEP 265 and ATEP 256; ATEP 150, 180, 250, 255, 256; BIOL 124, 125; HEAL 110; PHED 300 Current ECC certification; at least a 2.5 major GPA

COURSE CATALOG DESCRIPTION

An analysis of the principles of physical assessment of the upper body

COURSE OBJECTIVES

The following objectives pertain to athletic injuries of the upper extremity, head and spine. At the completion of this course students should be able to:

1. Describe mechanisms of upper extremity, head and spine injuries, including the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of these conditions
2. Identify functional human anatomy, physiology and kinesiology relative to mechanisms of injury.
3. Describe relationships, predisposing risk factors and other physical activity related injuries (e.g., postural anomalies, previous injury, age, environmental conditions, nutritional and psychosocial concerns etc.).
4. Identify signs and symptoms of upper extremity, head and spine injuries.
5. Identify and use appropriate medical terminology and medical documentation to record injuries and illnesses (e.g., history and examination findings, progress notes, and others).
6. Describe specific sport and/or position requirements relative to the return of an injured athlete to activity following injury.
7. Develop a research project (to include but not limited to case study, clinical research project, literature review) for an athletic training-related topic.
8. Describe basic principles of acute management of upper extremity, head and spine conditions and injuries

Required Textbooks:

Starkey, C, Ryan, JL: Evaluation of Orthopedic and Athletic Injuries (2nd Ed). Philadelphia, PA: F.A. Davis Co.; 2002 (**SR**)

Recommended Textbooks:

Starkey C, Ryan JL.: Orthopedic & Athletic Injury Evaluation Handbook Philadelphia, PA: F.A. Davis Co.; 2002 (**SR-Lab**)

Hoppenfeld, S: Physical Examination of the Spine and Extremities, Upper Saddle River, NJ, Prentice Hall; 1976 (**HF**)

Shultz, S. J., Houghlum, P. A., Perrin, D. H: Examination of Musculoskeletal Injuries (2nd Ed). Champaign, IL: Human Kinetics; 2005 (**SHP**)

EVALUATION

Students will be evaluated on content standards (knowledge gained) and performance (demonstration of the content). Content standards will be assessed via written quizzes and exams. Performance will be assessed through completion of class activities.

Class Participation

Attending, being prompt, and active participation are important components of this course. Therefore, students will earn credit for attending and participating in class. Throughout the semester you will have several quizzes, article reviews, and class discussions based on assigned course readings and materials.

Note: Each student will be permitted one unexcused absence and one late arrival. Additional unexcused absences and late arrivals will result in a 10 point and 5 point reduction in the student's daily attendance grade, respectively. The unexcused student is subject to the make up work policy.

Quiz Activity

Periodically through the course of the semester, quizzes will be given to students at the start of class. The material on these quizzes will be basic anatomical information that the students will already know based on the course pre-requisites

Written Examinations

The format of these examinations may be multiple choice, true/false, short answer, matching, and fill in the blank type questions. Each of the examinations will test the material covered in the assigned reading and during the prior class meetings. Four of these will be through the course of the semester and the fifth will be the final examination. The final examination is cumulative.

Case Study Report and Presentation:

For this assignment, you will be required to write your own case study report. You choose your own case and from this semester's experiences or from past experiences. *The case study must involve the upper extremity, head, cervical, or thoracic spine (unless approved by instructor).* The format of this paper will coincide with AMA guidelines. This assignment should be of a length, quality, and style that emulates an case study article found a peer-review scholarly medical journal (*for example: Journal of Athletic Training, Athletic Therapy Today, Physician and Sports medicine, American Journal of Sports Medicine, JAMA*). A type written proposal (one page maximum) is to be handed in on *MARCH 4th at the beginning of class*. A draft of the paper should be handed in on *APRIL 1st at the beginning of class*. Finally, a hard copy and an e-copy (via email) of the completed project must be handed in on *APRIL 22nd at the beginning of class*. You will also be required to present a professional presentation to the class. The PowerPoint presentation file should be submitted (via email) on *MAY 5th by 8 am* and labeled as *LastNameATEP260S09.ppt*. Thus for Jane Doe, the file name will be *DoeATEP320S09.ppt* More information regarding these assignments will be provided.

Medical Documentation:

For this assignment, you will be required to write two evaluation SOAP Notes in a medically acceptable format relating to conditions of the lower extremity and thorax. One of these SOAP Notes will be of an *acute* condition, and the other will be of a *chronic* condition. You will choose the cases from this semester's clinical experiences. The first SOAP Note is due on *March 25th and the second on April 20th at the beginning of class*.

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Class Participation and Quizzes	Variable	Variable	50
Written Examinations	3	50	150
Case Study Paper Proposal	1	10	10
Case Study Paper Initial Draft	1	20	20
Case Study Paper	1	80	80
Case Study Presentation	1	50	50
Medical Documentation	2	20	40
Cumulative Final	1	100	100
TOTAL	—	—	500

The student's final letter grade will be earned based on the following scale:

A: 465 – 500 pts. (93%)	C+: 385 – 399 pts. (77%)
A-: 450 – 464 pts. (90%)	C: 365 – 384 pts. (73%)
B+: 435 – 449 pts. (87%)	C-: 350 – 364 pts. (70%)
B: 415 – 434 pts. (83%)	D: 315 – 349 pts. (63%)
B-: 400 – 414 pts. (80%)	F: < 315 pts.

Make Up Work:

Students who are absent or who arrive late without an official university or a medical doctor's excuse may miss quizzes or other in-class activities. There will be no make-up quizzes or exams unless an excused absence has been warranted. Students who miss an examination quiz or other class activity because of an excused absence must complete the assignment on their first time back in class. All make-up work must be completed by the last day of class unless other approved arrangements are made. ***It is the student's obligation to pursue any make-up work.***



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>

ATEP 260 TENTATIVE COURSE SCHEDULE

DAY	DATE	TENTATIVE TOPIC	READING ASSIGNMENT
1	1/19	Introduction to course	
2	1/21	SOAP Note Review/Gait and Posture	SR: Ch. 9
3	1/26	General Medical Conditions	SR: Ch. 21
4	1/28	General Medical Conditions	SR: Ch. 21
5	2/2	Thorax and Abdomen	SR: Ch. 12
6	2/4	Thorax and Abdomen	SR: Ch. 12
7	2/9	Test 1	
8	2/11	Head and Neck	SR Ch 18
9	2/16	Head and Neck	SR Ch 18
10	2/18	Head and Neck	SR Ch 18
11	2/23	Face and Related Structures	SR Ch 17
12	2/25	Face and Related Structures	SR Ch 17
13	3/2	Face and Related Structures	SR Ch 17
14	3/4	Test 2	
		SPRING BREAK	**No Class**
15	3/16	The Eye	SR Ch 16
16	3/18	Cervical Spine	SR: Ch. 11
17	3/23	Cervical Spine	SR: Ch. 11
18	3/25	Shoulder and Upper Arm	SR: Ch. 13
19	3/30	Shoulder and Upper Arm	SR: Ch. 13
20	4/1	Shoulder and Upper Arm	SR: Ch. 13
21	4/6	Elbow, Forearm	SR: Ch. 14
22	4/8	Elbow, Forearm	SR: Ch. 14
23	4/13	Test 3	
24	4/15	Wrist and Hand	SR: Ch. 15
25	4/20	Wrist and Hand	SR: Ch. 15
26	4/22	Environmental Injury	
27	4/27	<i>CASE STUDY PRESENTATIONS</i>	
28	4/29	<i>CASE STUDY PRESENTATIONS</i>	
29	5/6	Final Exam Review	
30	5/11	Final Examination 7:30 – 10:15 am	

