

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism

ATEP 265 — Clinical Techniques II: Physical Assessment of the Upper Body (3 credits)
Spring 2010

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|------------------|-----------------------------|----------------|--|
| DAY/TIME: | T, R, 10:30 - 11:45 a.m | LOCATION: | PW-OB 318 |
| 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 260 and ATEP 266; successful completion of ATEP 150, 180, 250, 255, 256; BIOL 124, 125; HEAL 110; and PHED 300, Current ECC certification; at least a 2.5 major GPA

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. Identify signs and symptoms of upper extremity, head and spine injuries.
4. Identify and use appropriate medical terminology and medical documentation to record injuries and illnesses (e.g., history and examination findings, progress notes, and others).
5. Describe specific sport and/or position requirements relative to the return of an injured athlete to activity following injury.
6. Describe and demonstrate basic principles of acute management of upper extremity, head and spine conditions and injuries
7. Demonstrate proficiency in the goniometric measurements of the cervical spine, shoulder, elbow, wrist and hand.
8. Demonstrate proficiency in the neurological testing of the head, cervical spine
9. Demonstrate proficiency in the muscle testing of the cervical spine, shoulder, elbow, wrist and hand.
10. Demonstrate proficiency in the examination and assessment of the head, cervical spine, shoulder, elbow, wrist and hand.
11. Apply clinical techniques learned in laboratory to clinical field experiences.

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., Houglum, 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, written and practical 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, peer assessments, and formal assessments based on assigned course readings and information presented in class.

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.

Practical Examinations

The format of these examinations will be a practical assessment of clinical techniques presented in class. Each of the examinations will test the material covered in the assigned reading and during the prior class meetings.

| ASSESSMENT METHOD | NUMBER | POINTS EACH | POINTS TOTAL |
|---------------------------------|----------|-------------|--------------|
| Class Participation and Quizzes | Variable | Variable | 50 |
| Practical Examinations | 5 | 50 | 250 |
| Peer Assessments | 5 | 10 | 50 |
| Cumulative Final | 1 | 100 | 150 |
| TOTAL | — | — | 500 |
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Course Grading Scale:

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 265 TENTATIVE COURSE SCHEDULE

| DAY | DATE | TENTATIVE TOPIC | READING ASSIGNMENT |
|-----|------|--|----------------------------|
| 1 | 1/19 | Introduction to course | |
| 2 | 1/21 | Review of taping techniques | |
| 3 | 1/26 | Review of taping techniques | |
| 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 | Peer Assessment | |
| 8 | 2/11 | Test 1 | |
| 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; The Eye | SR Ch 17; SR Ch 16 |
| 13 | 3/2 | Peer Assessment | |
| 14 | 3/4 | Test 2 | |
| | | <i>SPRING BREAK</i> | <i>**No Class**</i> |
| 15 | 3/16 | Cervical Spine | SR: Ch. 11 |
| 16 | 3/18 | Cervical Spine; Peer Assessment | SR: Ch. 11 |
| 17 | 3/23 | Test 3 | |
| 18 | 3/25 | Shoulder and Upper Arm | SR: Ch. 13 |
| 19 | 3/30 | Shoulder and Upper Arm | SR: Ch. 13 |
| 20 | 4/1 | Peer Assessment | |
| 21 | 4/6 | Elbow, Forearm | SR: Ch. 14 |
| 22 | 4/8 | Elbow, Forearm; Peer Assessment | SR: Ch. 14 |
| 23 | 4/13 | Test 4 | |
| 24 | 4/15 | Wrist and Hand | SR: Ch. 15 |
| 25 | 4/20 | Wrist and Hand | SR: Ch. 15 |
| 26 | 4/22 | Peer Assessment | |
| 27 | 4/27 | Test 5 | |
| 28 | 4/29 | Final Exam Review | |
| 29 | 5/6 | Final Examination 10:30 – 1:15 pm | |