

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism

ATEP 255-01 — Clinical Techniques 2: Physical Assessment of the Upper Body (3 credits)
Spring 2011

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|------------------|----------------------|----------------|--|
| DAY/TIME: | TR 10:30 – 11:45 AM | LOCATION: | PW-BRH 148 (ATEP Lab) |
| INSTRUCTOR: | Elizabeth Codjoe | EMAIL ADDRESS: | ecodjoe@gmu.edu |
| OFFICE LOCATION: | Bull Run Hall 210A | PHONE NUMBER: | 703-993-4389 |
| OFFICE HOURS: | T, R, by appointment | FAX NUMBER: | 703-993-2025 |

PRE/CO-REQUISITES

Pre-requisites: Formal acceptance to the professional phase of the ATEP; ATEP 150, 180; BIOL 124, 125; HEAL 110; PHED 300

Co-requisite: Concurrently enrolled in ATEP 260 and 266.

COURSE DESCRIPTION

An analysis of physical assessment clinical techniques of the lower body (including the upper extremity, head and neck).

COURSE OBJECTIVES

At the completion of this course students should be able to complete the following:

1. Conduct a thorough historical inquiry relative to an injury to the upper extremity, head, and neck
2. Apply skills in communicating clinical findings to other medical personnel
3. Demonstrate palpation techniques of human surface anatomy, specifically boney landmarks and soft tissue conformations
4. Conduct proper manual muscle testing, range of motion, joint stability, and neurological testing techniques
5. Synthesize information obtained in a patient physical assessment to determine the appropriate patient diagnosis and management strategy
6. Employ proper medical documentation procedures
7. Effectively establish lines of communication to elicit and convey information about the patient's status; and
8. Maintain patient confidentiality

COURSE OVERVIEW

This clinical techniques laboratory course will be taught in the Athletic Training Clinical Simulation Laboratory. The focus of this course is to develop the cognitive and psychomotor competencies necessary for the safe, effective, and evidenced-based application of therapeutic modalities in a physically active patient population.

Attendance

Students are expected to be on time, attend all class meetings and be prepared for in class assignments and projects. Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event, and others at the discretion of the instructor. For known upcoming absences, students must contact the instructor at least *one week* in advance to the missed class to make up work. In the case of illness or some other unforeseen absence, the student must contact the instructor via e-mail or telephone. At the next attended class meeting, the student will discuss material that is to be completed. It is the student's obligation to pursue any make-up work.

Dress

During the laboratory section of the course, students will be asked to wear appropriate clothing to expose various body parts for the purposes of practicing the application of various emergency medical procedures. Tank tops and sports bras/bathing suit tops will be required when topics focus on the upper body. Shorts will be required will be required when topics focus on the lower body.

Special Requirements

This course requires a laboratory fee of **\$100.00** payable to George Mason University.

Accreditation Standards

Upon completion of this course, students will meet the following Commission on Accreditation of Athletic Training Education (CAATE) competencies:

| Code | Competency |
|----------|--|
| DI-C1 | Demonstrate knowledge of the systems of the human body. |
| DI-C2 | Describe the anatomical and physiological growth and development characteristics as well as gender differences across the lifespan. |
| DI-C3 | Describe the physiological and psychological effects of physical activity and their impact on performance. |
| DI-C4 | Explain directional terms and cardinal planes used to describe the body and the relationship of its parts. |
| DI-C5 | Describe the principles and concepts of body movement including functional classification of joints, arthrokinematics, normal ranges of joint motion, joint action terminology, and muscle groups responsible for joint actions (prime movers, synergists), skeletal muscle contraction, and kinesthesia/proprioception. |
| DI-C6 | Describe common techniques and procedures for evaluating common injuries including taking a history, inspection/observation, palpation, functional testing, special evaluation techniques, and neurological and circulatory tests. |
| DI-C7 | Explain the relationship of injury assessment to the systematic observation of the person as a whole. |
| DI-C8 | Describe the nature of diagnostic tests of the neurological function of cranial nerves, spinal nerves, and peripheral nerves using myotomes, dermatomes, and reflexes. |
| DI-C9 | Assess neurological status, including cranial nerve function, myotomes, dermatomes and reflexes, and circulatory status. |
| DI-C10 | Explain the roles of special tests in injury assessment. |
| DI-C11 | Explain the role of postural examination in injury assessment including gait analysis. |
| DI-C12 | Describe strength assessment using resistive range of motion, break tests, and manual muscle testing. |
| DI-C13 | Describe the use of diagnostic tests and imaging techniques based on their applicability in the assessment of an injury when prescribed by a physician. |
| DI-C15 | Describe and identify postural deformities. |
| DI-C16 | Explain medical terminology and abbreviations necessary to communicate with physicians and other health professionals |
| DI-C17 | Describe the components of medical documentation (e.g. SOAP, HIPS and HOPS). |
| DI-P1 | Obtain a medical history of the patient that includes a previous history and a history of the present injury. |
| DI-P2 | Perform inspection/observation of the clinical signs associated with common injuries including deformity, posturing and guarding, edema/swelling, hemarthrosis, and discoloration. |
| DI-P3 | Perform inspection/observation of postural, structural, and biomechanical abnormalities. |
| DI-P4 | Palpate the bones and soft tissues to determine normal or pathological characteristics. |
| DI-P5 | Measure the active and passive joint range of motion using commonly accepted techniques, including the use of a goniometer and inclinometer. |
| DI-P6 | Grade the resisted joint range of motion/manual muscle testing and break tests. |
| DI-P7 | Apply appropriate stress tests for ligamentous or capsular stability, soft tissue and muscle, and fractures. |
| DI-P8 | Apply appropriate special tests for injuries to the specific areas of the body as listed below. |
| DI-P8.9 | Ribs |
| DI-P8.10 | Cervical Spine |
| DI-P8.11 | Shoulder Girdle |
| DI-P8.12 | Upper Arm |
| DI-P8.13 | Elbow |

REQUIRED READINGS

Konin, J.G., Wiksten, D., Brader, H., Isear, J.A: Special Tests for Orthopedic Examination (3rd Ed). Thorofare, NJ: Slack, Incorporated; 2006 (**KWBI**)

Shultz, S. J., Houglum, P. A., Perrin, D. H: Examination of Musculoskeletal Injuries (3rd Ed). Champaign, IL: Human Kinetics; 2005 (**SHP**)

SUGGESTED READINGS

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

EVALUATION

Students will be evaluated on content standards (knowledge gained) and psychomotor competency performance (demonstration of the skill content). Content standards and psychomotor skills will be assessed via practical skill demonstrations (Competency Evaluations) and a comprehensive practical examination. Class participation will be assessed through completion of daily class activities.

Competency Assessment

Performance will be assessed through completion of cognitive and psychomotor competency examinations.

Comprehensive Practical Examination

One comprehensive practical examination will be administered. The examination will require a demonstration of content knowledge and psychomotor skill gained throughout the entire semester.

Course Grading Scale

| ASSESSMENT METHOD | NUMBER | POINTS EACH | POINTS TOTAL |
|------------------------------|--------|-------------|--------------|
| Class Participation | 25 | 2 | 50 |
| Competency Evaluations | 5 | 70 | 350 |
| Comprehensive Practical Exam | 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.

TENTATIVE COURSE SCHEDULE

| DAY | DATE | TENTATIVE TOPIC | READING ASSIGNMENT |
|-------|---------|---|--------------------|
| 1 | Tu/1/25 | Introduction to course | |
| 2 | Th/1/27 | Clinical techniques – Head | KWBI-sect.1 |
| 3 | Tu/2/1 | Clinical techniques – Head | |
| 4 | Th/2/3 | Clinical techniques – Head | |
| 5 | Tu/2/8 | Clinical techniques – Face and Related Structures | KWBI-sect.2 |
| 6 | Th/2/10 | Clinical techniques – Face and Related Structures | |
| 7 | Tu/2/15 | Clinical techniques – Face and Related Structures | |
| 8 | Th/2/17 | <i>Competency Evaluation #1</i> | |
| 9 | Tu/2/22 | Clinical techniques – Cervical Spine | KWBI-sect.3 |
| 10 | Th/2/24 | Clinical techniques – Cervical Spine | |
| 11 | Tu/3/1 | Clinical techniques – Cervical Spine | |
| 12 | Th/3/3 | <i>Competency Evaluation #2</i> | |
| 13 | Tu/3/8 | Clinical techniques – Thoracic Spine | KWBI-sect.7 |
| 14 | Th/3/10 | Clinical techniques – Thoracic Spine | |
| 15 | Tu/3/22 | <i>Competency Evaluation #3</i> | |
| 16 | Th/3/24 | Clinical techniques – Shoulder and Upper Arm | KWBI-sect.4 |
| 17 | Tu/3/29 | Clinical techniques – Shoulder and Upper Arm | |
| 18 | Th/3/31 | Clinical techniques – Shoulder and Upper Arm | |
| 19 | Tu/4/5 | Clinical techniques – Shoulder and Upper Arm | |
| 20 | Th/4/7 | Clinical techniques – Shoulder and Upper Arm | |
| 21 | Tu/4/12 | <i>Competency Evaluation #4</i> | |
| 22 | Th/4/14 | Clinical techniques – Elbow, Forearm | KWBI-sect.5 |
| 23 | Tu/4/19 | Clinical techniques – Elbow, Forearm | |
| 24 | Tu/4/21 | Clinical techniques – Wrist, Hand | KWBI-sect.6 |
| 25 | Tu/4/26 | Clinical techniques – Wrist, Hand | |
| 26 | Tu/4/28 | <i>Competency Evaluation #5</i> | |
| 27 | Th/5/3 | Review | |
| 28 | Th/5/5 | Closure and Review | |
| FINAL | Th/5/12 | <i>Comprehensive Practical Examination</i> <i>10:30 AM – 1:15 PM</i> | |

Note: *Faculty reserves the right to alter the schedule as necessary.*

COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].