

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health and Tourism**

**ATEP 260 — Athletic Injury Recognition of the Upper Extremity, Head and Spine (3 credits)**  
**Spring 2011**

DAY/TIME:	T, R, 9:00 - 10:15 a.m.	LOCATION:	PW-BRH 247
PROFESSOR:	Jatin P. Ambegaonkar PhD ATC	EMAIL ADDRESS:	<a href="mailto:jambegao@gmu.edu">jambegao@gmu.edu</a>
OFFICE LOCATION:	Bull Run Hall 208C	PHONE NUMBER:	703-993-2123
OFFICE HOURS:	T, R- 12-1 & by appt	FAX NUMBER:	703-993-2025

**PREREQUISITES**

**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 265 and 266.

**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 (2<sup>nd</sup> 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 (2<sup>nd</sup> 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.

### Written Examinations

The format of these examinations may be multiple choice, true/false, short or essay-type answer, matching, and fill in the blank type questions. Each of the examinations will test the material covered in the assigned readings, the pre-requisite information for the class, and discussions during the prior class meetings. The final examination is cumulative.

### Case Study Report:

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, American Journal of Sports Medicine*). A type written proposal (one page maximum) is to be handed in on **MARCH 1<sup>st</sup> at the beginning of class.** An initial draft of the paper should be handed in on **MARCH 31<sup>st</sup> 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 28<sup>th</sup> at the beginning of class.** More information regarding these assignments will be provided in class.

### 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 *upper extremity, head, cervical, or thoracic spine (unless approved by instructor)*. 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 22<sup>nd</sup> and the second on April 21<sup>st</sup> at the beginning of class.**

All submitted work should use appropriate grammar and terminology. If a submitted assignment has more than 4 grammatical errors, it may be returned to student without further grading and the student may lose points associated with the assignment. Resubmission is at the instructor's discretion and may require documentation of assistance from the free writing center on campus.

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Class Participation and Quizzes	Variable	Variable	50
Written Examinations	3	50	150
Case Study Paper Proposal	1	20	20
Case Study Paper Initial Draft	1	30	30
Case Study Paper Final	1	100	100
Medical Documentation	2	25	50
Cumulative Final	1	100	100
<b>TOTAL</b>	—	—	<b>500</b>

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.**

### 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/>].

**ATEP 260 TENTATIVE COURSE SCHEDULE**

DAY	DATE	TENTATIVE TOPIC	READING ASSIGNMENT
1	1/25	Introduction to course	
2	1/27	SOAP Note Review	SR: Ch 9
3	2/1	Head and Neck	SR Ch 18
4	2/3	Head and Neck	SR Ch 18
5	2/8	Face and Related Structures	SR Ch 17
6	2/10	Face and Related Structures	SR Ch 17
7	2/15	The Eye	SR Ch 16
8	2/17	Exam Review	
9	2/22	<b>Test 1</b>	
10	2/24	Cervical Spine	SR: Ch 11
11	3/1	Cervical Spine	SR: Ch 11
12	3/3	Thoracic Spine	SR: Ch 11
13	3/8	Exam Review	
14	3/10	<b>Test 2</b>	
	3/14-20	<b>SPRING BREAK</b>	<b>**No Class**</b>
15	3/16	Shoulder and Upper Arm	SR: Ch 13
16	3/22	Shoulder and Upper Arm	SR: Ch 13
17	3/24	Shoulder and Upper Arm	SR: Ch 13
18	3/29	Shoulder and Upper Arm	SR: Ch 13
19	3/31	Elbow, Forearm	SR: Ch 14
20	4/5	Elbow, Forearm	SR: Ch 14
21	4/7	Elbow, Forearm	SR: Ch 14
22	4/12	Exam Review	
23	4/14	<b>Test 3</b>	
24	4/19	Wrist and Hand	SR: Ch 15
25	4/21	Wrist and Hand	SR: Ch 15
26	4/26	Wrist and Hand	SR: Ch 15
27	4/28	Wrist and Hand	SR: Ch 15
28	5/3	SOAP Notes Re-review	
29	5/5	Final Exam Review	
30	5/17	<b>Final Examination 7:30 – 10:15 am</b>	

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