

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism

ATEP 260 — Physical Assessment of the Upper Body (3 credits)
Spring 2012

DAY/TIME:	T, R, 9:00 - 10:15 a.m.	LOCATION:	Bull Run Hall 248
PROFESSOR:	Elizabeth Codjoe	EMAIL ADDRESS:	ecodjoe@gmu.edu
OFFICE LOCATION:	Bull Run Hall #208C	PHONE NUMBER:	703-993-2123
OFFICE HOURS:	T, R, by appointment	FAX NUMBER:	703-993-2025

PRE/CO-REQUISITES

Pre-requisite: successful completion of ATEP 150, ATEP 180, ATEP 250, ATEP 255, ATEP 256, BIOL 124, BIOL 125, HEAL 110, PHED 300; current ECC certification; at least a 2.5 major GPA

Co-requisite: Concurrent enrollment in ATEP 265 and ATEP 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, thorax, head and spine. At the completion of this course the student will be able to:

1. Describe mechanisms of upper extremity, thoracic, 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, thorax, 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, thorax, head and spine conditions and injuries.

REQUIRED TEXTBOOKS

Shultz, S. J., Houglum, P. A., Perrin, D. H: Examination of Musculoskeletal Injuries (3rd Ed). Champaign, IL: Human Kinetics; 2010 (**SHP**)

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

RECOMMENDED TEXTBOOKS

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

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 assignments, and exams. Performance will be assessed through completion of class activities.

Class Participation and Quizzes:

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 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 makeup work policy.*

Written Examinations:

Four examinations will be administered. These examinations may consist of 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 readings and during the prior class meetings. The final examination is cumulative.

Article Reviews:

Five article summaries will be written regarding an injury to the lower extremity or thorax from a peer-reviewed journal. The articles will be provided via Blackboard throughout the semester. Reports must contain a brief summary of the major content and components of the article. Please comment on the author's completeness and important items that you feel were omitted. This assignment is designed to introduce you to your professional journal as well as the formats and prose of different professional articles. The report is to be typed, 1.5-spaced and placed in the digital drop-box on Blackboard by the specified due date and time. Your report must be well written and concise (**one page minimum**).

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. The case study must involve the upper extremity, thorax, head and/or 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 a case study article found a peer-review scholarly medical journal (for example: *Journal of Athletic Training, Athletic Therapy Today, American Journal of Sports Medicine, Medicine and Science in Sports and Exercise, Journal of Sports Rehabilitation, JAMA*). A typed written proposal (one paragraph maximum) is to be submitted **via Blackboard on Thursday, February 9th by the beginning of class [9:00am]**. Secondly, a written draft of the case study is to be submitted **via Blackboard on Thursday, March 27th by the beginning of class [9:00am]**. Finally, the completed case study must be submitted via Blackboard no later than **Thursday, April 26th at the beginning of class [9:00am]**.

Medical Documentation:

For this assignment, you will be required to write two evaluations SOAP Notes in a medically acceptable format relating to conditions of the upper extremity, thorax, head and spine. 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. First SOAP Note on an acute injury is due on **Tuesday, February 21st at the beginning of class [9:00am]**. The second SOAP note is due on **Thursday, April 12th at the beginning of class [9:00am]**. **All submissions are to be made via Blackboard.**

Course Grading Scale

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Class Participation and Quizzes	Variable	Variable	50
Written Examinations	4	50	200
Article Reviews	5	10	50
Case Study Report	1	50	50
Medical Documentation	2	25	50
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. (94-100%)

A-: 450 – 464 pts. (90-93%)

B+: 435 – 449 pts. (88-89%)

B: 415 – 434 pts. (84-87%)

B-: 400 – 414 pts. (80-83%)

C+: 385 – 399 pts. (78-79%)

C: 365 – 384 pts. (74-77%)

C-: 350 – 364 pts. (70-73%)

D: 315 – 349 pts. (60-69%)

F: < 315 pts. (0-59%)

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.

ATTENDANCE POLICY

Class attendance is expected. Since assignments will be presented and discussed in class as part of your grade, any absences may result in a grade point reduction.



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>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

DATE			TENTATIVE TOPIC	READINGS/ASSIGNMENT DUE
Tu	Jan	24	Introduction to course	
Th	Jan	26	SOAP Note Review/Gait and Posture	SHP: Ch. 2
Tu	Jan	31	Thorax and Abdomen	SHP: Ch. 20
Th	Feb	2	Thorax and Abdomen	SHP: Ch. 20; <i>article review 1 due</i>
Tu	Feb	7	Cervical Spine	SHP: Ch. 11
Th	Feb	9	Cervical Spine	SHP: Ch. 11 <i>written proposal due</i>
Tu	Feb	14	Examination One	
Th	Feb	16	Head	SHP: Ch. 19
Tu	Feb	21	Head	SHP: Ch. 19 <i>Acute SOAP note due</i>
Th	Feb	23	Head	SHP: Ch. 19
Tu	Feb	28	Face and Related Structures	SHP: Ch. 19 <i>article review 2 due</i>
Th	Mar	1	Face and Related Structures	SHP: Ch. 19
Tu	Mar	6	Examination Two	
Th	Mar	8	Shoulder and Upper Arm	SHP: Ch. 12
Tu	Mar	13	Spring Break	
Th	Mar	15	Spring Break	
Tu	Mar	20	Shoulder and Upper Arm	SHP: Ch. 12 <i>article review 3 due</i>
Th	Mar	22	Shoulder and Upper Arm	SHP: Ch. 12
Tu	Mar	27	Shoulder and Upper Arm	SHP: Ch. 12; <i>written case study draft due</i>
Th	Mar	29	Shoulder and Upper Arm	SHP: Ch. 12
Tu	Apr	3	Examination Three	
Th	Apr	5	Elbow and Forearm	SHP: Ch. 13 <i>article review 4 due</i>
Tu	Apr	10	Elbow and Forearm	SHP: Ch. 13
Th	Apr	12	Wrist and Hand	SHP: Ch. 14 <i>Chronic SOAP note due</i>
Tu	Apr	17	Wrist and Hand	SHP: Ch. 14
Th	Apr	19	Wrist and Hand	SHP: Ch. 14 <i>article review 5 due</i>
Tu	Apr	24	Examination Four	
Th	Apr	26	Closure to course	<i>Final case study report due</i>
Tu	May	1	Review for Final Exam	
Th	May	3	Review for Final Exam	
Th	May	10	Comprehensive Final Examination: 10:30am-1:15pm	

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