

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

**ATEP 250 — Physical Assessment of the Lower Body (3 credits)**  
**Fall 2012**

DAY/TIME:	T, R, 9:00 - 10:15 a.m.	LOCATION:
PROFESSOR:	Brandon I. Holland, Sr.	EMAIL ADDRESS: hollanbi@pwcs.edu
OFFICE LOCATION:		PHONE NUMBER: 443-865-4473
OFFICE HOURS:	by appointment	FAX NUMBER: 703-993-2025

**PRE/CO-REQUISITES**

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

**Co-requisite:** Concurrent enrollment in ATEP 255 and ATEP 256

**COURSE CATALOG DESCRIPTION**

An analysis of the principles of physical assessment of the lower body.

**COURSE OBJECTIVES**

The following objectives pertain to athletic injuries of the lower extremity and thorax. At the completion of this course the student will be able to:

1. Describe mechanisms of lower extremity and thoracic 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 lower extremity and thoracic 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 lower extremity and thoracic conditions and injuries.

**REQUIRED TEXTBOOKS**

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

### **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 lower extremity, spine or thorax (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, October 11<sup>th</sup> by the beginning of class**. Finally, the completed project it must be submitted via Blackboard no later than **Thursday, November 27<sup>th</sup> 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 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. First SOAP Note is due on **Tuesday, September 18<sup>th</sup> at the beginning of class**. The second SOAP note is due on **Thursday, November 15<sup>th</sup> at the beginning of class**. 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
<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%)

**A-:** 450 – 464 pts. (90%)

**B+:** 435 – 449 pts. (87%)

**B:** 415 – 434 pts. (83%)

**B-:** 400 – 414 pts. (80%)

**C+:** 385 – 399 pts. (77%)

**C:** 365 – 384 pts. (73%)

**C-:** 350 – 364 pts. (70%)

**D:** 315 – 349 pts. (63%)

**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.

### 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.



## 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/>].

### School of Recreation, Health, and Tourism

- 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>].

DAY	DATE	TENTATIVE TOPIC	READINGS
1	Tu/8/28	Introduction; HOPS	
2	Th/8/30	Injury Nomenclature; Evaluation Process	SHP: Ch. 1
3	Tu/9/4	Evaluation Process; Medical Documentation	SHP: Ch. 1, Ch. 2
4	Th/9/6	Medical Documentation	SHP: Ch. 2- article review due
5	Tu/9/11	Foot	SHP: Ch. 2
6	Th/9/13	Foot & Ankle	SHP: Ch. 16
7	Tu/9/18	Ankle & Lower Leg	SHP: Ch. 16- SOAP note due
8	Th/9/20	Lower Leg	SHP: Ch. 16
9	Tu/9/25	<i>Competency Evaluation #1</i>	
10	Th/9/27	Clinical techniques – Knee	SHP: Ch. 17
11	Tu/10/2	Clinical techniques – Knee	SHP: Ch. 17
12	Th/10/4	Clinical techniques – Knee	SHP: Ch. 17- article review due
13	<b>Tu/10/9</b>	<b>No Class</b>	
14	Th/10/11	Clinical techniques – Knee	SHP: Ch. 17- case study proposal due
15	Tu/10/16	<i>Competency Evaluation #2</i>	
16	Th/10/18	Clinical techniques – Hip, Pelvis, and Thigh	SHP: Ch. 18
17	Tu/10/23	Clinical techniques – Hip, Pelvis, and Thigh	SHP: Ch. 18
18	Th/10/25	Clinical techniques – Hip, Pelvis, and Thigh	SHP: Ch. 18- article review due
19	Tu/10/30	Clinical techniques – Hip, Pelvis, and Thigh	SHP: Ch. 18
20	Th/11/1	<i>Competency Evaluation #3</i>	SHP: Ch. 18
21	Tu/11/6	Clinical techniques –Lumbar Spine	SHP: Ch. 15- article review due
22	Th/11/8	Clinical techniques –Lumbar Spine	SHP: Ch. 15
23	Tu/11/13	Clinical techniques – Thoracic and Lumbar Spine	SHP: Ch. 15
24	Th/11/15	Clinical techniques – Thoracic and Lumbar Spine	SHP: Ch. 15- SOAP note due
25	Tu/11/20	<i>Competency Evaluation #4</i>	
26	Th/11/22	NO CLASS – Thanksgiving Recess	
27	Tu/11/27	Putting It All Together	Completed case study due
28	Th/11/29	Review	
29	Tu/12/4	Review	
30	Th/12/6	Closure & Review	
FINAL	Th/12/18	<i>Comprehensive Practical Examination</i> 7:30 AM – 10:15 AM	

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

