

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism

ATEP 265 203 — Clinical Techniques 2: Physical Assessment of the Upper Body (3 credits)
Spring 2015

DAY/TIME:	TR 7:30 – 8:45 AM	LOCATION:	PW-BR 148
INSTRUCTOR:	Ms. Marcie Fyock, MS, ATC	EMAIL ADDRESS:	mfyock@gmu.edu
OFFICE LOCATION:	210 Bull Run Hall	PHONE NUMBER:	703-993-7118
OFFICE HOURS:	T/H 10:30-12:00 pm M/W 10:30-12:00 pm	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 upper 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.

NATURE OF COURSE DELIVERY

This clinical techniques laboratory course will be taught in the Athletic Training Clinical Simulation Laboratory.

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.

Accreditation Standards

The course meets Commission on Accreditation of Athletic Training Education (CAATE) competencies and proficiencies in one or more of the following content areas: evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions, psychosocial strategies and referral, healthcare administration, professional development and responsibility.

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; 2010 (**SHP**)

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.

Class Participation

Class participation will be assessed through completion of daily class activities and assignments that will be given at the end of the class period and due the next class period.

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.

Case Report

For this assignment, you will be required to write your own case study report. You choose your own case 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*). An outline for the format of the case study will be provided.

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
Case Study	1	50	50
TOTAL	—	—	550

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.

Tentative Course Schedule

DATE			TENTATIVE TOPIC	READINGS/ASSIGNMENT DUE
Tu	Jan	20	Introduction to course	
Th	Jan	22	General Medical Practices - Review	
Tu	Jan	27	Clinical techniques – Shoulder & Upper Arm	SHP: Ch 12, Hopp.-Chp. 1
Th	Jan	29	Clinical techniques – Shoulder & Upper Arm	SHP: Ch 12, Hopp.-Chp. 1
Tu	Feb	3	Clinical techniques – Shoulder & Upper Arm	SHP: Ch 12, Hopp.-Chp. 1
Th	Feb	5	Clinical techniques – Shoulder & Upper Arm	SHP: Ch 12, Hopp.-Chp. 1
Tu	Feb	10	Review	
Th	Feb	12	Competency Evaluation #1	
Tu	Feb	17	Clinical techniques – Elbow & Forearm	SHP: Ch 13; Hopp.-Chp. 2
Th	Feb	19	Clinical techniques – Elbow & Forearm	SHP: Ch 13; Hopp.-Chp. 2
Tu	Feb	24	Clinical techniques – Elbow & Forearm	SHP: Ch 13; Hopp.-Chp. 2
Th	Feb	26	Review	
Tu	Mar	3	Competency Evaluation #2	
Th	Mar	5	Writing Center Presentation	
Tu	Mar	10	Spring Break	
Th	Mar	12	Spring Break	
Tu	Mar	17	Clinical techniques – Wrist & Hand	SHP: Ch 14; Hopp.-Chp. 3
Th	Mar	19	Clinical techniques – Wrist & Hand	SHP: Ch 14; Hopp.-Chp. 3
Tu	Mar	24	Review	
Th	Mar	26	Competency Evaluation #3	
Tu	Mar	31	Clinical techniques – Head Face & Related Structures	SHP: Ch 19
Th	Apr	2	Clinical techniques – Head Face & Related Structures	SHP: Ch 19
Tu	Apr	7	Clinical techniques – Head Face & Related Structures / Review	SHP: Ch 19
Th	Apr	9	Competency Evaluation #4	
Tu	Apr	14	Clinical techniques – Cervical Spine	SHP: Ch 11; Hopp.-Chp. 4

Th	Apr	16	Clinical techniques – Cervical Spine	SHP: Ch 11; Hopp.-Chp. 4
Tu	Apr	21	Clinical techniques – Cervical Spine	SHP: Ch 11; Hopp.-Chp. 4
Th	Apr	23	Clinical techniques – Cervical Spine	SHP: Ch 11; Hopp.-Chp. 4
Tu	Apr	28	Review	
Th	Apr	30	Competency Evaluation #5	
Tu	May	12	Comprehensive Final Examination: 7:30am-10:15am	

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

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.

