

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

ATEP 250 – 001 — Physical Assessment Lower Body (3)
Fall 2015

DAY/TIME:	T, TH 9:00 – 10:15 am	LOCATION:	Bull Run Hall 131
INSTRUCTOR:	Ms. Esther A. Chou	EMAIL ADDRESS:	echou@gmu.edu
OFFICE LOCATION:	N/A	PHONE NUMBER:	703-993-2060
OFFICE HOURS:	By Appointment	FAX NUMBER:	N/A

PREREQUISITES/COREQUISITES

Prereq: ATEP 150, ATEP 180; BIOL 124, BIOL 125; HEAL 110; ATEP 300.

Core: Concurrently enrolled in ATEP 255, ATEP 256

COURSE DESCRIPTION

An analysis of the principles of physical assessment of the lower body (including the lower extremity and abdomen).

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

MEDICAL PROFESSIONALISM

It is critical each student conduct themselves in an appropriate manner and decorum fitting of a health care provider within and outside class. Making light of injuries, conditions, or illnesses that is not respectful to the class, instructor, or patient study will not be tolerated. Submission of documents or assignments should not include personal identifiable information and comply with Health Insurance Portability & Accountability Act (HIPPA) regulations. If you choose to be a part of a professional organization or club i.e. National Athletic Trainers' Association, GMU Athletic Training Club, etc; you will be expected act and perform your duties according to those organizational values or code of ethics.

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 (contact instructor in advance), 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 the same day of the absence. At the next attended class meeting the student will discuss material that is to be completed with the instructor. *Students will have one week from the excused absence to complete any missed assignments.* It is the student's obligation to pursue any make-up work.

ASSIGNMENTS

Late assignments will not be accepted. Assignments should be submitted at the beginning of the class meeting on the due date. Late assignment will result in a zero (0) for the assignment. This applies to electronic submissions as well. Your name **MUST** be on your papers when you turn them in. Failure to put your name will result in a zero (0) for the assignment.

TECHNOLOGY USE DURING CLASS

As per GMU policy, all sound emitting technology is required to be turned off during the lecture and laboratory class meeting times. Additionally, no laptop computers or tablets will be permitted for use during class time; the exceptions are for use during presentations/projects, and technology deemed as necessary by the Office of Disability Services. Students utilizing various technology devices during class will be asked to leave class and will not be permitted to complete course work or receive any points for assignments that day.

E-MAIL CORRESPONDENCE

Only messages that originate from a George Mason University address will be accepted; thus your e-mail address must end in gmU.edu. The instructor will not read e-mail messages not originating from a GMU account. Also, when corresponding with any professional at GMU or off campus via e-mail, use the following, appropriate professional format; any e-mail not using this format will be returned to the students for revision before a response will be issued:

Dear Ms. Chou (Beginning salutation)

I am looking forward to your class. (Text body)

Regards, (Ending Salutation)

(Your name)

DRESS CODE

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, tee-shirts or sports bras/bathing suit tops will be required when topics focus on the upper body. Shorts will be required when topics focus on the lower body. If there is a concern with, it is the student's responsibility to contact the instructor to make appropriate arrangements.

REQUIRED READINGS

1. Starkey C, Brown SD, Ryan J. Examination of Orthopedic & Athletic Injuries. 4th Ed. Philadelphia, PA: FA Davis; 2015.
2. Starkey C, Brown SD, Ryan J. Orthopedic & Athletic Injuries Examination Handbook. 3rd Ed. Philadelphia, PA: FA Davis; 2015.
3. Biel, A. Trail Guide to the Body. 5th Ed. Boulder, CO; Books of Discovery; 2014.

RECOMMENDED TEXTBOOKS

1. Hoppenfeld, S: Physical Examination of the Spine and Extremities. Upper Saddle River, NJ: Prentice Hall; 1976
2. Norkin, CC, White DJ. Measurement of Joint Motion (4th Ed). Philadelphia, PA: FA Davis; 2009.
3. Kendall FP, McCreary EK, Provance PG, Rodgers MM, Romani WA. Muscle Testing and Function with Posture and Pain (5th Ed.) Baltimore, MD, Lippincott Williams & Wilkins; 2005.
4. Gillen, CM. Reading Primary Literature: A Practical Guide to Evaluating Research Articles in Biology. San Francisco, CA: Pearson Education; 2007.

NATURE OF COURSE DELIVERY

Face to Face.

EVALUATION

This course will be graded on a point system, with a total of 500 possible points.

Quiz – A quiz will be unannounced and issued at the beginning of class based on assigned readings or materials (including anatomy). Students late to class will NOT be eligible for the quiz and will receive a zero. Writing that is not legible will not be graded.

Lecture Exam - Five exams (four midterm exams and one final exam) will be issued with multiple choice, true/false, fill in the blank, matching, short answer, and essay questions. Each examination will test the material covered in class and assigned readings. Final exam is cumulative.

Article Reviews – Two article summaries will be written regarding an injury to the lower extremity or thorax from a peer-reviewed journal. 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 word processed, TNR 12-point font, double-spaced submitted on Blackboard on **October 15 and November 24**. Your report must be well written and concise; 2 page maximum. Please use AMA guidelines.

Case Study Report - A typed written proposal (one paragraph maximum) will be submitted before the project **(at the beginning of class October 22, 2015)**. You will be required to write a case study report based on your clinical experience/ clinical site. 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, Journal of Sports Rehabilitation, JAMA) **(at the beginning of class December 3, 2015)**.

Medical Documentation – You will be required to write two evaluations (SOAP Notes) in a medically acceptable format relating to conditions of the lower extremity and thorax. You will write up one chronic/ overuse condition and one traumatic condition. You will choose the cases from this semester's clinical experiences **(at the beginning of class September 24, 2014 & October 29, 2015)**. This is a two-step process. You will perform a SOAP note independently without the supervision or direction of your clinical supervisor. Your second note will be edited and re-written with the assistance of your clinical instructor. You will submit **ALL** revisions and the final papers.

Grading Scale

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Quizzes	20	3	60
Drafts and Proposals	4	5	20
Study Assignment	1	20	20
Written Examinations	4	75	300
Article Reviews	2	15	30
Case Study Report	1	50	50
Medical Documentation	2	10	20
Cumulative Final	1	100	100
TOTAL	—	—	600

The student's final letter grade will be earned based on the following scale:

A: 558.0 – 600 pts. (93%)
A-: 540.0 – 557.9 pts. (90%)
B+: 522.0 – 539.9 pts. (87%)
B: 498.0 – 521.9 pts. (83%)
B-: 480.0 – 497.9 pts. (80%)

C+: 462.0 – 479.9 pts. (77%)
C: 438.0 – 461.9 pts. (73%)
C-: 420.0 – 437.9 pts. (70%)
D: 378.0 – 419.9 pts. (63%)
F: < 378.0 pts

TENTATIVE COURSE SCHEDULE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Sept	1	Introduction, Syllabus, Clinical Examination Foundations	Starkey: Chapter 1& 5 Trail Guide: Intro & Chapter 1
TH	Sept	3	Evaluation Process	Starkey : Chapter 1& 5 Trail Guide: Chapter 1 Gillen Reading
T	Sept	8	Nomenclature & Medical Documentation	Starkey : Chapter 2 & 4 Abbreviations Handout
TH	Sept	10	Nomenclature & Medical Documentation	Starkey : Chapter 6 Kendall : Chapter 2
T	Sept	15	On-field and Biomechanical Postural Assessment	Starkey : Chapter 6 Assignment due : SOAP Note #1 Draft
TH	Sept	17	Foot, Ankle, & Lower Leg	Starkey : Chapter 8 Trail Guide : Chapter 7 Hoppenfeld : Chapter 8
T	Sept	22	Foot, Ankle & Lower leg	Starkey : Chapter 8 & 9 Hoppenfeld : 221-231
TH	Sept	24	Foot, Ankle & Lower leg	Starkey : Chapter 9 Hoppenfeld : 232-235 Assignment due : SOAP Note #1
T	Sept	29	Exam #1	
TH	Oct	1	Knee & Patellofemoral	Starkey : Chapter 10 Trail Guide : Chapter 7 Hoppenfeld : 172-191
T	Oct	6	Knee & Patellofemoral	Starkey : Chapter 10 Hoppenfeld : 172-191 Assignment due : Article Review #1 Draft
TH	Oct	8	Knee & Patellofemoral *ONLINE*	Starkey : Chapter 11 Hoppenfeld : 191-196
T	Oct	13	NO CLASS – Columbus Day Recess (Monday)	
W	Oct	14	Guest Lecture: Dr. Robin West at 7-8:15am IFH Physician Conference Center Room A&B	Exam of Patellofemoral Conditions Mandatory Lecture
TH	Oct	15	Knee & Patellofemoral	Starkey : Chapter 11 Hoppenfeld : 191-196 Assignment due : Article Review #1
T	Oct	20	Exam #2	
TH	Oct	22	Hip, Pelvis, and Thigh	Starkey : Chapter 12 Hoppenfeld : 143-153 Assignment due : Case Study Proposal
T	Oct	27	Hip, Pelvis, and Thigh	Starkey : Chapter 12 Trail Guide : Chapter 6 Hoppenfeld : 143-153

DATE			TOPIC	READINGS/ASSIGNMENT DUE
TH	Oct	29	Hip, Pelvis, and Thigh	Starkey : Chapter 12 Hoppenfeld : 153- 167 Assignment due : SOAP Note #2
T	Nov	3	Hip, Pelvis, and Thigh	Starkey : Chapter 12 Hoppenfeld : 153- 167
TH	Nov	5	Exam #3	
T	Nov	10	Thoracic & Lumbar Spine	Starkey : Chapter 13 Trail Guide : Chapter 4 Hoppenfeld : 238-256
TH	Nov	12	Thoracic & Lumbar Spine	Starkey : Chapter 13 Hoppenfeld : 238-256 Assignment due : Article Review #2 Draft
T	Nov	17	Thoracic & Lumbar Spine	Starkey : Chapter 14 Hoppenfeld : 257- 263
TH	Nov	19	Thorax & Abdomen	Starkey : Chapter 14 Hoppenfeld : N/A
T	Nov	24	Thorax & Abdomen	Starkey : Chapter 14 Hoppenfeld : N/A Assignment due : Article Review #2
TH	Nov	26	NO CLASS – Thanksgiving Recess	
T	Dec	1	Gait Analysis	Starkey : Chapter 7 Hoppenfeld : 134-141
TH	Dec	3	Functional Screening, Clinical Outcomes, Evidence-based Practice	Starkey : Chapter 3 & 5 Assignment due : Case Study Paper
T	Dec	8	Exam # 4	
W	Dec		Guest Lecture: Dr. Keith Kaufman at 8:30am TBD	Sports Psychology Mandatory Lecture
TH	Dec	10	Special Topics and Review	
T	Dec	15	Reading Day	
TH	Dec	17	Final Exam (0730 – 1015)	

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

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- 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/policies/responsible-use-of-computing/>].
- 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.

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/>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

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.



Student Acknowledgement of Syllabus

I, _____, by signing below, attest to the following:
(Print First and Last Name)

*I have read the course syllabus for ATEP 250 in its entirety, and I understand the policies contained therein. This syllabus serves as an agreement for ATEP 250 between me and the instructor.

*I have a clear understanding of the due dates for assignments and examinations, and I accept responsibility for the material.

*I am aware that failure to submit assignments by the dates assigned will result in no points awarded as late work will not be accepted.

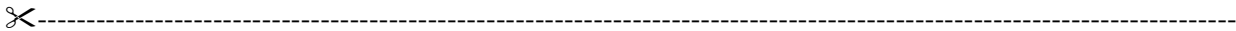
*I understand the instructor reserves the right to alter the provided schedules as necessary and I am responsible for the assignments and examination dates for the most current version of the syllabus schedule.

*I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard; it is my responsibility to access Blackboard e-mail for announcements and assignments.

(Signature)

(Date)

(Student Copy: This copy should remain attached to your syllabus)



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*I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard; it is my responsibility to access my Blackboard e-mail for announcements and assignments.

(Signature)

(Date)

(Instructor Copy: Submit to the instructor at the end of the first class meeting)