

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

ATEP 255 – 201 — Clinical Techniques 1: Physical Assessment of the Lower Body (3 credits)  
Fall 2015

DAY/TIME:	T, TH 10:30 – 11:45 AM	LOCATION:	Bull Run Hall 148
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**

Pre-requisites: Formal acceptance to the professional phase of the ATEP; ATEP 150, 180; BIOL 124, 125; HEAL 110; ATEP 300

Co-requisite: Concurrently enrolled in ATEP 250 and 256.

**COURSE DESCRIPTION**

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

**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 lower extremity, torso, and thorax
2. Apply skills in communicating clinical findings to other medical personnel
3. Demonstrate palpation techniques of human surface anatomy, specifically bony 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

**COURSE OVERVIEW**

This clinical techniques laboratory course will be taught in the Athletic Training Clinical Simulation Laboratory. The focus of this course is to develop the cognitive and psychomotor competencies necessary for the safe, effective, and evidenced-based application of therapeutic modalities in a physically active patient population.

**MEDICAL PROFESSIONALISM**

Students will respectfully work with each other in the clinical assessment of injuries where students will be required to palpate anatomical structures and perform special testing maneuvers on extremities. Inappropriate behavior will be reported to appropriate authorities and/or faculty. Students with concerns or personal needs may individually communicate with the primary instructor and/or program director.

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. 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 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.

## SPECIAL REQUIREMENTS

The student will use issued supplies to practice skills that are taught in the laboratory section of the course. A laboratory fee of \$100.00 for this course was assessed through financial aid. **Supplies will be issued at the all-athletic training majors meeting on August 31, 2015 at 12:30am-2:30pm in the Verizon Auditorium.** If you cannot make the meeting due to a class conflict, please see the instructor after class.

## REQUIRED READINGS

1. Starkey C, Brown SD, Ryan J. Orthopedic & Athletic Injuries Examination Handbook. 3<sup>rd</sup> Ed. Philadelphia, PA: FA Davis; 2015.
2. Starkey C, Brown SD, Ryan J. Examination of Orthopedic and Athletic Injuries. 4<sup>th</sup> Ed. Philadelphia, PA: FA Davis; 2009.

## RECOMMENDED TEXTBOOKS

1. Hoppenfeld, S: Physical Examination of the Spine and Extremities, Upper Saddle River, NJ, Prentice Hall; 1976
2. Kendall F, McCreary E. Muscle Testing and Function. 5th ed. Baltimore, MD: Williams & Wilkins; 2005.

3. Norkin C, White DJ. Measurement of Joint Motion: A Guide to Goniometry. 4<sup>th</sup> ed. Philadelphia, PA: FA Davis; 2009.

## NATURE OF COURSE DELIVERY

Face to Face.

## 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.

## EVALUATION

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

<i>Class Participation</i> – You are expected to communicate, participate, and perform assessments with multiple partners under the direction of clinical instructors. You are expected to be dressed appropriately for each lab.
<i>Competency Exam</i> – You will be expected to perform 1 or more assessments during testing. You will be given an allotted amount of time to perform the necessary and applicable special test(s). Instructors will provide any necessary materials or equipment for testing. You will be expected to demonstrate your practical knowledge of the clinical techniques reviewed.
<i>Comprehensive Practical Exam</i> – The final exam will be cumulative and any material covered in class is open for testing.

## 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
<b>TOTAL</b>	—	—	500

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

<b>A:</b> 465.0 – 500 pts. (93%)	<b>C+:</b> 385.0 – 399.9 pts. (77%)
<b>A-:</b> 450.0 – 464.9 pts. (90%)	<b>C:</b> 365.0 – 384.9 pts. (73%)
<b>B+:</b> 435.0 – 449.9 pts. (87%)	<b>C-:</b> 350.0 – 364.9 pts. (70%)
<b>B:</b> 415.0 – 434.9 pts. (83%)	<b>D:</b> 315.0 – 349.9 pts. (63%)
<b>B-:</b> 400.0 – 414.9 pts. (80%)	<b>F:</b> < 315 pts

## TENTATIVE COURSE SCHEDULE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Sept	1	Introduction, Lab Etiquette & Syllabus	Starkey: Chapter 1-3
TH	Sept	3	Fitting Equipment & General Examination Skills	Starkey: Chapter 1-3
T	Sept	8	Palpation & Ranges of Motion	Norkin
TH	Sept	10	Manual Muscle & Neurological Testing	Starkey : Chapter 1

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	Sept	15	Clinical techniques – Foot, Ankle & Lower Leg	Starkey : Chapter 5
TH	Sept	17	Clinical techniques – Foot, Ankle & Lower Leg	Starkey : Chapter 5
T	Sept	22	Clinical techniques – Foot, Ankle & Lower Leg	Starkey : Chapter 6
TH	Sept	24	Clinical Techniques – Foot, Ankle & Lower Leg Review	Starkey : Chapter 6
T	Sept	29	<b>Exam #1</b>	
TH	Oct	1	Clinical techniques – Knee	Starkey : Chapter 7
T	Oct	6	Clinical techniques – Knee	Starkey : Chapter 7
TH	Oct	8	Clinical techniques – Knee <b>*COMBINED*</b>	Starkey : Chapter 8
T	Oct	13	<b>NO CLASS – Columbus Day Recess</b>	
TH	Oct	15	Clinical Techniques – Knee Review	Starkey : Chapter 8
T	Oct	20	<b>Exam #2</b>	
TH	Oct	22	Clinical techniques – Hip, Pelvis, and Thigh	Starkey : Chapter 9
T	Oct	27	Clinical techniques – Hip, Pelvis, and Thigh	Starkey : Chapter 9
TH	Oct	29	Clinical Techniques – Hip, Pelvis and Thigh	Starkey : Chapter 9
T	Nov	3	Clinical Techniques – Hip, Pelvis, and Thigh Review	Starkey : Chapter 9
TH	Nov	5	<b>Exam #3</b>	
T	Nov	10	Clinical techniques – Lumbar Spine	Starkey : Chapter 10
TH	Nov	12	Clinical techniques – Lumbar Spine	Starkey : Chapter 10
T	Nov	17	Clinical techniques – Lumbar Spine	Starkey : Chapter 10
TH	Nov	19	Clinical techniques – Lumbar Spine – Review	Starkey : Chapter 10
T	Nov	24	<b>Exam #4</b>	
TH	Nov	26	<b>NO CLASS – Thanksgiving Recess</b>	
T	Dec	1	Gait and Movement Analysis	Starkey : Chapter 4
TH	Dec	3	Gait and Movement Analysis	Starkey : Chapter 4
T	Dec	8	<b>Exam #5</b>	
TH	Dec	10	Review	
T	Dec	15	<b>Final Exam (10:30 am– 1:15pm)</b>	

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

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### *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 255 in its entirety, and I understand the policies contained therein. This syllabus serves as an agreement for ATEP 255 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 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 my Blackboard e-mail for announcements and assignments.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

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