

George Mason University
College of Education and Human Development
Athletic Training Education Program
ATEP 340 – 001 — Lower Body Physical Assessment
3 Credits, Fall 2019
TH 7:30-9:15am, Bull Run Hall 148, Prince William Campus

Faculty

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Prerequisites/Corequisites

Prerequisites: Admission to the professional phase of the ATEP and a grade of C or better in the following courses: ATEP 120, ATEP 150, ATEP 201, ATEP 300, ATEP 310, ATEP 320; BIOL 124, BIOL 125; HEAL 230; KINE 310, KINE 320; PRLS 450
Co-requisites: ATEP 350

University Catalog Course Description

Analyzes principles of lower body physical assessment. Investigates mechanisms of injury, the evaluation process, and testing leading to diagnosis.

Course Overview

Not Applicable.

Course Delivery Method

This course will be delivered using a lecture face to face format.

Learner Outcomes or Objectives

The course is designed to enable students to do the following:

1. Summarize the 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 the relationship between predisposing risk factors and other related injuries (e.g., postural anomalies, previous injury, age, environmental conditions, nutritional and psychosocial concerns etc.);
4. List 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. Explain specific sport and/or position requirements relative to the return of an injured athlete to activity following injury; and
7. Describe basic principles of acute management of lower extremity and thoracic conditions and injuries.

Professional 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 Texts

1. Starkey C, Brown SD, Ryan J. Examination of Orthopedic & Athletic Injuries. 4th Ed. Philadelphia, PA: FA Davis; 2015.
2. Hoppenfeld, S: Physical Examination of the Spine and Extremities. Upper Saddle River, NJ: Prentice Hall; 1976

Recommended Texts

1. Biel, A. (2014). Trail Guide to the Body, 5th Edition. Books of Discovery

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor. This course will be graded on a point system, with a total of 1000 possible points.

Quizzes

Daily quizzes will be given with multiple choice, true/false, fill in the blank, matching, labeling, and short answer questions. Material will be from assigned readings and lectures. The lowest 2 quiz scores will be dropped at the end of the semester.

Examinations

Six exams (five midterm examinations and one final examination) 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 examination is cumulative.

Case Study Presentation

Case study topics will be decided on **November 7, 2019**. The case study paper must involve the lower extremity, spine or thorax (unless approved by instructor). The format of this paper will coincide with AMA guidelines. The assignment should be of length, quality, and style that emulates a case study article found in a peer-review scholarly journal (for example: Journal of Athletic Training, American Journal of Sports Medicine) at the beginning of class **December 5, 2019**

Class Activities

Students will work collaboratively on group projects and presentations reviewing case studies and Evidenced Based Practice for lower body injuries. There are four class activities this semester.

Grading Scale

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Quizzes	10	10	100
Midterm Examinations	5	100	500
Case Study Paper Proposal	1	20	20
Case Study Paper	1	80	80
Cumulative Final Examination	1	100	100
Class Activities	4	50	200
TOTAL	—	—	1000

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

A: 930.0- 1000 pts. (93%)

A-: 900.0- 929.9 pts. (90%)

B+: 870.0- 899.9 pts. (87%)

B: 830.0- 869.9 pts. (83%)

B-: 800.0 – 829.9 pts. (80%)

C+: 770.0 – 799.9 pts. (77%)

C: 730.0 – 769.9 pts. (73%)

C-: 700.0 – 729.9 pts. (70%)

D: 630.0 – 669.9 pts. (63%)

F: < 630

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times. 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 (HIPAA) 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.

Tentative Class Schedule

Date	Topic	Reading	Assignment	Quiz #
8/27	Introduction, Syllabus Clinical Exam foundations History, Inspection, Palpation	S: Chapter 1		
8/29	Evaluation Process ROM, Special Tests, Diagnostic Tests	S: Chapter 1, 5		
9/3	Nomenclature and Medical Documentation, SOAP notes	S: Chapter 4		1
9/5	Examination and Management of Acute Conditions	S: Chapter 2		2
9/10	Exam 1 Chapters 1, 2, 4, 5			
9/12	Foot and Toe	S: Chapter 8 H: Chapter 8		
9/17	Ankle, Lower Leg	S: Chapter 8, 9 H: 221-231		3
9/19	Chapter 8 and 9 scenarios			4
9/24	Activity #1			
9/26	Exam #2 Chapter 8 and 9			
10/1	Knee & Patellofemoral	S: Chapter 10 H: 172-191		
10/3	Knee & Patellofemoral	S: Chapter 11 H: 191-196		5
10/8	Chapter 10, 11 scenarios			6
10/10	Activity #2			
10/17	EXAM #3: Chapter 10 and 11			
10/22	Hip, Pelvis, Thigh	S: Chapter 12 H: 143-167		7

10/24	Hip, Pelvis, Thigh	S: Chapter 12 H: 143-167		8
10/29	Chapter 12 Scenarios			9
10/31	Activity #3			
11/5	Exam #4 Chapter 12			
11/7	Thoracic & Lumbar Spine	S: Chapter 13 H: 238-256	Case Study Proposal Due	
11/12	Thorax & Abdomen	S: Chapter 14		10
11/14	Chapter 13 and 14 scenarios			11
11/19	Activity #4			
11/21	Exam #5 Chapter 13, 14			
12/3	Gait	Chapter 7		12
12/5	Case Study Presentations			
12/10	Reading Day Review			
12/17	Final Exam 7:30-10:15am			
		S: Starkey H: Hoppenfeld		

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>

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 Professor Murphy, (Beginning salutation)

I am looking forward to your class.

(Text body) Regards, (Ending

Salutation)

(Your name)