

**George Mason University**  
**College of Education and Human Development**  
**Athletic Training Education Program**  
ATEP 370 – 001 — Upper Body Physical Assessment  
3 Credits, Spring 2020  
TH 7:30-8:45 am, Johnson Building 148, Prince William Campus

**Faculty**

Name: Heather Murphy, MEd, LAT, ATC  
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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, ATEP 340; BIOL 124, BIOL 125; HEAL 230; KINE 310, KINE 320; PRLS 450  
Co-requisites: ATEP 350

**University Catalog Course Description**

Analyzes principles of upper 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. Analyze mechanisms of upper 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. Predict signs and symptoms of upper 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 upper 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. 4<sup>th</sup> 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 600 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.

### **Examinations**

Five exams (four midterm examinations and one final examination) will be issued with multiple choice 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 **April 2, 2020**. The case study paper must involve the upper extremity, spine or thorax (unless approved by instructor). 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 **April 28, 2020**.

### **Class Activities**

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

## Grading Scale

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Quizzes	10	10	100
Midterm Examinations	4	100	400
In-Class Activities	4	50	200
Case Study Presentation Proposal	1	20	20
Case Study Presentation	1	80	80
Cumulative Final Examination	1	200	200
<b>TOTAL</b>	—	—	<b>1000</b>

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 – 699.9 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	Quiz #
1/21	Introduction, Syllabus Posture	Starkey: Chap 6	
1/23	Posture		
1/28	Head and Face	Chapter 18, 19	
1/30	Head and Face	Chapter 18, 19	
2/4	Head and Face	Chapter 20	
2/6	Head and Face	Chapter 20	
2/11	Activity 1		
2/13	Exam #1 Chapters 18, 19, 20		
2/20	Cervical Spine	Chapter 14, 20	
2/25	Cervical Spine	Chapter 14, 20	
2/27	Cervical Spine Scenarios		
3/3	Activity #2		
3/5	Exam #2 Chapters 14 and 20		
3/9-3/13	Mason Spring Break		
3/17	Shoulder and Upper Arm	Starkey: Chap 15	
3/19	Shoulder and Upper Arm	Starkey: Chap 15	
3/24	Shoulder and Upper Arm	Starkey: Chap 15	
3/26	Activity 3		
3/31	Exam #3 Chapter 15		
4/2	Elbow and Forearm	Starkey: Chap 16	
4/7, 4/9	No Classes		
4/14	Elbow and Forearm	Starkey: Chap 16	
4/16	Wrist and Hand	Starkey: Chap 17	
4/21	Wrist and Hand	Starkey: Chap 17	
4/23	Activity 4		
4/28	Exam #4 Chapter 16 and 17		
4/30	Case Study Presentations		
5/5	Review for Final Exam		
5/12	Lecture Final Exam 7:30-10:15am		
5/7	Lab Final Exam 7:30-10:15		

*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](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/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)