

George Mason University
College of Education and Human Development
Athletic Training Education Program

ATEP 540 – DL1 — Lower Body Physical Assessment
3 Credits, Fall 2020
NET Based Course

Faculty

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Prerequisites/Corequisites

Prerequisite(s): Admission to the Professional Masters ATEP and a grade of B- or better in the following courses: ATEP 510, ATEP 520.

Corequisite(s): ATEP 545

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 format

Learner Outcomes or Objectives

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

1. Review mechanisms of lower extremity and thoracic injuries, including the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of these conditions
2. Categorize functional human anatomy, physiology and kinesiology relative to mechanisms of injury.
3. Explain 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. Differentiate signs and symptoms of lower extremity and thoracic injuries.
5. Employ appropriate medical terminology and medical documentation to record injuries and illnesses (e.g., history and examination findings, progress notes, and others).
6. Analyze specific sport and/or position requirements relative to the return of an injured athlete to activity following injury.
7. Synthesize the literature to develop an evidence-based research project (to include but not limited to case study, clinical research project, literature review) for an athletic training-related topic.
8. Summarize the basic principles of acute management of lower extremity and thoracic conditions and injuries
9. Critically appraise lower body evaluation techniques.

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

Recommended Texts

1. Biel, A. (2014). Trail Guide to the Body, 5th Edition. Books of Discovery
2. Hoppenfeld, S: Physical Examination of the Spine and Extremities. Upper Saddle River, NJ: Prentice Hall; 1976

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 500 possible points.

Examinations – These will have multiple choice, true/false, fill in the blank, matching, short answer, and essay questions. Examinations will test material covered in class, discussions, and assigned readings.

Evidence Based Medicine (EBM) Article Review Assignments- Evidence-based medicine is the practice of medicine based on the best available evidence. Health professionals caring for children and adults need to be aware of the evidence about the benefits and harms of preventive methods, diagnostic strategies, treatments, and rehabilitation techniques to provide optimal care to their patients. For these assignments, students will complete 2 article summary reports based on lower body and spine pathologies from a peer-reviewed journal in the last 10 years.

1. The first will be regarding an injury and
2. The second will be assessment techniques

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 reports will be submitted on *Blackboard* on with the assignments due **Sep 16 2020 and Sep 30 2020 11.59 pm EST**. Please use AMA guidelines to complete reports. Pay special attention to your critical review **and check the rubric before submitting the review.**

Final examination: This final examination is cumulative, and may include multiple choice, true/false, fill in the blank, matching, short answer, and essay questions.

Grading Scale

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Mid-semester Examinations	5	Variable	300
Evidence Based Assignments	2	50	100
Final Examination	1	100	100
TOTAL	—	—	500

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

Grade	Percentage	Quality Points	Grade	Percentage	Quality Points
A+	> 94 %	4.00	B	83%	3.00
A	93%	4.00	B-*	80%	2.67
A-	90%	3.67	C	73%	2.00
B+	87%	3.33	F	<73%	0.00

* Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program and present a 3.00 GPA on the courses listed on the graduation application.

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

Week	Topics	Readings/Assignment Due
Aug 10 – Aug 16	Introduction, Syllabus, Clinical Examination Foundations	Ch 1 & 5
Aug 17 – Aug 23	Concussion Evaluation, Evaluation Process, Nomenclature & Medical Documentation, On Field & Biomechanical Postural	Ch 2 & 4, 6, 7, 8, 9 Abbreviations Handout EXAM 1 – Assessment, Documentation
Aug 24 – Aug 30	Foot, Ankle, & Lower Leg	Ch 10
Aug 31 – Sep 6	Foot, Ankle, & Lower Leg	Ch 10 EXAM 2 – Foot, Ankle, & Lower leg
Sep 7 – Sep 13	Knee & Patellofemoral	Ch 11
Sep 14 – Sep 20	Hip, Pelvis, and Thigh	EXAM 3 – Knee EBP 1 Assignment Due
Sep 21 – Sep 27	Hip, Pelvis, and Thigh	Ch 12 EXAM 4 – Thigh Hip Pelvis
Sep 28 – Oct 4	Spine, Gait Analysis	Ch 13, 14 EXAM 5 – Spine, Gait EBP 2 Assignment Due
Oct 5 – Oct 14	Functional Assessments, Clinical Assessments	FINAL EXAM

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/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.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 Dr. Ambegaonkar (Beginning salutation)

I am looking forward to your class.

(Text body)

Regards, (Ending Salutation)

(Your name)