

ACU Department of Kinesiology & Nutrition
Course Syllabus
KINE 365.01—Assessment of Injury I
Fall 2015

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ACU Mission Statement

To educate students for Christian service and leadership throughout the world.

College of Education and Human Services Mission Statement

To equip students for global ministry through exemplary practice and service in education and human services.

Department of Kinesiology and Nutrition Mission Statement

To prepare students to serve and lead through the development of healthful lifestyles.

Course Description

This course is a study of advanced techniques in management, assessment, and recognition of athletic injuries specifically related to the lower extremity (i.e. toes, foot, ankle, lower leg, knee, pelvis, thigh and lumbar spine).

Credit: 3 hours

When: T 6:00-8:50 p.m.

Where: Gibson 130

Prerequisites: KINE 291 and KINE 296

Purpose and Audience

The purpose of the course is to provide study for advanced techniques in assessment of athletic injuries pertaining to the lower body. The course is required for students in the Athletic Training concentration (KNAT) of the B.S. in Kinesiology degree. They must have passed KINE 291 Basic Sports Medicine and KINE 296 Care and Prevention of Athletic Injuries.

Format

Power point presentations and live demonstrations will be used to illustrate concepts.

Conduct of the Course/Teaching Methodology

Each class will consist of an hour to hour and one half lecture by the instructor or a guest orthopedic surgeon. The second hour and one half will be hands-on demonstration and practical application. There will be five written exams including the final. Those exams will be fill-in-the

blank (short answer) and multiple choice. There will be five practical exams including the final that will require the student to perform assessments of different injuries in different areas of the lower body. We will cover different areas of the body in three to four week increments. Students will be evaluated on their ability to physically examine and assess the status of the injured athlete.

Overview of Content

This course provides comprehensive material concerning aspects of assessment of injury pertaining to the lower body.

Required Textbook

Starkey, C., & Brown, S. (2015). *Examination of orthopedic & athletic injuries* (4th ed). Philadelphia, PA: F.A. Davis Company.

Library Holdings

The Brown Library has numerous resources concerning athletic training/sports medicine.

Course Goal

The student will be able to correctly assess, recognize, and manage athletic injuries of the lower body.

Faith Statement

Philippians 2:4—Let each of you look not only to his own interests, but also to the interests of others. God has commanded us to love and care for one another. This course will prepare students to provide physical care for all those they come in contact with. Thereby, giving them opportunity to talk about spiritual needs.

Course Competencies

	Competency	Measurement Instrument
1	The student will be able to demonstrate a musculoskeletal assessment of lower extremity for the purpose of identifying (a) common acquired or congenital risk factors that would predispose the patient to injury and (b) a musculoskeletal injury. This will include identification and recommendations for the correction of acquired or congenital risk factors for injury.	Exams, Practical exams
2	The student will be able to diagnose the patient's condition and determine and apply immediate treatment and/or referral in the management of the condition.	Exams, Practical exams
3	The student will be able to describe the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of common orthopedic injuries, illnesses and diseases of the body's systems.	Exams

4	The student will be able to describe the principles and concepts of body movement including functional classification of joints, arthrokinematics, normal ranges of joint motion, joint action terminology, and muscle groups responsible for joint action (prime movers, synergists), skeletal muscle contraction, and kinesthesia/proprioception.	Exams
5	The student will be able to describe and demonstrate common techniques and procedures for evaluating common injuries including taking a history, inspection/observation, palpation, functional testing, special evaluation techniques, and neurological and circulatory tests.	Practical exams
6	The student will be able to grade the resisted joint range of motion/manual muscle testing and break tests.	Practical exams
7	The student will be able to apply appropriate stress tests for ligamentous or capsular stability, soft tissue and muscle, and fractures.	Practical exams

Course Evaluation and Grading Scale

Written Exam #1	100 pts
Written Exam #2	100 pts
Written Exam #3	100 pts
Written Exam #4	100 pts
Practical Exam #1	100 pts
Practical Exam #2	100 pts
Practical Exam #3	100 pts
Practical Exam #4	100 pts
Final Written Exam	100 pts
Final Practical Exam	100 pts
Total Possible Points	1,000 pts

Final grades will be assigned as follows:

A = 900 points and above

B = 800 points up to 900 points

C = 700 points up to 800 points

D = 600 points up to 700 points

F = below 600 points

Class Attendance Policy

Attendance and class participation are mandatory for this course. Five points will be deducted from your total points for each unexcused absence. **Late assignments will not be accepted unless you have a university-approved absence or there are other extenuating circumstances such as a serious illness or death in the family.**

Professional Behavior in the Classroom or Lab

All students are expected to exhibit consistent professional conduct in the classroom and laboratory setting. Students are expected to maintain an active and learning classroom environment. Disruptive classroom behaviors include cell phones, challenges to faculty authority, demanding special treatment, tardiness, leaving early, offensive remarks, chattering, reading newspapers/magazines, sleeping, or overt inattentiveness.

Academic Integrity

Violations of academic integrity and other forms of cheating, as defined in ACU's Academic Integrity Policy, involve the intention to deceive or mislead or misrepresent, and therefore are a form of lying and represent actions contrary to the behavioral norms that flow from the nature of God. Violations will be addressed as described in the Policy. While the university enforces the Policy, the most powerful motive for integrity and truthfulness comes from one's desire to imitate God's nature in our lives. Every member of the faculty, staff, and student body is responsible for protecting the integrity of learning, scholarship, and research. The full Policy is available for review at the Provost's office web site (<http://www.acu.edu/campusoffices/provost>) and the following offices: provost, college deans, dean of campus life, director of student judicial affairs, director of residential life education and academic departments.

ADA Compliance Statement

Abilene Christian University is dedicated to removing barriers and opening access for students with disabilities in compliance with ADA and Section 504 of the Rehabilitation Act. The Alpha Scholars Program facilitates disability accommodations in cooperation with instructors. In order to receive accommodations, you must be registered with Alpha Scholars Program, and you must complete a specific request for each class in which you need accommodations. If you have a documented disability and wish to discuss academic accommodations, please call our office directly at 325-674-2667.

Sexual Harassment

Harassment will not be tolerated at Abilene Christian University. As a Christian community, Abilene Christian University has committed itself, unequivocally, to ensuring a working and learning environment in which the dignity of every individual is respected. Therefore it is the purpose of this policy to maintain a work and academic environment that is free of harassment, sexual or otherwise. This policy applies to all members of the ACU community, including trustees, faculty, staff, students, and volunteers at Abilene Christian University. For a more in-depth look at the university's anti-harassment policy, full definition of harassment, and procedure for reporting, visit: www.acu.edu/campusoffices/studentlife/judicial/ForStudents/HarassmentPolicy

Tentative Course Schedule

- 8/25/15 Intro-Syllabi/Chapters 1 - 3 - Anatomy-Inspection/Evidence-Based Practice in the Diagnostic Process
Chapters 4 – 6 - Nomenclature/Diagnostic Techniques/Assessment of Posture
- 9/1/15 Chapters 7 and 8 - Gait Evaluation/ Foot, ankle, and lower leg anatomy and palpation
- 9/8/15 Chapter 9 - Foot, ankle, lower leg injuries (clinical presentation)/ foot etc. history, inspection
- 9/15/15 Foot + Ankle goniometry/Foot + ankle rrom + mmt/Foot, etc. special tests and neurological testing
- 9/22/15 Review/Practical Exam #1/Written Exam #1

- 9/29/15 Chapter 10 - Knee anatomy + palpation/knee palpation/knee injuries/clinical presentation
- 10/6/15 Chapter 11 - Knee injuries/knee goniometry-knee rom + mmt/Knee special tests
- 10/13/15 Knee special tests/knee neurological testing/review
- 10/20/15 Practical Exam #2/Written Exam #2
- 10/27/15 Chapter 12 - Hip anatomy + palpation/Hip Injuries (clinical presentation)/Hip Goniometry, rom, mmt
- 11/3/15 Hip special tests + neurological testing/ review
- 11/10/15 Practical Exam #3/Written Exam #3
- 11/17/15 Chapters 13 and 14 - Abdominal anatomy + palpation/Abdominal injuries (clinical presentation)/Thoracic and Lumbar Spine Anatomy + Palpation
- 11/24/15 Thoracic + lumbar Spine (clinical presentation)/Thoracic + Lumbar Spine Goniometry and rom, mmt/ thoracic + spine special tests + neurological Exam
- 12/1/15 Review/ Practical Exam #4/ Written Exam #4**
- 12/8/15 Finals/ Written Final/Practical Final**

This schedule is tentative and subject to change at the discretion of the instructor.