

The University of Texas at Tyler
Department of Health & Kinesiology
KINE 3340 001: Orthopedic Assessment of Athletic Injuries

Department: Health & Kinesiology
Class Credit: 3 semester hours
Class Schedule: TTh 8:00 – 9:30 am
Class Location: HPC 3010
Course Prerequisites: KINE 2337 001
Instructor: Rebekah Grube, MSED, LAT, ATC
Office Hours: Open door policy
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Required Textbooks: Starkey, C. & Ryan, J. (2002) Evaluation of Orthopedic and Athletic Injuries. Philadelphia, PA: F.A. Davis Company
Starkey, C. & Ryan, J. (2003) Orthopedic & Athletic Injury Evaluation Handbook. Philadelphia, PA: F.A. Davis Company
Hoppenfeld, S. (1976) Physical Examination of the Spine & Extremities. Upper Saddle River, NJ: Prentice Hall

Course Description: It is the purpose of this course to develop competencies in the basic recognition and management of upper and lower extremity athletic injuries with emphasis placed on clinical and functional anatomy, signs and symptoms of orthopedic and athletic injuries as well as development of evaluation skills utilizing special tests and manual muscle tests.

Outcomes: This course will enable the student to:

1. Possess a further understanding of upper and lower extremity clinical anatomy and how it functions in movement.
2. Discuss the relationship between evaluation of athletic injuries and decision-making in the management of athletic injuries.
3. Recognize the basic signs and symptoms for a variety of musculoskeletal injuries.
4. Develop a systematic and methodical approach to the evaluation of orthopedic and athletic injuries
5. Develop proficiency in the special skills needed to achieve an accurate assessment including postural assessment, ligamentous stress testing, manual muscle testing and neurological testing.
6. Gain proficiency in injury evaluation writing skills utilizing the SOAP note technique.

Course Requirements:

Injury Evaluations (4 @ 50 pts each)	= 200 pts
Cranial Nerve Project	= 100 pts
Attendance/Participation	= 100 pts
Anatomy Assignments (4 @ 50 pts each)	= 200 pts
4 Written Exams	<u>= 400 pts</u>
Total	1000 pts

Grading Scale:

A = 90-100%
B = 80-89%
C = 70-79%
D = 60-69%
F = below 60%

Exam Policy:

In order to protect the integrity of examinations and to treat all students fairly, examinations should be taken only when they are scheduled. If a student knows that he/she is going to be absent for an exam, it is the student's responsibility to make arrangements with the instructor to take the exam prior to the absence. Exams may be taken after the scheduled date only in the event of an illness or personal or family emergency.

Attendance Policy:

Students are expected and urged to attend all class sessions with the exception of illness, emergencies or a sanctioned university event. According to the university Catalog (pg. 95), "Each instructor may establish a more stringent absence policy if it is outlined in the course syllabus." Therefore, each student will be allowed 3 absences over the course of the semester. On the 4th absence, you will lose 5% from your final semester grade.

Late Work:

All assignments are expected to be turned in as scheduled in the course syllabus. For each day that an assignment is late, the grade for that assignment will be decreased by 10%.

Academic Integrity Policy:

We assume that students and faculty will conduct themselves according to a code of personal and professional integrity. This means that students and faculty will act from the basis of courtesy, honesty and respect for each other in their academic work and interpersonal relationships. Students are expected to complete work individually for assignments and examinations. Copying from other students constitutes unethical behavior and is not allowed. When references are used, please cite them accordingly.

Course Outline

August 27 th	Introduction, Syllabus, Course Outline & Start Ch. 1 Lecture
September 1 st	Ch. 1 – The Injury Evaluation Process
3 rd	Ch. 2 – Injury Nomenclature & SOAP Notes
8 th	Ch. 3 – Assessment of Posture
10 th	Ch. 4 – The Foot & Toes
15 th	Ch. 4 – The Foot & Toes Injury Evaluation #1 Due
17 th	Examination #1
22 nd	Ch. 5 – The Ankle & Lower Leg
24 th	Ch. 5 – The Ankle & Lower Leg
29 th	Ch. 5 – The Ankle & Lower Leg
October 1 st	Ch. 6 – The Knee
6 th	Ch. 6 – The Knee
8 th	Ch. 6 – The Knee
13 th	Ch. 7 – The Patellofemoral Articulation Injury Evaluation #2 Due
15 th	Ch. 7 – The Patellofemoral Articulation
20 th	Examination #2
22 nd	Ch. 8 – The Pelvis & Thigh
27 th	Ch. 8 – The Pelvis & Thigh
29 th	Ch. 8 – The Pelvis & Thigh
November 3 rd	Ch. 13 – The Shoulder
5 th	Ch. 13 – The Shoulder Injury Evaluation #3 Due
10 th	Ch. 13 – The Shoulder
12 th	Ch. 13 – The Shoulder
17 th	Examination #3
19 th	Ch. 14 – The Elbow & Forearm Cranial Nerve Project Due
24 th	Ch. 14 – The Elbow & Forearm
26 th	No Class – Thanksgiving Break ☺
December 1 st	Ch. 14 – The Elbow & Forearm
3 rd	Ch. 15 – The Wrist, Hand & Fingers
8 th	Ch. 15 – The Wrist, Hand & Fingers Injury Evaluation #4 Due
10 th	Make-up Day
15 th	Examination #4

Special Needs Policy: Students needing special accommodations for this class should notify the instructor during the first two weeks of the course.