

The University of Texas at Tyler
Department of Health & Kinesiology
KINE 3302: Assessment of Athletic Injuries II – Upper Extremity

Department: Health and Kinesiology

Class Credit: 3 Semester Hours

Class Schedule: Monday: Online; Wednesday: 11:15-12:10 **Unless otherwise noted**

Class Location: Monday – Canvas; Wednesday – Ballpark Athletic Training Room

Course Prerequisites: None

Instructor: Andrew Cage, EdD, ATC, LAT, CES

Office Location & Hours: HPC 1045, by appointment

Contact Information: Office: (903) 565-5545

Email: acage@uttyler.edu

Prerequisite: Completion of KINE 2337

Course Description: This course is a requirement for students accepted into the UT Tyler Athletic Training Education Program, but will also provide valuable knowledge for future, physical therapists, personal trainers, coaches and other people involved in the world of athletics. It is the purpose of this course to familiarize students with all aspects of assessment of athletic injuries to the lower extremity. Prerequisites are required.

Outcomes: Upon completion of the course, the student shall be able to:

1. Describe common mechanisms of injury for common lower body musculoskeletal injuries.
2. Identify management strategies for emergent and non-emergent musculoskeletal injuries.
3. Perform a comprehensive evaluation leading them to a relatively accurate assessment.
4. Plan and initiate a treatment plan for student-athletes.
5. Write accurate notes regarding an injury in a SOAP note format for the purpose of maintaining adequate medical documentation.

Student Assessments:

Quizzes:

There will be periodic quizzes throughout the semester at the discretion of the instructor. The quizzes will be in short answer format and given during the first 10 minutes of class. Should a student arrive late to class, they will have however much time is left in the allotted 10 minute period to complete the quiz. The purpose of these quizzes is to evaluate retention of information, and encourage students to constantly review notes.

SOAP Notes Assignments:

You will be required to complete 2 assessments per body part on injured UT Tyler student-athletes encountered in the clinical setting.

- Hand/Wrist
- Elbow
- Shoulder
- Abdomen/Thorax
- Head/Cervical Spine

Your completed assessment must be signed by yourself and a supervising athletic trainer for full credit. If there is not an opportunity for an actual injury assessment, you will need to ask either the instructor or another supervising athletic trainer for a mock case. Upon completion of the assessment, a copy of the completed evaluation form must be turned in to your instructor. **PLEASE NOTE: Patient confidentiality rules do apply. Be sure to appropriately cover the student-athlete's name when copying your assessment. DOUBLY NOTE: Since this is largely a participation grade, if any one SOAP note is missing the student's SOAP Note grade will be a "0".**

Journal Clubs:

There will be 4 classes that will be discussion based, revolving around case studies about injuries to the following four body parts/regions.

- Elbow/Wrist/Hand
- Shoulder
- Abdomen/Thorax
- Head/Cervical Spine

Discussion assignments will be posted on Canvas.

Written Exams:

There will be 3 written exams throughout the semester, along with a comprehensive final. Each exam will have a multiple choice, short answer, and assessment section. On the written exam, all material that is covered in class and reading assignments will be assessed.

Extra Credit Opportunities:

SOAP Note: An extra SOAP note per body part covered may be turned in for a real injury. An approved preceptor must sign your assessment as verification. (5 points each)

Article Abstracts: An abstract over a peer reviewed journal article that discusses **evidence based** assessment practices may be completed for up to 10 points. If you are unsure if an article qualifies, please ask your instructor for approval.

Course Requirements:

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| 1. SOAP Notes (10x10 points) | =100 pts |
| 2. Quizzes (10 points each) | ≥ 50 pts |
| 3. Journal Club Articles (4x25 points) | = 100 pts |
| 4. Final exam + 3 Exams (100 pts each) | = <u>400 pts</u> |

Grading Scale:

A = 89.5 – 100 %
B = 79.5 – 89.4%
C = 69.5 – 79.4%
D = 59.5 – 69.4%
F = Below 59.4%

Exam Policy: In the interest of fairness to all students, examinations are to be taken during their scheduled time. Any student who anticipates missing an examination is responsible for making arrangements to take their exam prior to the absence. Exams may be taken after the scheduled date only in the event of an illness (doctor's note is required) or a personal or family emergency.

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: We assume that all 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.

KINE 3302 Course Outline Syllabus Subject to Change

January 12	ONLINE Introduction, Syllabus, Course Outline, Syllabus Quiz
14	ONLINE Hand/Wrist Anatomy
19	NO CLASS - MLK Day
21	ONLINE Hand/Wrist Injuries; Elbow Anatomy, Elbow/Wrist/Hand Journal Club Assigned
26	ONLINE Elbow Injuries
28	Elbow/Wrist/Hand Lab
February 2	EXAM 1 ONLINE
4	ONLINE Shoulder Anatomy
9	ONLINE Shoulder Journal Club Assigned
13	Shoulder Injuries
16	In Person Shoulder Lab
18	EXAM 2 ONLINE
23	ONLINE Abdomen/Thorax Anatomy
25	Abdomen/Thorax Injuries Abdomen/Thorax Journal Club Assigned
Mar 2	ONLINE Head/Cervical Spine Anatomy
4	Abdomen/Thorax Lab
9	ONLINE Head/Cervical Spine Journal Club Assigned
11	Head/Cervical Spine Injuries
16 & 18	NO CLASS - Spring Break
23	ONLINE Research Paper Assigned
25	Head/Cervical Spine Lab
30	ONLINE Review of Mental Health Considerations for Injuries
April 1	No new assignments, work on your research paper
6	No new assignments, work on your research paper
8	Lab Review
13	No new assignments, work on your research paper
15	Lab Review
20 & 22	Practical Examinations
27	Final Exam Opens, Due May 2