

The University of Texas at Tyler
Department of Health & Kinesiology
KINE 3301: Assessment of Athletic Injuries I – Lower Extremity

Department: Health and Kinesiology

Class Credit: 3 Semester Hours

Class Schedule: August 23rd - December 10th

Class Location:

Course Prerequisites: None

Instructor: Andrew Cage, M.Ed., ATC, LAT, CES

Office Location & Hours: By appointment

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Teacher's Assistant: Jordyn Stewart, ATC, LAT

Office Location & Hours: HPC 1045, by appointment

Contact Information: Office: (903) 565-5742

Email: Jordyn.stewart@christushealth.org

Required Textbooks: Starkey, Brown & Ryan. Examination of Orthopedic & Athletic Injuries, 3rd Ed.

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.

- Foot
- Ankle
- Knee
- Hip/Pelvis
- Lumbar 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.**

Discussion Posts:

For each body part, an article we posted with question prompts on Canvas. You will be required to write a minimum 500 word response to each article, and respond to 2 or more of your classmates' posts.

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. Discussion Posts (7x10 points) | = 70 pts |
| 3. Discussion Post Responses (7x10 points) | = 70 points |
| 4. Syllabus Quiz | = 10 points |
| 5. Quizzes (10 points each) | = 100 points |
| 6. Final exam + 2 Exams (100 pts each) | = <u>300 pts</u> |
| 7. Total | ≥ 650 pts |

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.

Attendance Policy: Students are expected to attend all class session with the exception of illnesses, emergencies, or sanctioned university events. According to the university catalog (pg. 95), "Each instructor may establish a more stringent absent 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, 10 points will be removed from your attendance grade, with 10 more points being subtracted for each subsequent absence. Upon reaching 10 absences, the student will receive a deduction of 10 points from their cumulative grade total for the course.

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 3301 Course Outline

Week of August 23 rd – 27 th	<ul style="list-style-type: none"> - Introduction - Syllabus Review - Course Outline <p>Syllabus Quiz Due August 26th Discussion Post 1 Due August 28th</p>
Week of August 30 th – September 3 rd	<ul style="list-style-type: none"> - Injury Evaluation - SOAP Notes - On-Field Assessment <p>Discussion Post 1 Responses Due September 2nd Quiz 1 Due September 4th Discussion Post 2 Due September 4th</p>
Week of September 6 th – 10 th	<ul style="list-style-type: none"> - Evidence-Based Practice in the Diagnostic Process - Classification of Injuries <p>Discussion Post 2 Responses Due September 9th Quizzes 2 & 3 Due September 11th Discussion Post 3 Due September 11th</p>
Week of September 13 th – 17 th	<ul style="list-style-type: none"> - Foot Anatomy - Foot Injuries - Foot Assessment Techniques <p>Discussion Post 3 Responses Due September 16th Exam #1 Due September 18th</p>
Week of September 20 th – 24 th	<ul style="list-style-type: none"> - Ankle Anatomy - Ankle Injuries <p>Quiz 4 Due September 25th Discussion Post 4 Due September 25th</p>
Week of September 27 th – October 1 st	<ul style="list-style-type: none"> - Ankle Assessment Techniques - Knee Anatomy <p>Discussion Post 4 Responses Due September 30th Quiz 5 Due October 2nd</p>
Week of October 4 th – October 8 th	<ul style="list-style-type: none"> - Knee Injuries - Knee Assessment Techniques <p>Quiz 6 Due October 9th Discussion Post 5 Due October 9th</p>
Week of October 11 th – October 15 th	<ul style="list-style-type: none"> - Hip Anatomy - Hip Injuries <p>Discussion Post 5 Responses Due October 14th Quiz 7 Due October 16th</p>
Week of October 17 th – October 22 nd	<ul style="list-style-type: none"> - Hip Assessment Techniques <p>Quiz 8 Due October 23rd Exam #2 Due October 23rd</p>
Week of October 25 th – October 29 th	<ul style="list-style-type: none"> - Lumbar Spine Anatomy

	<ul style="list-style-type: none"> - Lumbar Spine Injuries Quiz 9 Due October 30th Discussion Post 6 Due October 30th
Week of November 1 st – 5 th	<ul style="list-style-type: none"> - Lumbar Spine Assessment Techniques Discussion Post 6 Responses Due November 4th Quiz 10 Due November 6th
Week of November 8 th – 12 th	<ul style="list-style-type: none"> - The Mental Health Aspect of Sport Related Injuries Discussion Post 7 Due November 13th Research Paper Assigned
Week of November 15 th – 19 th	<ul style="list-style-type: none"> - No new content, work on you research paper Discussion Post 7 Responses Due November 18th
Week of November 22 nd – 26 th	<ul style="list-style-type: none"> - NO CLASS, Thanksgiving Break
Week of November 30 th – December 4 th	<ul style="list-style-type: none"> - Final Exam Review Research Paper Due December 2nd
Final Exam	Open December 8th and Due December 10th SOAP NOTES DUE DECEMBER 9th