Assessment of the Lower Extremity

KIN 3345

Instructor: Sherry Ann Miller, ATC, LAT

Term: Fall 2020

Office: Center of Human Performance (CHP) 104; 942-2173(Kinesiology)/486-6171(Direct)

Course Days: Tuesday & Thursday: 8 AM to 9:15 AM in CHP 143

Office Hours: Monday and Wednesday: 1 PM to 3 PM; Tuesday: 11 AM to 12 PM; and Thursday: 11 AM to 2 PM

E-mail: smiller@angelo.edu

Required Textbook:


Course Description: The study of clinical assessment related to injuries/illness to the lower extremity sustained by the competitive athlete. The student will learn manual and oral skills related to comprehensive health history, visual inspection, assess range of motion, muscular strength, stress testing, and functional inspections.

Course Objectives: Upon completion of this course the student will be able to:

1. Describe commonly accepted techniques and procedures for evaluation of the common injuries/illness that are incurred by athletes and others involved in physical activity. These include history, inspection or observation, palpation, functional testing (range of motion, ligamentous or capsular stress, manual muscle, sensory, motor, reflex, and neurological), special evaluation techniques.

2. Discuss the HOPS/SOAP format for evaluations.

3. Discuss diagnostic testing techniques used for the injured athlete.

4. Identify the major anatomical and functional structures of specific joints/areas.

5. Discuss the etiology, signs, symptoms, and pathology of injuries to specific joints/areas related to the lower extremity.

6. Discuss the evaluation process of neurological problems involving the lumbar spine and lumbar plexus.

7. Discuss the function and dynamics of the cardiopulmonary system and related conditions in regards to the lower extremity.

8. Discuss the evaluation process of injuries to the lower extremity.
9. Describe the function and dynamics of the integumentary system and related conditions.

10. Describe and discuss illnesses relating to viral infections, respiratory conditions, and disorders of the muscular system, nervous system, nervous system, blood/lymph system, sexually transmitted disease, and reproductive system.

Course Delivery:
This is hybrid course offering. This course has an online component in addition to a “face to face” component. Both components are required in order for the student to be successful. The online course component will be delivered via the Blackboard Learning Management System. The course site can be accessed at ASU’s Blackboard Learning Management System.

Technology Requirements:

**To participate in the online portion of this course, you need this technology:**

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of Google Chrome
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to Angelo State University’s Distance Education website for further technology requirements: Angelo State University’s Distance Education Website

Communication:
Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

Academic Integrity:
Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university’s Statement of Academic Integrity.

Accommodations for Students with Disabilities:
ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the
The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford  
Director of Student Disability Services  
Office of Student Affairs  
325-942-2047  
dallas.swafford@angelo.edu  
Houston Harte University Center, Room 112

Incomplete Grade Policy:  
It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 Grading Procedures for more information.

Plagiarism:  
Plagiarism is a serious topic covered in ASU’s Academic Integrity policy in the Student Handbook. Plagiarism is the action or practice of taking someone else’s work, idea, etc., and passing it off as one’s own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the ASU Writing Center.

Student Absence for Observance of Religious Holy Days:  
A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

Copyright Policy:  
Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes:  
The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University:  
Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual
intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: www.angelo.edu/title-ix.

Student Evaluation of Faculty and Course:
Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.
Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

Student Learning Objectives for this course:

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learning to apply course material (to improve thinking, problem solving, and decisions)
3. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course

Assignment Submission:
All assignments must be submitted according to each assignment criteria on the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at smiller@angelo.edu and attach a copy of what you are trying to submit. Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue. This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.
Late Work or Missed Assignments Policy:
Due dates and times are posted for all assignments, quizzes, and examination. Online homework and exams will not be extended beyond their due date nor accepted past the due date and time. Other assignments, quizzes, and/or exams will not be accepted passed their due date and time.

General Policies Related to This Course:
All students are required to follow the policies and procedures presented in these documents:

- Angelo State University Student Handbook
- Angelo State University Catalog

Student Responsibility and Attendance:
This course is a hybrid class which means that the student is responsible for completing the online portion of this course asynchronously. The student is also responsible to complete and submit this material by its due date and time. The “face to face” portion of this class, the student is required to be present in order to receive credit. The material that will be presented in class will not be presented online. Points will be deducted from cumulative total for each absence. Ten (10) points for each absence.

Instructor Expectations:
The instructor and/or instructors have several expectations of you, the student, while in this course.

1. Professional behavior and language are required. Profanity is not acceptable as professional language.
2. It is your responsibility to read and comply with the syllabus. There will be no e-mail reminders to do homework or to take exams.
3. It is your responsibility to report missing grades on Blackboard immediately. Waiting until the end of the semester is not a plausible excuse.
4. Punctuality is a must.
5. Please be dressed appropriately for class especially on days we do activities.
6. Electronic devices need to be on silence mode and put away unless you are using these devices to take notes. It is acceptable and encouraged to have them out in this situation. Please understand that if you have an emergency and are expecting a call, please let the instructor know. Step outside of the classroom and attend to your affairs. Otherwise if your phone rings during class and/or you are “on” your phone during class time, you will be counted as absent.
7. All assignments are due on the day and time listed on the syllabus. If an assignment is to be turned in during class, the assignment must be submitted at the beginning of class. If late submissions are accepted, points will be deducted as follows: 1 class day: 5 points; 2 class days: 10 points; 3 class days: 15 points.

Physical Health and Well Being Expectations:
Students are responsible to monitor and self-screen their physical health everyday they attend campus. To assist you with this endeavor, the following information is for you to comprehend and apply to the daily wellness screen:

**COVID-19 symptoms:**
- Fever of 100 degrees Fahrenheit or greater
- A new cough that is not attributable to another medical condition
- New muscle aches not attributable to another medical condition or another specific activity (e.g., due to physical activity and/or exercise)
- New or worsening headache
• New loss of taste or smell
• Throat pain not attributable to another medical condition
• Congestion and/or runny nose not attributable to another medical condition
• New shortness of breath not attributable to another condition
• Nausea or vomiting
• Diarrhea

Expectations for class:
1. Complete the “Daily COVID-19 Wellness Screening” tool found on the ASU website before coming on to campus. Go to: https://www.angelo.edu/wellness-screening.
2. Be prepared to show “wellness badge” before and/or upon entering the building and/or classrooms.
3. Face coverings and physically distancing while in class
4. On days you will be engaged in “hands on activities”, you will be provided a pair of gloves to perform such activities.
5. If you are experiencing symptoms, email the instructor after you have sought medical attention.

If you are exhibiting COVID-19 symptoms and/or have a temperature of 100 degrees Fahrenheit or greater, it is recommended that the student stay home and seek medical attention.

Seek medical attention:
First option:
• Download and use the Shannon on Demand app.
• Create an account
• Use payment code SHANNONCOVID19 which will cover your cost if it is COVID related.
• Talk to one of the physicians available
• Carefully follow the physician’s instructions

Second option:
• Call and make an appointment with ASU Shannon Clinic – Jackson by calling 325-942-2171
• Attend appointment
• Carefully follow the physician’s and/or healthcare provider’s instructions

Addition to your physical health, your mental and emotional health should be monitored and screened as well. If you are experiencing signs and symptoms related to anxiety and/or depression revolving around this current pandemic situation, please contact the ASU Counseling Services at 325-942-2371 or visiting Counseling Services.

Required Use of Masks/Facial Coverings by Students in Class at Angelo State University
As a member of the Texas Tech University System, Angelo State University has adopted the mandatory Facial Covering Policy to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are required to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. For the safety of everyone, any student not appropriately wearing a mask/facial covering will be asked to leave the classroom immediately. The student will be responsible to make up any missed class content or work. Continued non-
compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of Student Conduct.

Course Requirements:
1. Three (3) Practical Examinations at 125 points each - total 375 points
2. Final practical exam at 125 points.
3. Four (4) Written examinations at a total of 450 points
4. Final written examination 150 points
5. Five (5) Soap notes at 25 points each (One SOAP Note due in each category: Foot; Ankle & Lower Leg; Knee; Pelvis and Thigh; and Lumbar & Sacral Spine. Each section of the SOAP Note will be assessed as follows: 7 points for the Subjective category; 13 points for the Objective category; 3 points for the Assessment category, and 2 points for the Plan category. The due date is the last day that the SOAP Note may be submitted for a grade. You may turn them in early.) {The template must be used and SOAP note must be typed. It is due in class before class starts} - Total points – 125.
6. Injury assignments and presentations at 35 points each for 140 points total.
7. Neurologic Screen – 17 points
8. In class assignments – 60 points

Grading is based off total points falling with in a grading range: total points possible – 1442 points. This is not percentage points, and your grade will not be "round up".

A = 1297.8 – 1442
B = 1153.6 – 1297.799
C = 1009.4 – 1153.599
D = 865.2 – 1009.399
F = 721 – 865.199

Athletic Training Specialization Students: All students in the Athletic Training Specialization Program must comply with clinical hours and clinical skill assessments even if you decide to withdrawal from the program. If students do not comply with the clinical skill assessments, you will be suspended from clinical hours in which will jeopardize your grade and date of graduation.

9. Journal entries – 13 at 5 point each for 65 points total.
10. Clinical Hours – 100 points
11. Clinical Skill Assessments: 5 @ 25 points each. 125 points total. It is required that you pass 80% of the skill assessment in order to progress to the next assessment.
12. Any Athletic Training Specialization student who is ill and misses class due to that illness must bring documentation from a physician that they can return to class and clinical observation rotations.

Clinical Hours:                      Clinical Skill Assessment:
240-300 hours 100 points           90-100% of assessment correct  25 points
165-239 hours 70 points            80-89.99% of assessment correct 20 points
105-164 hours 40 points            70-79.99% of assessment correct 15 points
45-104 hours 10 points             60-69.99% of assessment correct 10 points
0-44 hours 0 points                59.99% and below 0 points

Grading range for athletic training specialization students – total points possible are 1732 points. This is not percentage points, and your grade will not be "round up".
A = 1558.8 - 1732
B = 1385.6 – 1558.799
C = 1212.4 – 1385.599
\[ D = 1039.2 - 1212.399 \]
\[ F = 866 - 1039.199 \]

*All athletic training specialization students must pass the course with a “C” or better in order to progress to the next course.*
### Tentative Daily Schedule:

**Evaluation Book = (SB)**

**Muscle Testing Book = (HM)**

**Special Tests Book = (KLVI)**

**Anatomy Workbook = (TGB)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic/In Class</th>
<th>Assignments/Exams/Due dates:</th>
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<tbody>
<tr>
<td>August 18</td>
<td>First Day of Classes&lt;br&gt;• Orientation of Class&lt;br&gt;• Syllabus&lt;br&gt;• Course expectations</td>
<td>Due by 11:30 PM&lt;br&gt;• <strong>Review</strong> Syllabus and mark on Blackboard</td>
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<tr>
<td>August 20</td>
<td><strong>Read</strong> Chapter 1: The Examination Process (SB)</td>
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<td>August 25</td>
<td><strong>Read</strong> Chapter 2: Examination and Management of Acute Conditions (SB)</td>
<td>Due by 11:30 PM&lt;br&gt;• <strong>Submit</strong> Journal 1</td>
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<td>August 27</td>
<td><strong>Read</strong> Chapter 4: Injury Pathology Nomenclature (SB)</td>
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<td>September 1</td>
<td><strong>Read</strong> Chapter 6: Assessment of Posture (SB)</td>
<td>Due by 11:30 PM&lt;br&gt;• <strong>Submit</strong> Journal 2</td>
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<td>September 3</td>
<td><strong>Read</strong> Chapter 7: Evaluation of Gait (SB)</td>
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<tr>
<td>September 8</td>
<td><strong>Read</strong> &amp; Perform an Assessment of Posture and Gait</td>
<td>Due by 11:30 PM&lt;br&gt;• <strong>Submit</strong> Journal 3</td>
</tr>
<tr>
<td>September 10</td>
<td><strong>Read</strong> Chapter 8: Foot and Toe Pathologies (SB)/Section 11 (KLVI)/Ch. 7 (TGB)</td>
<td>Due by 11:30 PM&lt;br&gt;• <strong>Written Exam One</strong>&lt;br&gt;❖ Online only&lt;br&gt;❖ Respondus LockDown Browser &amp; Monitor&lt;br&gt;❖ 1 attempt&lt;br&gt;❖ Covers Chapters 1, 2, 4, 6, &amp; 7&lt;br&gt;❖ Opens September 10 at 6 AM&lt;br&gt;❖ Closes September 13 at 11:30 PM&lt;br&gt;❖ Under the “Examinations” tab</td>
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<td>September 15</td>
<td><strong>Read</strong> Chapter 8: Foot and Toe Pathologies (SB)/Section 11 (KLVI)/Ch. 7 (TGB)</td>
<td>Due by 11:30 PM&lt;br&gt;• <strong>Submit</strong> Journal 4&lt;br&gt;• <strong>Complete &amp; Submit</strong> SOAP Note One (Foot)&lt;br&gt;• <strong>Complete &amp; Submit</strong> Foot &amp; Toe Palpations</td>
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<td>September 17</td>
<td><strong>Read</strong> Chapter 9: Ankle and Leg Pathologies (SB)/Section 11 (KLVI)/Ch. 7 (TGB)</td>
<td>Due by 11:30 PM&lt;br&gt;• <strong>Complete &amp; Submit</strong> Foot &amp; Toe Special Tests</td>
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<td>September 22</td>
<td><strong>Read</strong> Chapter 9: Ankle and Leg Pathologies (SB)/Section 11 (KLVI)/Ch. 7 (TGB)</td>
<td>Due by 11:30 PM&lt;br&gt;• <strong>Submit</strong> Journal 5&lt;br&gt;• <strong>Complete &amp; Submit</strong> SOAP Note Two (Ankle and Lower Leg)</td>
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<td>September 24</td>
<td><strong>Read</strong> Chapter 9: Ankle and Leg Pathologies (SB)/Section 11 (KLVI)/ Ch. 7 (TGB)</td>
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<td>• <strong>Complete &amp; Submit</strong> Injury Presentations</td>
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<td><strong>Written Exam Two</strong></td>
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<td>• Respondus LockDown Browser &amp; Monitor</td>
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<tr>
<td>September 29</td>
<td><strong>Practical Exam One (Chapters 6, 7, 8, &amp; 9)</strong></td>
<td>11:30 PM</td>
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<td>October 1</td>
<td><strong>Read</strong> Chapter 10: Knee Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB)</td>
<td>11:30 PM</td>
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<td>October 6</td>
<td><strong>Read</strong> Chapter 10: Knee Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB)</td>
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<td>October 8</td>
<td><strong>Read</strong> Chapter 10: Knee Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB)</td>
<td>11:30 PM</td>
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<td>October 13</td>
<td><strong>Read</strong> Chapter 11: Patellofemoral Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB)</td>
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<td>October 15</td>
<td><strong>Read</strong> Chapter 11: Patellofemoral Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB)</td>
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<td>October 20</td>
<td><strong>Practical Exam Two (Chapters 10 &amp; 11)</strong></td>
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<td>October 22</td>
<td><strong>Read</strong> Chapter 12: Pelvis and Thigh Pathologies (SB)/Section 9 (KLVI)/Ch. 6 (TGB)</td>
<td>11:30 PM</td>
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</table>
| October 27 | **Read** Chapter 12: Pelvis and Thigh Pathologies (SB)/Section 9 (KLVI)/Ch. 6 (TGB)  
  - **Complete & Submit** Injury assignment presentations | 11:30 PM                | **Submit** Journal 10  
  - **Complete & Submit** SOAP Note Four (Pelvis and Thigh)  
  - **Complete & Submit** Pelvis & Thigh Palpations |
| October 29 | **Read** Chapter 13: Lumbosacral Pathologies (SB)/Section 7 and 8 (KLVI)/Ch. 4 (TGB) | 11:30 PM                | **Complete & Submit** Pelvis & Thigh Special Tests                                           |
| November 3 | **Read** Chapter 13: Lumbosacral Pathologies (SB)/Section 7 and 8 (KLVI)/Ch. 4 (TGB) | 11:30 PM                | **Complete & Submit** Lumbosacral Palpations  
  - **Submit** Journal 11 |
| November 5 | **Read** Chapter 13: Lumbosacral Pathologies (SB)/Section 7 and 8 (KLVI)/Ch. 4 (TGB)  
  - **Complete & Submit** Injury assignment presentations | 11:30 PM                | **Complete & Submit** SOAP Note Five (Lumbar and Sacral Spine)  
  - **Complete & Submit** Lumbosacral Special Tests |
| November 10 | **Practical Exam Three (Chapters 12 and 13)**  
  - Practical exams will begin at 7 am in the morning. Please plan accordingly | 11:30 PM                | **Written Exam Four**  
  - Online Only  
  - Respondus LockDown Browser & Monitor  
  - 1 attempt  
  - Covers Chapters 12 and 13  
  - Open November 10 at 6 AM  
  - Closes November 13 at 11:30 PM  
  - Under “Examinations” tab  
  - **Complete & Submit** Journal 12 |
| November 12 | **Lower Neurological Screen Practical examination**  
  - Practical exams will begin at 7 am in the morning. Please plan accordingly | 11:30 PM                |                                                                                                 |
| November 17 | **Final Practical examination (Injury Evaluation)**  
  - Practical exams will begin at 7 am in the morning. Please plan accordingly | 11:30 PM                | **Submit** Journal 13                                                                 |
| November 19 | **Final Practical examination (Injury Evaluation)** | 11:30 PM                |                                                                                                 |
- **Practical exams will begin at 7 am in the morning. Please plan accordingly**

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<tr>
<th>Date</th>
<th>Exam Type</th>
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<tbody>
<tr>
<td>November 21</td>
<td>Final Exam</td>
<td>Due by 11:30 PM</td>
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<td>- Browser &amp; Monitor</td>
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i https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php

ii https://www.angelo.edu/services/disability-services/

iii https://www.angelo.edu/content/files/14197-op-1011-grading-procedures

iv https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php

v https://www.angelo.edu/dept/writing_center/academic_honesty.php

vi https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of

vii https://www.angelo.edu/student-handbook/

viii https://www.angelo.edu/catalogs/