AT 6405
Physical Examination, Diagnosis & Management of Injuries I (Lower Evaluation)
FALL 2021  MWT 2:00pm-5:00pm

Instructor: Chelsea Procter-Willman, MS, LAT, ATC
Email: cprocter@angelo.edu
Phone: 325-456-6423
Office: Archer Building 222D
Office Hours: WF 10am-12pm or by appointment only

Course Information

Course Description
Athletic training students learn the process of clinical examination, diagnosis and management of musculoskeletal injuries to the lower extremities, lumbar spine and abdomen.

Course Credits
(3-2-0)

Prerequisite and Co-requisite Courses
Must be admitted into the Entry-Level MAT
## Student Learning Outcomes

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignment(s) or activity(ies) validating outcome achievement</th>
<th>CAATE Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incorporate patient education and self-care programs to engage patients and their families and friends to participate in their care and recovery.</td>
<td>Lectures, quizzes, exams, &amp; assignments</td>
<td>PCC-58</td>
</tr>
</tbody>
</table>
| Develop a care plan for each patient. The care plan includes (but is not limited to) the following:  
  - Assessment of the patient on an ongoing basis and adjustment of care accordingly  
  - Collection, analysis, and use of patient-reported and clinician-rated outcome measures to improve patient care  
  - Consideration of the patient’s goals and level of function in treatment decisions  
  - Discharge of the patient when goals are met or the patient is no longer making progress  
  Referral when warranted | Lectures, quizzes, exams, & assignments | PCL 69.1-69.5 |
| Evaluate and manage patients with acute conditions, including triaging conditions that are life threatening or otherwise emergent. These include (but are not limited to) the following conditions:  
  - Other musculoskeletal injuries | Lectures, quizzes, exams, & assignments | PCL 70.14 |
| Perform an examination to formulate a diagnosis and plan of care for patients with health conditions commonly seen in athletic training practice. This exam includes the following:  
  - Obtaining a medical history from the patient or other individual  
  - Identifying comorbidities and patients with complex medical conditions  
  - Assessing function (including gait)  
  - Selecting and using tests and measures that assess the following, as relevant to the patient’s clinical presentation:  
    - Musculoskeletal system  
    - Neurological system  
  Evaluating all results to determine a plan of care, including referral to the appropriate provider when indicated | Lectures, quizzes, exams, & assignments | PCL 71.1-71.3; PCL 71.4, 4i, 4h; PCL 71.5 |
| Evaluate and treat a patient who has sustained a concussion or other brain injury, with consideration of established guidelines:  
  - Re-examination of the patient on an ongoing basis  
  Referral to the appropriate provider when indicated | Lectures, quizzes, exams, & assignments | PCL-76.2 & 76.6 |
| Develop and implement strategies to mitigate the risk for long-term health conditions across the lifespan. These include (but are not limited to) the following conditions:  
  - Osteoarthritis | Lectures, quizzes, exams, practicals & assignments | PHP-79.6 |
Course Delivery

Examples:
This is a face-to-face class and has many hands on attributes. Students are expected to come to class prepared each day and participate in both lecture and lab components. Learning resources and supplemental materials will be posted in Blackboard.

Required Texts and Materials

Recommended Texts and Materials

Technology Requirements
To successfully complete this course, students need access to the following technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- 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

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.

Grading
This course is graded strictly on points NOT percentages. The amount of points you earn determines your grade in the course. I DO NOT ROUND UP GRADES at the end of the semester. It is your responsibility to keep track of the total course points you have accumulated and take advantage of the bonus points available in the course.
Evaluation and Grades
Course grades will be determined as indicated in the table below.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Percent/Points of Total Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Lab Practicals (150 pts each)</td>
<td>300</td>
</tr>
<tr>
<td>3 Exams (100 pts each)</td>
<td>300</td>
</tr>
<tr>
<td>1 Final Comprehensive Exam</td>
<td>200</td>
</tr>
<tr>
<td>Clinical Questions and Literature Reviews (x4; 50pts)</td>
<td>200</td>
</tr>
<tr>
<td>Online Quizzes (10)</td>
<td>100</td>
</tr>
<tr>
<td>Injury Presentations (x6; 16.5pts each)</td>
<td>100</td>
</tr>
<tr>
<td>SOAP Notes (x4; 25pts each)</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1,300</strong></td>
</tr>
</tbody>
</table>

Grading System
Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

- **A** = 1300-1170 points
- **B** = 1169.99-1040 points
- **C** = 1039.99-910 points
- **D** = 909.99-780 points
- **F** = 789.99-0 points

Teaching Strategies
Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (beyond the materials and lectures presented in the course) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.
Assignment and Activity Descriptions

*Please note: Rubrics for all assignments and activities are located at the end of this syllabus.

**Online Quizzes: 10 quizzes worth 10 points each.**
Online quizzes are intended to test your knowledge on content that is covered in class. You will have two attempts on each quiz, with the highest grade being recorded. No make-up attempts or late attempts will be accepted.

**Lab Practicals: 2 Practicals worth 150 points each**
Each lab practice is designed to test your clinical, hands-on skills. Random skills that have been covered up to that point in the semester will be tested.

**Clinical Questions and Literature Review: x4; 50pts each**
The first clinical question will be a completion grade to serve as an example of expectations for the remaining three. Instructions for these will be covered in class. Each clinical question will have an associated literature review and students will summarize their findings.

**Soap Notes x 4; 25pts each**
Students will pick 4 injuries throughout the semester and create a comprehensive SOAP note for each injury. A SOAP note template is available on BlackBoard.

**Injury Presentations: x6; 16.5pts each**
Students will pick from various musculoskeletal issues and will present on their various Clinical Findings. The presentation should include the following information:
Each presentation should take approx. 3-5 minutes to complete.

**Assignment Submission**
All assignments MUST be submitted through the Assignments link in 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 cprocter@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 in Blackboard. 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
Late work will not be accepted unless you have received permission from the instructor prior to the due date. If you miss an assignment due to an unexcused absence, you are out of luck. Show up for class!

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

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 to 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 Student Disability Services website. The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
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.
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assignment</th>
<th>LAB</th>
<th>Ch.</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/18</td>
<td>Syllabus and Course Expectations</td>
<td>Injury Pathology Nomenclature Online Lecture</td>
<td>Examination Process</td>
<td>Ch. 1</td>
</tr>
<tr>
<td></td>
<td>BOC Practice Analysis: Domain 2</td>
<td>Online Quiz #1 (due Tuesday by 11:59pm)</td>
<td>Acute Care Clinical Decision Making</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pico Questions/ Lit. Search</td>
<td></td>
<td>Foot/Toes ROM/Goniometry</td>
<td></td>
</tr>
<tr>
<td>10/20</td>
<td>Foot and Toes</td>
<td>Nomenclature Presentations</td>
<td>Foot/Toes MMT &amp; Selective Testing</td>
<td>Ch. 4 &amp; 8</td>
</tr>
<tr>
<td>10/21</td>
<td>Foot and Toes</td>
<td>3 Clinical Questions and Literature Search</td>
<td>Review/ Begin Ankle/Lower Leg</td>
<td>Ch. 8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Online Quiz #2 (due Friday by 11:59pm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10/25</td>
<td>Ankle/Lower Leg/Ankle</td>
<td>Foot/Toes Presentations</td>
<td>Ankle/Lower Leg ROM/Goniometry/ MMT</td>
<td>Ch. 9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Online Quiz #3</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Foot/Toes SOAP Note</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10/27</td>
<td>Ankle/Lower Leg</td>
<td>Clinical Question and Literature Search #1</td>
<td>Ankle/Lower Leg Selective Testing</td>
<td>Ch. 9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Online Quiz #4</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ankle/Lower Leg Presentations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10/28</td>
<td><strong>Exam #1</strong></td>
<td>Ankle/Lower Leg SOAP Note</td>
<td>Begin Knee</td>
<td>Ch. 1, 4, 8, 9</td>
</tr>
<tr>
<td>11/1</td>
<td>Knee</td>
<td>Online Quiz #5</td>
<td>Knee ROM/Goniometry/MMT</td>
<td>Ch. 10</td>
</tr>
<tr>
<td>11/3</td>
<td>Knee /Patellofemoral Joint</td>
<td>Knee Presentations</td>
<td>Knee and Patellofemoral Selective Testing</td>
<td>Ch. 10 &amp; 11</td>
</tr>
<tr>
<td>11/4</td>
<td>Patellofemoral Joint</td>
<td>Patellofemoral Presentations</td>
<td>Review for Practical #1</td>
<td>Ch. 11</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Online Quiz #6 (due Friday by 11:59pm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11/8</td>
<td><strong>Practical Exam #1</strong></td>
<td>Knee/Patellofemoral SOAP Note</td>
<td></td>
<td>Ch. 8, 9, 10, 11</td>
</tr>
<tr>
<td>11/10</td>
<td>Pelvis &amp; Thigh</td>
<td>Clinical Question and Literature Search #2</td>
<td>Pelvis/Thigh ROM/Goniometry</td>
<td>Ch. 12</td>
</tr>
<tr>
<td>11/11</td>
<td>Pelvis &amp; Thigh</td>
<td>Pelvis/Thigh Presentations</td>
<td>Pelvis/Thigh MMT/ Selective Testing</td>
<td>Ch. 12</td>
</tr>
<tr>
<td>11/15</td>
<td>Pelvis &amp; Thigh</td>
<td>Online Quiz #7</td>
<td>Pelvis/Thigh Review</td>
<td>Ch. 12</td>
</tr>
<tr>
<td>11/17</td>
<td><strong>Exam #2</strong></td>
<td></td>
<td>Lumbosacral/ Thoracic ROM/Goniometry</td>
<td>Ch. 10-12</td>
</tr>
<tr>
<td>Date</td>
<td>Topic</td>
<td>Assignment</td>
<td>LAB</td>
<td>Ch.</td>
</tr>
<tr>
<td>---------</td>
<td>--------------------------------------------</td>
<td>------------------------------------------------------</td>
<td>------------------------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>11/18</td>
<td>Lumbosacral &amp; Thoracic Spine</td>
<td>Online Quiz #8 (due Friday by 11:59pm)</td>
<td>Lumbosacral/ Thoracic MMT/ Selective Testing</td>
<td>Ch. 13 &amp; 14</td>
</tr>
<tr>
<td>11/22</td>
<td>Lumbosacral &amp; Thoracic Spine</td>
<td>Lumbosacral &amp; Thoracic Presentations</td>
<td>Review for Practical #2</td>
<td>Ch. 13 &amp; 14</td>
</tr>
<tr>
<td>11/24</td>
<td>Practical #2</td>
<td>Pelvis/Thigh/Lumbosacral/ Thoracic SOAP Note</td>
<td></td>
<td>Ch. 12-14</td>
</tr>
<tr>
<td>11/25</td>
<td>Thanksgiving Break; NO CLASS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11/29</td>
<td>Posture Assessments</td>
<td>Clinical Question and Literature Search #3</td>
<td>Posture Lab</td>
<td>Ch. 6</td>
</tr>
<tr>
<td>12/1</td>
<td>Gait</td>
<td>Online Quiz #10</td>
<td>Gait Lab Review</td>
<td>Ch. 7</td>
</tr>
<tr>
<td>12/2</td>
<td>Exam #3</td>
<td></td>
<td></td>
<td>Ch. 13, 14, 6, 7</td>
</tr>
<tr>
<td>12/6</td>
<td>Final Exam 3:30-5:30</td>
<td><em>Comprehensive</em></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Injury Presentation Rubric

**Name_________________**

**Injury_____________________________**

## Criteria

<table>
<thead>
<tr>
<th>Criteria</th>
<th>0 Points</th>
<th>1.5 Points</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>History of Condition</td>
<td>Missing more than 2 content areas.</td>
<td>Onset, Pain Characteristics, Other symptoms, Mechanism, and Risk Factors all addressed</td>
<td></td>
</tr>
<tr>
<td>Functional Assessment</td>
<td>Not Included</td>
<td>Included</td>
<td></td>
</tr>
<tr>
<td>Inspection</td>
<td>Not Included</td>
<td>Included</td>
<td></td>
</tr>
<tr>
<td>Palpation</td>
<td>Not Included</td>
<td>Included</td>
<td></td>
</tr>
<tr>
<td>Joint and Muscle Functional Assessment</td>
<td>Missing 1 content area</td>
<td>AROM, MMT, and PROM all addressed</td>
<td></td>
</tr>
<tr>
<td>Joint Stability Tests</td>
<td>Missing 1 content area</td>
<td>Stress Test and Joint Play addressed</td>
<td></td>
</tr>
<tr>
<td>Selective Tissue Tests</td>
<td>Not Included</td>
<td>Included</td>
<td></td>
</tr>
<tr>
<td>Neurological &amp; Vascular Screening</td>
<td>Not Included</td>
<td>Included</td>
<td></td>
</tr>
<tr>
<td>Imaging Techniques</td>
<td>Not Included</td>
<td>Included</td>
<td></td>
</tr>
<tr>
<td>Differential Diagnosis</td>
<td>Not Included</td>
<td>Included</td>
<td></td>
</tr>
</tbody>
</table>

## Criteria

<table>
<thead>
<tr>
<th>Criteria</th>
<th>0 Points</th>
<th>1.5 Points</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Additional Comments &amp; Questions</td>
<td>Not Included; Unable to answer questions pertaining to injury</td>
<td>Included; able to provide sufficient answers to questions pertaining to injury</td>
<td></td>
</tr>
</tbody>
</table>

**Total**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Notes:

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
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.

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Developing knowledge and understanding of diverse perspectives, global awareness, or other cultures
3. Learning to apply course material (to improve thinking, problem solving, and decisions)
4. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
5. Acquiring skills in working with others as a member of a team
6. Developing skill in expressing oneself orally or in writing
7. Learning how to find, evaluate, and use resources to explore a topic in depth
8. Developing ethical reasoning and/or ethical decision making
9. Learning to apply knowledge and skills to benefit others or serve the public good

End of Syllabus

1. https://blackboard.angelo.edu
3. https://www.angelo.edu/catalogs/
5. https://www.angelo.edu/services/disability-services/
6. https://www.angelo.edu/content/files/14197-op-1011-grading-procedures
9. https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of