

Assessment of the Lower Extremity

KIN 3345

Instructor: Sherry Ann Miller, ATC, LAT

Term: Fall 2021

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:

1. Examination of Orthopedic and Athletic Injuries, 4th. ed. Chad Starkey and Sara D. Brown, FA Davis, 2015.
2. Special Tests for Orthopedic Examination, 4th ed., Jeff G. Konin, Denise Lebsack, Alison R. Snyder Valier, and Jerome A. Isear, Jr, SLACK, 2016.
3. Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination, 10th ed., Hislop and Montgomery, W.B. Saunders, 2018.
4. Trail Guide to the Body, 6th ed. Andrew Biel, Books of Discovery, 2019.

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, develop, and demonstrate commonly accepted techniques and procedures for an evaluation and/or assessment of the common injuries/illness that are incurred by athletes and others involved in physical activity. These include but are not limited to history; inspection or observation; palpation; functional and/or orthopedic testing (range of motion, ligamentous or capsular stress, manual muscle, sensory, motor, reflex, and neurological), and special evaluation techniques.
2. Discuss and generate the HOPS/SOAP format for evaluations.
3. Discuss diagnostic testing techniques used for the injured athlete and/or others engaged in physical activity.
4. Identify the major anatomical and functional structures of specific joints/areas.
5. Summarize, discuss, and present the etiology, signs, symptoms, and pathology of injuries to specific joints/areas related to the lower extremity.
6. Identify and 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 and devise an evaluation process for injuries and illnesses pertaining to the lower extremity in an active population.
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, blood/lymph system, sexually transmitted disease, and reproductive system.

Course Delivery:

This is “face to face” or “in person” 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.](#)ⁱ

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.](#)ⁱⁱ 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](#)ⁱⁱⁱ for more information.

Plagiarism:

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)^{iv} 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](#).^v

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](#)^{vi} 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 Miller, 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.miller@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](#)^{vii}
- [Angelo State University Catalog](#)^{viii}

Student Responsibility and Attendance:

This course is an “in person” 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 material is for your information:

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 “COVID-19 Reporting Form” found on the ASU website if you experience any of the above symptoms before coming to campus.
2. Face coverings are optional on campus and in class.
3. On days you will be engaged in “hands on activities”, you will be provided a pair of gloves to perform such activities.

- 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:

- 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

In 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](#).

Safety Standards in Class at Angelo State University

- Students, faculty and staff are required to complete the wellness check only if they are experiencing symptoms.
- Masks are optional everywhere on campus.
- Washing hands is highly encouraged to prevent spread of all germs.
- Students who do not pass the wellness check should contact their instructors, just as they would for any illness.

Course Requirements:

- Three (3) Practical Examinations at 125 points each - total 375 points
Each exam will be in the format of oral response and demonstration of skill.
- Final practical exam at 125 points.
Each exam will be in the format of oral response and demonstration of skill.
- Four (4) Written examinations at a total of 450 points
Each exam will be in the format of multiple choice, true/false, matching, fill in the blank, short answer, oral response, demonstration of skill, and essay.
- Final written examination 150 points
Each exam will be in the format of multiple choice, true/false, matching, fill in the blank, short answer, oral response, demonstration of skill, and essay.
- Five (5) Soap notes at 25 points each. Total points – 125. 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.}
 - One SOAP Note due in each category:
 - Foot
 - Ankle & Lower Leg
 - Knee
 - Pelvis & Thigh
 - Lumbar & Sacral Spine

SOAP Note	Points
Subjective	7 points
Objective	13 points
Assessment	3 points
Plan	2 points

- Injury assignments and presentations at 35 points each for 140 points total.

- 7. Neurologic Screen – 17 points
- 8. In class assignments – 60 points
- 9. Chapter Outlines – 11 at 5 points each for 55 points total.
- 10. Vocabulary Note Cards: 320 vocabulary terms at one half a point for a total of 160 points

Grading is based off total points falling within a grading range: total points possible – 1657 points. This is not percentage points, and your grade will not be “round up”.

Letter Grade	Point Ranges
A	1491.3 - 1657
B	1325.6 – 1491.299
C	1159.9 – 1325.599
D	994.2 – 1159.899
F	828.5 – 994.199

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 withdraw 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.

10. Clinical Hours – 100 points

Clinical Hours:	Point value
240-300 hours	100
165-239 hours	70
105-164 hours	40
45-104 hours	10
0-44 hours	0

11. Clinical Skill Assessments: 5 @ 40 points each. 200 points total. It is required that you pass 80% of the skill assessment in order to progress to the next assessment.

Clinical Skill Assessment:	Point value
90-100% of assessment correct	40
80-89.99% of assessment correct	20
70-79.99% of assessment correct	5
69.99% and below of assessment correct	0

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.

Grading range for athletic training specialization students – total points possible are 1957 points. This is not percentage points, and your grade will not be “round up”.

Letter Grade	Point Ranges
A	1761.3 - 1957
B	1565.6 – 1761.299
C	1369.9 – 1565.599
D	1174.2 – 1369.899
F	978.5 – 1174.199

All athletic training specialization students must pass the course with a “C” or better in order to progress to the next course.

All athletic training specialization students must make an “80%” or better on all skill assessments in order to be certified to take the Texas State Licensure (LAT) Examination.

Tentative Daily Schedule:

Evaluation Book = (SB)	Muscle Testing Book = (HM)
Anatomy Workbook = (TGB)	Special Tests Book = (KLVI)

Date:	Topic/In Class	Assignments/Exams/Due dates:
August 24	First Day of Classes <ul style="list-style-type: none"> • Orientation of Class • Syllabus • Course expectations 	Due by 10:00 PM <ul style="list-style-type: none"> • Review Syllabus and mark on Blackboard
August 26	Read Chapter 1: The Examination Process (SB); Review PPT for Ch. 1 In Class: Lecture – Chapter 1 <ul style="list-style-type: none"> • Complete & Submit Vocabulary Note cards for Ch. 1. Due in class before class starts. 	
August 31	Read Chapter 2: Examination and Management of Acute Conditions (SB); Review PPT for Ch. 2 In Class: Lecture – Chapter 2 <ul style="list-style-type: none"> • Complete & Submit Vocabulary Note cards for Ch. 2. Due in class before class starts. 	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Chapter Outline for Ch. 1.
September 2	In Class: Performance and discussion of Assessment Techniques	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Chapter Outline for Ch. 2.
September 7	Read Chapter 4: Injury Pathology Nomenclature (SB); Review PPT for Ch. 4 In Class: Lecture – Chapter 4 <ul style="list-style-type: none"> • Complete & Submit Vocabulary Note cards for Ch. 4. Due in class before class starts. 	
September 9	Read Chapter 6: Assessment of Posture (SB); Review PPT Ch. 6 In Class: Lecture – Chapter 6 <ul style="list-style-type: none"> • Complete & Submit Vocabulary Note cards for Ch. 6. Due in class before class starts. 	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Chapter Outline for Ch. 4.
September 14	Read Chapter 7: Evaluation of Gait (SB); Review PPT Ch. 7 In Class: Lecture – Chapter 7 <ul style="list-style-type: none"> • Complete & Submit Vocabulary Note cards for Ch. 7. Due in class before class starts. 	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Chapter Outline for Ch. 6.
September 16	Read over an Assessment of Posture and Gait In Class: Perform an Assessment of Posture and Gait Lab	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Chapter Outline for Ch. 7.

Date:	Topic/In Class	Assignments/Exams/Due dates:
September 21	<p>Read Chapter 8: Foot and Toe Pathologies (SB)/Section 11 (KLVI)/Ch. 7 (TGB); Review PPT for Ch. 8</p> <p>In Class: Lecture and guided practice</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Written Exam One <ul style="list-style-type: none"> ❖ Online only ❖ Respondus LockDown Browser & Monitor ❖ 1 attempt ❖ Covers Chapters 1, 2, 4, 6, & 7 ❖ Opens September 21 at 6 AM ❖ Closes September 23 at 10 PM ❖ Under the “Examinations” tab
September 23	<p>Read Chapter 8: Foot and Toe Pathologies (SB)/Section 11 (KLVI)/Ch. 7 (TGB); Review PPT for Ch. 8</p> <p>In Class: Guided practice</p> <ul style="list-style-type: none"> • Complete & Submit Vocabulary Note cards for Ch. 8. Due in class before class starts. 	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit SOAP Note One (Foot) • Complete & Submit Foot & Toe Palpations
September 28	<p>Read Chapter 9: Ankle and Leg Pathologies (SB)/Section 11 (KLVI)/ Ch. 7 (TGB); Review PPT for Ch. 9</p> <p>In Class: Lecture and guided practice</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Foot & Toe Special Tests • Complete & Submit Chapter Outline for Ch. 8.
September 30	<p>Read Chapter 9: Ankle and Leg Pathologies (SB)/Section 11 (KLVI)/ Ch. 7 (TGB); Review PPT for Ch. 9</p> <p>In Class: Guided practice</p> <ul style="list-style-type: none"> • Complete & Submit Vocabulary Note cards for Ch. 9. Due in class before class starts. 	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit SOAP Note Two (Ankle and Lower Leg) • Complete & Submit Ankle Palpations • Complete & Submit Chapter Outline for Ch. 9
October 5	<p>Read Chapter 9: Ankle and Leg Pathologies (SB)/Section 11 (KLVI)/ Ch. 7 (TGB); Review PPT for Ch. 9</p> <p>In Class:</p> <ul style="list-style-type: none"> • Complete & Submit Injury Presentations 	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ankle Special Tests • Written Exam Two <ul style="list-style-type: none"> ❖ Online Only ❖ Respondus LockDown Browser & Monitor ❖ 1 attempt ❖ Covers Chapters 8 and 9 ❖ Opens October 5 at 6 AM ❖ Closes October 7 at 10 PM ❖ Under “Examinations” tab
October 7	<p>Practical Exam One (Chapters 6, 7, 8, & 9)</p> <ul style="list-style-type: none"> • <i>Practical exams will begin at 7 am in the morning. Please plan accordingly</i> 	

Date:	Topic/In Class	Assignments/Exams/Due dates:
October 12	Read Chapter 10: Knee Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB); Review PPT for Ch. 10 In Class: Lecture and guided practice <ul style="list-style-type: none"> • Complete & Submit Vocabulary Note cards for Ch. 10. Due in class before class starts. 	
October 14	Read Chapter 10: Knee Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB); Review PPT for Ch. 10 In Class: Guided practice	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Chapter Outline for Ch. 10 • Complete & Submit Knee Palpations
October 19	Read Chapter 10: Knee Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB); Review PPT for Ch. 10 In Class: Guided practice <ul style="list-style-type: none"> • Complete & Submit Vocabulary Note cards for Ch. 11. Due in class before class starts. 	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit SOAP Note Three (Knee) • Complete & Submit Knee Special Tests
October 21	Read Chapter 11: Patellofemoral Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB); Review PPT for Ch. 11 In Class: Lecture and guided practice	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Chapter Outline for Ch. 11
October 26	Read Chapter 11: Patellofemoral Pathologies (SB)/Section 10 (KLVI)/ Ch. 7 (TGB); Review PPT for Ch. 11 In Class: <ul style="list-style-type: none"> • Complete & Submit Injury Assignment presentations 	Due by 10:00 PM <ul style="list-style-type: none"> • Written Exam Three <ul style="list-style-type: none"> ❖ Online Only ❖ Respondus LockDown Browser & Monitor ❖ 1 attempt ❖ Covers Chapters 10 & 11 ❖ Opens October 26 at 6 AM ❖ Closes October 28 at 10 PM ❖ Under "Examinations" tab
October 28	Practical Exam Two (Chapters 10 & 11) <ul style="list-style-type: none"> • <i>Practical exams will begin at 7 am in the morning. Please plan accordingly</i> 	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Patellofemoral Palpations & Special Tests
November 2	Read Chapter 12: Pelvis and Thigh Pathologies (SB)/Section 9 (KLVI)/Ch. 6 (TGB); Review PPT for Ch. 12 In Class: Lecture and guided practice <ul style="list-style-type: none"> • Complete & Submit Vocabulary Note cards for Ch. 12. Due in class before class starts. 	
November 4	Read Chapter 12: Pelvis and Thigh Pathologies (SB)/Section 9 (KLVI)/Ch. 6 (TGB); Review PPT for Ch. 12 In Class: <ul style="list-style-type: none"> • Complete & Submit Injury assignment presentations 	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Chapter Outline for Ch. 12 • Complete & Submit SOAP Note Four (Pelvis and Thigh) • Complete & Submit Pelvis & Thigh Palpations

Date:	Topic/In Class	Assignments/Exams/Due dates:
November 9	<p>Read Chapter 13: Lumbosacral Pathologies (SB)/Section 7 and 8 (KLVI)/Ch. 4 (TGB); Review PPT for Ch. 13</p> <p>In Class: Lecture and guided practice</p> <ul style="list-style-type: none"> • Complete & Submit Vocabulary Note cards for Ch. 13. Due in class before class starts. 	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Pelvis & Thigh Special Tests
November 11	<p>Read Chapter 13: Lumbosacral Pathologies (SB)/Section 7 and 8 (KLVI)/Ch. 4 (TGB); Review PPT for Ch. 13</p> <p>In Class: Guided practice</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Lumbosacral Palpations • Complete & Submit Chapter Outline for Ch. 13.
November 16	<p>Read Chapter 13: Lumbosacral Pathologies (SB)/Section 7 and 8 (KLVI)/Ch. 4 (TGB); Review PPT for Ch. 13</p> <p>In Class:</p> <ul style="list-style-type: none"> • Complete & Submit Injury assignment presentations 	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit SOAP Note Five (Lumbar and Sacral Spine) • Complete & Submit Lumbosacral Special Tests
November 18	<p>Practical Exam Three (Chapters 12 and 13)</p> <ul style="list-style-type: none"> • <i>Practical exams will begin at 7 am in the morning. Please plan accordingly</i> 	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Written Exam Four <ul style="list-style-type: none"> ❖ Online Only ❖ Respondus LockDown Browser & Monitor ❖ 1 attempt ❖ Covers Chapters 12 and 13 ❖ Open November 18 at 6 AM ❖ Closes November 20 at 10 PM ❖ Under “Examinations” tab
November 23	<p>Lower Neurological Screen Practical examination</p> <ul style="list-style-type: none"> • <i>Practical exams will begin at 7 am in the morning. Please plan accordingly</i> 	
November 25	<p>University Holiday (Thanksgiving Holiday) No class</p>	
November 30	<p>Final Practical examination (Injury Evaluation)</p> <ul style="list-style-type: none"> • <i>Practical exams will begin at 7 am in the morning. Please plan accordingly</i> 	
December 2	<p>Final Practical examination (Injury Evaluation)</p> <ul style="list-style-type: none"> • <i>Practical exams will begin at 7 am in the morning. Please plan accordingly</i> 	

Date:	Topic/In Class	Assignments/Exams/Due dates:
December 7	Final Exam	Due by 12:00 PM (noon) <ul style="list-style-type: none">• Opens by 6 AM• Closes by 12 PM (noon)• Comprehensive• 1 attempt• Respondus LockDown Browser & Monitor• Under the "Examinations" tab

Vocabulary Note Cards

This assignment is to facilitate your knowledge about terminology used in athletic training/sports medicine/health and medical professions. You will be assigned terms from each chapter in all of the textbooks that are required for this course. You will find a section on your Blackboard page with each chapter, from each textbook, terms, and the due date. You will submit your cards to me by the due date before class starts. You will need to pick up your cards as soon as I can grade them.

Guidelines:

1. Print term on one side of card.
2. Write out a definition and/or an explanation of the term on the opposite side. You need to draw a diagram and/or a picture with the definition and/or explanation.
3. Resources: please use a medical dictionary, the glossary in your textbook, and/or the definition and/or explanation from the text.
4. Please use 3x5 or 4x6 note cards. Do not use pieces for notebook paper, paper from a spiral notebook, and/or printer paper. Please do not use electronic note cards or flash cards. I want you to have your note cards with you to study at all times.

Grading:

There is a total of 320 terms for the entire course. Each note card is worth one half of a point (.5). Total point value is 160. You will receive points for the correct term and definition/explanation.

Vocabulary Note Cards:

Chapter:	Due Date:
Chapter 1	August 26, 2021
Chapter 2	August 31, 2021
Chapter 4	September 7, 2021
Chapter 6	September 9, 2021
Chapter 7	September 14, 2021
Chapter 8	September 23, 2021
Chapter 9	September 30, 2021
Chapter 10	October 12, 2021
Chapter 11	October 19, 2021
Chapter 12	November 2, 2021
Chapter 13	November 9, 2021

Chapter Outlines

There are many ways to do an outline. An example is at the end of this document. It is attached so that you may use all or part to create your outline for the chapters in Examination of Orthopedic and Athletic Injuries.

This assignment is for 5 points. Points will be awarded for each chapter outline that contains the following content:

Content:	Format:
1. Flow of outline is logical and easy to comprehend. (One point)	1. Cover Page, reference page, and APA format for documentation. A minimal of 3 pages and typed. (One point)
2. It appears that you have included the major points of the chapter. (One point)	2. 1-inch margins; Arial font; 12 point, and single spaced. Correct use of grammar, spelling, sentence structure, and syntax. (One point)
3. Terminology, graphs, pictures, and/or tables are included. (One point)	

The following chapters are due:

Chapters	Due date:
Chapters 1	August 31, 2021
Chapter 2	September 2, 2021
Chapter 4	September 9, 2021
Chapter 6	September 14, 2021
Chapter 7	September 16, 2021
Chapter 8	September 28, 2021
Chapters 9	September 30, 2021
Chapter 10	October 14, 2021
Chapter 11	October 21, 2021
Chapter 12	November 4, 2021
Chapter 13	November 11, 2021

Example of An Outline Format:

Standard Outline Format

Purpose: The purpose of an outline is to identify the most important ideas in one or more chapters of a textbook and organize them according to their importance.

- I. Roman Numerals are used to identify the biggest and most important ideas. If you are outlining more than one chapter, then you will usually use roman numerals to identify the chapter titles. If you are only outlining one chapter then you will use roman numerals to identify section headings.
 - A. Main Ideas are identified by capital letters. In the textbook that we use the main ideas are all in red bold letters. Every time you see a heading that is big and red you will write it down with a capital letter to the left of it.
 1. sub-headings are smaller parts of a main idea. They are identified by numbers. In our text book, most subheadings are green. Sometimes, however, there aren't any subheadings. In that case you will write the first sentence of a paragraph as a subheading.
 - a. supporting details are usually examples, proper nouns or numbers. They are identified by lower case letters.
 - b. supporting detail
 - c. supporting detail
 2. sub-heading
 - a.
 - b.
 - B. Main Idea
 1. sub-heading
 - a. supporting detail
 - b. supporting detail

The above explanation was done in outline format. You will notice that every time there is an idea that is a part of a larger one, the smaller idea is indented. The use of roman numerals, capital letters, numbers and lowercase letters will vary depending on the length of the section or paragraph.

Skill Assessment Guidelines and Rules:

Skill Assessments need to be completed in the following manner. Assessments are not optional.

- Due by the assigned due date.
- Peer checked at least 24 hours prior to preceptor check.
- Must schedule an approved time with your preceptor to complete your skill assessment [up to preceptor's discretion (i.e. 24 hours prior, 1 week in advance, etc.)]
- Must score an 80% or better on ALL skill assessments in ALL athletic training related courses in order to be certified to take your LAT exam.
- Must make an 80% or better on first attempt of a skill assessment with your preceptor. Points for the class will be awarded based on the grading scales below.
- If you score below an 80% on the first attempt:
 - ❖ You are required to re-do that skill assessment with your preceptor for a second attempt within 1 week from the assigned due date for a maximum of 20 points in the class.
 - ❖ A first attempt must be made by the assigned due date in order to perform a second attempt.
- If a first attempt is not made by the assigned due date, you will receive 0 points for that skill assessment in the class. (However, you must make an 80% or better to be certified to take your LAT exam. The date and time will be scheduled by your preceptor by the end of the current semester.)

Grading Scale – First Attempt	Point value
90-100%	40
80-89%	20
70-79%	5
69% and below	0

Grading Scale – Second Attempt	Point value
90-100%	20
80-89%	10
79% and below	0

Due Date:	Skill Assessment:
September 16, 2021	Lower extremity Neurological assessment and manual muscle testing
September 28, 2021	Foot and toes
October 5, 2021	Ankle and Lower leg
October 26, 2021	Knee
November 9, 2021	Hip and Pelvis
November 16, 2021	Lumbar and Sacral spine

Professionalism:

You as a student are responsible for your academic career. The Athletic Training Specialization faculty and clinical preceptors expect you to develop certain attributes and qualities as a professional athletic trainer. One attribute is to establish professional goals and develop and foster professional relationships.

In order to reach your goal to become a licensed professional, here are some priorities that must be met:

A. Academic Endeavors

Your courses should be your first priority. Academic endeavors must be pursued rigorously. This means all of your courses. Attending class, supplemental instruction, study hours, and study sessions should be your main focus. For every hour of course work you take, you should spend approximately 3 hours studying. For example – if you have 15 credit hours, you should spend a minimum of 45 hours a week in study and preparation for those courses. You need to be present for all courses no matter if the professor/instructor has an attendance policy or not. If you are ill, please seek medical attention. You will need to provide medical documentation to return to classes and clinical hours.

B. Clinical Experience

Clinical experiences and opportunities should be your second priority. Your clinical hours should be viewed as another learning opportunity and an extension of what you are learning in the classroom. You need to establish professional habits while in the clinical setting. Some of these habits and actions include but are not limited to:

- Dressing appropriately and being in professional work attire
- Actively seeking learning opportunities in the clinical setting
- Being productive in the clinical setting
- Practicing your knowledge, skills, and abilities while in the clinical setting with the guidance of your clinical preceptors
- Developing professional relationships with your clinical preceptors

C. College life

I understand and acknowledge your need to be social and possess healthy relationships with your peers, but this should not be a priority for your entire academic career. Starting this semester, you may study in the athletic training facility from 7 am to 12 pm, but in the afternoons you will no longer will be allowed to study and do homework at the expense of patient care and your athletic training knowledge, skills, and abilities. In other words, “no more sitting at the counter, hiding in the athletic training facility, and/or sitting in your clinical preceptor’s office” to avoid participating in patient care and learning opportunities.

Statement of Acknowledgement:

My signature is my acknowledgement that I have read the syllabus and “Professionalism Statement.”

Signature:

Date:

Please print and return to Sherry Ann Miller by the second course day.

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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/>