KINE 3320
Lower Extremity Evaluation
(3 credit hours)

FALL 2004
TR 8:00-9:20

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KINE 3130 Course Packet. Bird’s Printing.

Competencies in Athletic Training. 3rd Edition NATAEC

Van Ost L. Goniometry: An Interactive Tutorial. SLACK Inc.

Prerequisite: BIOL 2457; admission into the Athletic Training Education Program; or permission of the instructor. Requires concurrent enrollment in KINE 3130 Clinical Practicum II.

Purpose: A study of the common orthopedic/sports-related injuries to the lower extremity, with a special emphasis on recognition, evaluation and initial management.

Course Objectives: See attached Competencies in Athletic Training.
Evaluation:

<table>
<thead>
<tr>
<th>Evaluation Item</th>
<th>Points</th>
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<tbody>
<tr>
<td>Written Exams</td>
<td>100</td>
</tr>
<tr>
<td>TEST 1</td>
<td>100</td>
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<tr>
<td>TEST 2</td>
<td>100</td>
</tr>
<tr>
<td>Comprehensive Final Exam</td>
<td>200</td>
</tr>
<tr>
<td>Quizzes (10 points each)</td>
<td>100</td>
</tr>
<tr>
<td>Computer Simulations (4 @ 20 points)</td>
<td>100</td>
</tr>
<tr>
<td>Worksheets (10 @ 20 points each)</td>
<td>200</td>
</tr>
<tr>
<td>CEUs (5 contact hour minimum)</td>
<td>50</td>
</tr>
<tr>
<td>Cadaver Dissection attendance</td>
<td>25</td>
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<tr>
<td>Notebook</td>
<td>25</td>
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</tbody>
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Grading Scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90%</td>
<td>810-900</td>
</tr>
<tr>
<td>B</td>
<td>80%</td>
<td>720-809</td>
</tr>
<tr>
<td>C</td>
<td>70%</td>
<td>630-719</td>
</tr>
<tr>
<td>D</td>
<td>60%</td>
<td>540-629</td>
</tr>
<tr>
<td>F</td>
<td>&lt; 60%</td>
<td>&lt; 540</td>
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</tbody>
</table>

Notebook:

At the end of the semester, each student is required to turn in his/her course notebook for a grade. The three-ring notebook is expected to be neat and organized with section tabs and a table of contents. The notebook should include lecture notes, articles, handouts, tests, quizzes, and worksheets. When returned, this notebook should be placed in your athletic training portfolio.

Continuing Education Units: (CEUs)

There are a variety of continuing education opportunities offered each semester through the Department of Kinesiology, the Athletic Training Education Program, the Ben Hogan Sports Therapy Institute, and many other sports medicine institutions or organizations. You are expected to obtain a minimum of 5 contact hours of continuing education outside of scheduled class activities. These continuing education hours must be documented on the attached CEU Documentation Form.

Department of Kinesiology and University Academic Policies

Department of Kinesiology – Drop Policy

It is the responsibility of the student to add or drop classes or withdraw from school within the appropriate time frame established by the University Registrar. (The departments are not allowed nor obligated to add or drop students from classes.) Deadlines can be found in the current Schedule of Classes. Deadlines may differ for Graduate Students and Undergraduate Students.

Americans with Disabilities Act

If you require an accommodation based on disability, I would like to meet with you in the privacy of my office the first week of the semester to be sure you are appropriately accommodated.

Grade Grievance Deadline Policy

The student has one calendar year from the date a grade is assigned to initiate a grievance. The normal channels are: Department Chair or Program Director; Academic Dean; and the Provost.
**The Department of Kinesiology Grade Requirement**

As stated in the undergraduate catalog, you are required to earn a “C” or better in ALL Kinesiology and Health courses to maintain your status as a Kinesiology major. Therefore, in the future, you will be required to retake any Kinesiology course in which you earned a “D” or “F”. These classes must be taken at UTA. If a “D” or “F” grade is earned you will need to contact your academic advisor, since you will need permission to continue to take Kinesiology and Health courses until the grade is replaced with a “C” or better grade. If you have any questions regarding this policy, please contact your academic advisor.

**Student Support Services:** The University supports a variety of student success programs to help you connect with the University and achieve academic success. They include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.

**Academic Dishonesty:** Academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form at The University of Texas at Arlington. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University.

“Academic dishonesty includes, but is not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.” (Regents’ Rules and Regulations, Part One, Chapter VI, Section 3, Subsection 3.2, Subdivision 3.22).

**Bomb Threats:** If anyone is tempted to call in a bomb threat, be aware that UTA will attempt to trace the phone call and prosecute all responsible parties. Every effort will be made to avoid cancellation of presentations/tests caused by bomb threats. Unannounced alternate sites will be available for these classes. Your instructor will make you aware of alternate class sites in the event that your classroom is not available.

**Library Information:** Bobbie Stevens Johnson is the Department of Kinesiology Librarian. She can be reached at 817-272-3000, ext. 4985 and by e-mail at Johnson@library.uta.edu. You will find online databases for researching Exercise and Sport Studies at:

http://www.uta.edu/library/mavinfo/sport.html
The following Competencies in Athletic Training will be addressed in this course:

ASSESSMENT AND EVALUATION

Cognitive Domain

1. Demonstrates knowledge of the normal anatomical structures of the human body systems and their physiological functions, including the musculoskeletal (including articulations), nervous (central and peripheral), cardiovascular, respiratory, digestive, urogenital, endocrine, dermatological, reproductive, and special sensory systems.

2. Distinguishes the anatomical and physiological growth and development characteristics of athletic and physically active males and females in the following stages: preadolescent; adolescent; adult; and senior.

4. Lists and defines directional terms and cardinal planes used to describe the body and the relationship of its parts.

5. Defines the principles and concepts of body movement including functional classification of joints, joint biomechanics, normal ranges of joint motion, joint action terminology, muscular structures responsible for joint actions (prime movers, synergists), skeletal muscle contraction, and kinesthesis/propiotception.


7. Describes commonly accepted techniques and procedures for evaluation of the common injuries and illnesses that are incurred by athletes and others involved in physical activity. These techniques and procedures include the following:
   (a) taking a history
   (b) inspection or observation
   (c) palpation
   (d) functional testing (range of motion, ligamentous or capsular stress, manual muscle, sensory, motor, reflex neurological)
   (e) special evaluation techniques (e.g., orthopedic tests, auscultation, percussion)

8. Explains the relationship of injury assessment to the systematic observation of the person as a whole.

9. Demonstrates knowledge of a systematic process that uses the medical or nursing model to obtain a history of an injury or illness that includes, but is not limited to, the mechanism of injury, chief complaint, and previous relevant injuries or illnesses.

13. Describes active, passive, and resisted range-of-motion testing and differentiates the significance of the findings of each test.

14. Explains the role of special tests, testing joint play, and postural examination in injury assessment.

15. Explains how to measure resistive range of motion (or strength) of major muscles using manual muscle testing or break tests.
16. Differentiates the use of diagnostic tests (x-rays, arthograms, MRI, CAT scan, bone scan, ultrasound, myelogram) based on their applicability in the assessment of an injury or illness when prescribed by a physician.

18. Describes the use of basic somatotyping to quantify objective physical characteristics.

20. Describes the etiological factors, signs, symptoms, and management procedures for injuries of the toes, foot, ankle, lower leg, knee, thigh, hip, pelvis, shoulder, upper arm, elbow, forearm, wrist, hand, thumb, fingers, spine, thorax, abdomen, head, and face.

21. Explains how to identify and evaluate various postural deformities.

26. Uses the terminology necessary to communicate the results of an athletic training assessment to physicians and other health professionals.

27. Describes components of medical documentation (e.g., subjective, objective, assessment, plan [SOAP] and history, inspection, palpation, special tests [HIPS])

**Psychomotor Domain**

17. Uses appropriate terminology in the communication and documentation of injuries and illnesses.

**Affective Domain**

1. Appreciates the importance of a systematic assessment process in the management of injuries and illness.

2. Appreciates the importance of documentation of assessment findings and results.

3. Accepts the role of the certified athletic trainer as a primary provider of assessment to the injuries and illnesses of athletes and others involved in physical activity.

4. Recognizes the initial clinical evaluation by the certified athletic trainer as an assessment and screening procedure, rather than as a diagnostic procedure.

5. Appreciates the practical importance of thoroughness in a clinical evaluation.

6. Accepts the professional, ethical, and legal parameters that define the proper role of the certified athletic trainer in the evaluation and appropriate medical referral of injuries and illnesses of athletes and others involved in physical activity.

7. Values the skills and knowledge necessary to competently assess the injuries and illnesses of athletes and others involved in physical activity.