

Department of Kinesiology

ATR 6087L: Evidence Based Orthopedic Assessment of the Lower Extremity Lab

Number of Units: 1

Fall 2020

Point Loma Nazarene University Mission

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

Kinesiology Department Mission

The mission of the Department of Kinesiology is to prepare students to inform, maintain and improve the health, fitness and quality of life of themselves and the people they serve. The department is committed to educating our students and community in the science and benefits of optimal health and human performance; to developing in all students a lifelong habit of living healthfully; and to preparing students for the variety of career opportunities that utilize Kinesiology as a foundation.

Athletic Training Program Mission

The mission of the Athletic Training Program *is to* challenge and fully equip students to become highly effective allied health care professionals and lifelong learners who incorporate a Christian perspective, academic excellence and professional/relational proficiency. Point Loma's athletic training program will consist of extensive laboratory and clinical experiences designed to provide a multifaceted learning experience that incorporates current research and scholarly instruction. The desired outcome of the curriculum is to emphasize an evidence-based approach to healthcare with the integration of Christian faith to produce intellectually and spiritually sound clinicians who are service oriented and focused on providing patient-centered care. Graduates will achieve the entry-level competencies necessary to take and pass the certification examination offered by the **Board of Certification** (BOC).

Course Description

This course addresses evaluation techniques and care for musculoskeletal injuries to the lower extremities for graduate-level athletic training students. The student must integrate knowledge of anatomical structures, physiology principles and evaluative techniques to provide a basis for evidence based critical decision-making in an injury management environment. To be successful in this course, students must synthesize information presented in the lecture and laboratory and apply it to the clinical setting.

Graded assignments (e.g., tests, quizzes, assessment outlines and review of literature paper) will be used to help students identify, recall, synthesize and apply the key concepts in orthopedic assessment of the lower extremity.

Learning Outcomes Of the Class

Students will be able to perform manipulative and motor skills necessary to perform a comprehensive injury evaluation of the musculoskeletal system

Students will be able to interpret the results of the injury evaluation and make appropriate decisions, actions and medical referrals

Students will be able to objectively measure, muscular strength, girth and other measurements as determined for each anatomical structure.

Identify voluntary muscular movement including proximal to distal attachments of muscles, major motions and functions, and peripheral and segmental nerve innervations in the lower extremity, hip, pelvis and lumbar spine.

Demonstrate neurological assessment procedures.

Students will be able to identify indications and contraindications as they relate athletic participation regarding general medical conditions/illnesses and systemic diseases.

Demonstrate techniques and procedures for evaluating common injuries.

Demonstrate neurological assessment procedures

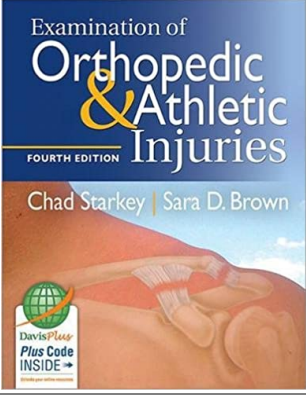
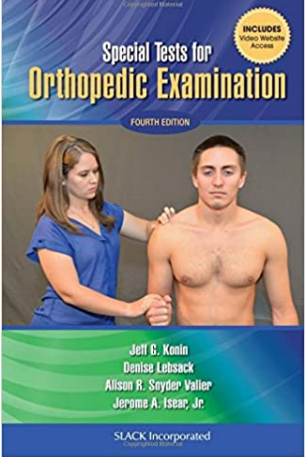
Demonstrate special tests used to evaluate injuries to the lower extremity, hip, pelvis and lumbar spine.

Commission on Accreditation of Athletic Training

| Competency Category | Competency Taught |
|---------------------|--|
| PCL-70.14 | 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 |
| PCL-71.1 | Obtaining a medical history from the patient or other individual |
| PCL-71.3 | Assessing function (including gait) |
| PCL-71.4.h | Musculoskeletal system |
| PCL-71.4.i | Neurological system |
| PCL-71.4.j | Pain level |

Required Books and Materials

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|--|------------------|--|
| | Title | Examination of Orthopedic & Athletic Injuries, 4th |
| | Author | Chad Starkey and Sara D. Brown. |
| | Publisher | FA Davis |
| | ISBN | 978-0803639188 |
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| | | |
|---|------------------|--|
|  | Price | \$60-\$175 |
|  | Title | Special Tests for Orthopedic Examination 4th Edition |
| | Author | Jeff G. Konin PhD ATC PT, Denise Lebsack PhD ATC, Alison Snyder Valier PhD AT, Jerome A. Isear Jr. MS PT ATC-L |
| | Publisher | Slack |
| | ISBN | 978-1617119828 |
| | Price | \$57-\$77 |

Spiritual Care

PLNU strives to be a place where you grow as a whole person. To this end we provide resources for our Graduate and Adult Degree Completion students to encounter God and grow in their Christian faith. At the Mission Valley (MV) campus we have an onsite chaplain, Rev. Gordon Wong, who is available during class break times across the week. If you have questions for, desire to meet or share a prayer request with Rev. Wong you can contact him directly at mvchaplain@pointloma.edu or gordonwong@pointloma.edu. Rev. Wong's cell number is 808-429-1129 if you need a more immediate response.

In addition, on the MV campus there is a prayer chapel on the third floor which is open for use as a space set apart for quiet reflection and prayer.

PLNU Copyright Policy

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

Academic Accommodations

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center, located in the Bond Academic Center (DRC@pointloma.edu or 619-849-

2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

Final Examination Policy

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the **[Class Schedules](#)** site. No requests for early examinations or alternative days will be approved.

Use of Technology

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the **[Technology and System Requirements](#)** information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact **student-tech-request@pointloma.edu**.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

PLNU Attendance and Participation Policy

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See **[Academic Policies](#)** in the Graduate and Professional Studies Catalog for additional detail.

Academic Dishonesty

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See the **[Academic Honesty Policy](#)** in the Graduate and Professional Studies Catalog for definitions of kinds of academic dishonesty and for further policy information.

Course Grades

| <u>GRADE</u> | <u>Percent - Based off of total points</u> |
|--------------|--|
| A | 94-100 |
| A- | 90-93 |
| B+ | 88-89 |
| B | 84-87 |
| B- | 80-83 |
| C+ | 78-79 |
| C | 74-77 |
| C- | 70-73 |
| D+ | 68-69 |
| D | 64-67 |
| D- | 60-63 |
| F | 0-59 |