


## COURSE INFORMATION

	<b>Department/School Name:</b> Department of Kinesiology <b>Course Number and Name:</b> ATR6085-1 SP21 - General Medical Conditions And Medical Terminology <b>Number of Units:</b> 3 Units
<b>Spring 2021</b>	

## LOCATION, TIME, CONTACT INFORMATION

<b>Meeting days:</b> <b>LECTURES:</b> Zoom Call as scheduled <b>LABS:</b> Wednesday as scheduled	<b>Instructor title and name:</b> Jay Zamporri
<b>Meeting times:</b> LABS: 8:15 a.m. - 10:45 a.m.	<b>Office Hours:</b> By appointment
<b>Meeting location:</b> LABS: Sports Medicine Clinic (Main Campus)	<b>Email:</b> jayzamporri@pointloma.edu

**PLNU  
Mission**

**To Teach ~ To Shape ~ To Send**

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 is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

## COURSE DESCRIPTION

An in-depth study of the etiology and treatment of injury and illness. Mechanisms of injury, pathophysiology and psychology of illness, diagnosis, treatment, and implications for return to activity and long-term health sequelae serve as the matrix for the study of pathology.

## PROGRAM LEARNING OUTCOMES

The Point Loma Nazarene University MS-AT graduate will be able to:

1. Demonstrate competency in interpreting evidence-based research and improving clinical standards and practice through clinical question development and research methodology.
2. Develop expertise in the athletic training domains through an integrative experiential clinical model.
3. Demonstrate the appropriate knowledge and educational foundation required for an entry-level Certified Athletic Trainer.
4. Establish and understand the importance of inter-professional relationships, while collaborating with other health care professionals to become effective communicators.
5. Demonstrate preparation, knowledge and skill in the delivery of comprehensive healthcare to a diverse set of patients with musculoskeletal injuries and conditions and illnesses in a distinctly moral and ethical manner, integrating Christian faith with clinical practice.

## COURSE LEARNING OUTCOMES

By the conclusion of this course, you will:

1. Learn the art of history taking and the science of a physical examination.
2. Identify the greatest threats to health.
3. Communicate as clinicians using precise medical terminology and:
  - Analyze unfamiliar medical terms using your knowledge of word parts.
  - Describe the steps in locating a term in a medical dictionary.
  - Define the commonly used prefixes, word roots (combining forms), and suffixes introduced in this chapter.
  - Pronounce medical terms correctly using the “sounds like” system.
  - Recognize the importance of always spelling medical terms correctly.
  - State why caution is important when using abbreviations.
  - Recognize, define, spell, and pronounce the medical terms in this chapter.
  - Understand the pathophysiology and treatment of common disease processes.
  - Develop problem-solving skills.
  - Become self-directed learners.

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

1. Cuppett, Micki, and Katie M. Walsh. *General medical conditions in the athlete*. 3rd Edition. Elsevier/Mosby. ISBN: 978-1492533504 You can find it here [Amazon](#)
2. Course Handouts
3. Stethoscope: fairly good models available for \$30-50 (we do have some available for loan)
4. Library resources
5. [www.emedicine.com](http://www.emedicine.com) : free registration

## COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 16 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

## ASSESSMENT AND GRADING

- Written Exams Midterm 40 questions (200 points) and Final 60 questions (300 points)
- Physical Exams: 1 Patient Evaluations (100 points)
- Quizzes: 15 quizzes (10 points each = 150 points)
- Attendance: (16 points)
- Bonus Points: 15 advanced questions (5.5 points = 82.5 points total)

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

### Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 84-86	C 73-76	D 63-66	
	B- 80-83	C- 70-72	D- 60-62	

## STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical

location. Refer to the map on **State Authorization** to view which states allow online (distance education) outside of California.

## **INCOMPLETES AND LATE ASSIGNMENTS**

All assignments are to be submitted/turned in by 11:59pm of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

## **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.

## **PLNU ACADEMIC HONESTY POLICY**

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 **Academic Policies** for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

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. (**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 (a) 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.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of 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. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See **Academic Policies** in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

## **Synchronous Attendance/Participation**

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.) Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

## **Hybrid Course Participation**

At Point Loma Nazarene University, attendance is required at all scheduled classes. Adult Degree Completion courses are taught in the hybrid format, which means some class meetings will be face-to-face and some will be online. Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value to the course as determined by the instructor. Three days of attendance are required each week.

## **Face-to-face Portion of the Hybrid course**

In blended or hybrid courses, if a student misses one face-to-face class then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses two face-to-face classes, the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

## **Online Portion of the Hybrid Course**

If a student misses two online classes (fails to contribute to a discussion board) during the course, then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses three online classes (fails to contribute to a discussion board by the due date) during the course, then the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

1 missed F2F class = warning

2 missed F2F classes = de-enrollment

2 missed online classes = warning

3 missed online classes = de-enrollment

## **SPIRITUAL CARE**

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the **Office of Spiritual Development**

## **Mission Valley:**

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.

## 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.

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

## ATHLETIC TRAINING COMPETENCIES

No	Competency
<b>PHP-3</b>	Identify modifiable/non-modifiable risk factors and mechanisms for injury and illness.
<b>PHP-5</b>	Explain the precautions and risk factors associated with physical activity in persons with common congenital and acquired abnormalities, disabilities, and diseases.
<b>PHP-14</b>	Assess weight loss and hydration status using weight charts, urine color charts, or specific gravity measurements to determine an individual's ability to participate in physical activity in a hot, humid environment.
<b>PHP-15</b>	Use a glucometer to monitor blood glucose levels, determine participation status, and make referral decisions.
<b>PHP-16</b>	Use a peak-flow meter to monitor a patient's asthma symptoms, determine participation status, and make referral decisions.
<b>PHP-17a</b>	Cardiac arrhythmia or arrest
<b>PHP-17b</b>	Asthma
<b>PHP-17e</b>	Hyponatremia
<b>PHP-17f</b>	Exertional sickling
<b>PHP-24</b>	Summarize the general principles of health maintenance and personal hygiene, including skin care, dental hygiene, sanitation, immunizations, avoidance of infectious and contagious diseases, diet, rest, exercise, and weight control.
<b>PHP-25</b>	Describe the role of exercise in maintaining a healthy lifestyle and preventing chronic disease.
<b>CE-1</b>	Describe the normal structures and interrelated functions of the body systems.
<b>CE-2</b>	Describe the normal anatomical, systemic, and physiological changes associated with the lifespan.

<b>CE-3</b>	Identify the common congenital and acquired risk factors and causes of musculoskeletal injuries and common illnesses that may influence physical activity in pediatric, adolescent, adult, and aging populations.
<b>CE-7</b>	Identify the patient's participation restrictions (disabilities) and activity limitations (functional limitations) to determine the impact of the condition on the patient's life.
<b>CE-17</b>	Use clinical reasoning skills to formulate an appropriate clinical diagnosis for common illness/disease and orthopedic injuries/conditions.
<b>CE-18</b>	Incorporate the concept of differential diagnosis into the examination process.
<b>CE-20a</b>	history taking
<b>CE-20b</b>	inspection/observation
<b>CE-20c</b>	palpation
<b>CE-20e</b>	selective tissue testing techniques / special tests
<b>CE-20f</b>	neurological assessments (sensory, motor, reflexes, balance, cognitive function)
<b>CE-20g</b>	respiratory assessments (auscultation, percussion, respirations, peak-flow)
<b>CE-20h</b>	circulatory assessments (pulse, blood pressure, auscultation)
<b>CE-20i</b>	abdominal assessments (percussion, palpation, auscultation)
<b>CE-20j</b>	other clinical assessments (otoscope, urinalysis, glucometer, temperature, ophthalmoscope, otoscope, urinalysis, glucometer, temperature)
<b>CE-21i</b>	Cardiovascular function (including differentiation between normal and abnormal heart sounds, blood pressure, and heart rate)
<b>CE-21j</b>	Pulmonary function (including differentiation between normal breath sounds, percussion sounds, number and characteristics of respirations, peak expiratory flow)
<b>CE-21k</b>	Gastrointestinal function (including differentiation between normal and abnormal bowel sounds)
<b>CE-21l</b>	Genitourinary function (urinalysis)
<b>CE-21m</b>	Ocular function (vision, ophthalmoscope)
<b>CE-21n</b>	Function of the ear, nose, and throat (including otoscopic evaluation)
<b>CE-21o</b>	Dermatological assessment

<b>CE-21p</b>	Other assessments (glucometer, temperature)
<b>CE-22</b>	Determine when the findings of an examination warrant referral of the patient.
<b>AC-35</b>	Demonstrate the use of an auto-injectable epinephrine in the management of allergic anaphylaxis. Decide when auto-injectable epinephrine use is warranted based on a patient's condition.
<b>AC-36a</b>	sudden cardiac arrest
<b>AC-36e</b>	exertional sickling associated with sickle cell trait
<b>AC-36f</b>	rhabdomyolysis
<b>AC-36g</b>	internal hemorrhage
<b>AC-36h</b>	diabetic emergencies including hypoglycemia and ketoacidosis
<b>AC-36j</b>	systemic allergic reaction, including anaphylactic shock
<b>AC-36k</b>	epileptic and non-epileptic seizures
<b>TI-3</b>	Differentiate between palliative and primary pain-control interventions.
<b>HA-22</b>	Develop specific plans of care for common potential emergent conditions (eg, asthma attack, diabetic emergency).
<b>PD-9</b>	Specify when referral of a client/patient to another healthcare provider is warranted and formulate and implement strategies to facilitate that referral.
<b>CIP-5</b>	Perform a comprehensive clinical examination of a patient with a common illness/condition that includes appropriate clinical reasoning in the selection of assessment procedures and interpretation of history and physical examination findings in order to formulate a differential diagnosis and/or diagnosis. Based on the history, physical examination, and patient goals, implement the appropriate treatment strategy to include medications (with physician involvement as necessary). Determine whether patient referral is needed, and identify potential restrictions in activities and participation. Formulate and communicate the appropriate return to activity protocol.