

**ATTR 4310 – CARE OF THE UPPER EXTREMITY
FALL 2017**

*ATTR 4310 is a required course for the Bachelor of Science in Athletic Training Program.
ATTR 4310 is a restricted elective for the Bachelor of Science in Kinesiology.*

**College of Health Sciences
Department of Kinesiology**

Instructor: Nicholas E. Grahovec, MS, LAT, ATC, CSCS
Office: HKC 214
Office Phone: 936-294-2648
Office Hours: Virtual office on Blackboard or by appointment – emailing to set an appointment is always recommended.
E-mail: NGraphovec@shsu.edu

Text/Readings: Starkey, C., Brown, S.D. (2015). *Examination of Orthopedic & Athletic Injuries (4th ed.)*. F.A. Davis, ISBN: 9780803639188

Starkey, C., Brown, S.D. (2015). *Orthopedic & Athletic Injury Examination Handbook (3rd ed.)*. F.A. Davis, ISBN: 9780803639195

Course Description: This course is designed to education Athletic Training students regarding the anatomical upper extremities including the head, spine, thoracic region, shoulder, elbow, wrist, and hand. Evaluation of injuries in the athletic setting are emphasized, as well as orthopedic tests to determine pathology in joints and tissue of the upper body. Prerequisites: ATTR 2300, 2310, 3300, 4300, BIOL 2401. Admittance to the Athletic Training Program, or Departmental Approval. Credit 3.

**This course meets from 2:00pm -3:20pm on Tuesday and Thursday in HKC 00237
(August 23, 2017 –December 07, 2017)**

Athletic Training Competencies (CAATE 5th ed):

| Objectives/Learning Outcomes Upon completion of this course, the student will be able to: | Activities (* indicates field-based activity) | Performance Assessment | Standards: • CAATE Competencies |
|---|--|--|---|
| Describe the influence of pathomechanics on function. | Class Discussion/Lecture Application Activities | Quizzes Written Exams Application Assignment | CE-5 |
| Describe the basic principles of diagnostic imaging and testing and their role in the diagnostic process. | Class Discussion/Lecture Application Activities | Quizzes Written Exams Application Assignment | CE-6 |
| Identify the patient's participation restrictions (disabilities) and activity limitations (functional limitations) to determine the | Class Discussion/Lecture Application Activities | Quizzes Written Exams | CE-7 |

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| impact of the condition on the patient's life. | | Application Assignment | |
| Explain diagnostic accuracy concepts in the selection and interpretation of physical examination and diagnostic procedures. | Class Discussion/Lecture Application Activities | Quizzes Written Exams Application Assignment | CE-10, CE-12 |
| Explain the creation of clinical prediction rules in the diagnosis and prognosis of various clinical conditions. | Class Discussion/Lecture Application Activities | Quizzes Written Exams Application Assignment | CE-11, CE-12 |
| Use standard techniques and procedures for the clinical examination of common injuries, conditions, illnesses, and diseases. | Class Discussion/Lecture Application Activities | Quizzes Written Exams Application Assignment | CE-20 |
| Assess and interpret findings from a physical examination that is based on the patient's clinical presentation. | Class Discussion/Lecture Application Activities | Quizzes Written Exams Application Assignment | CE-21 |
| Determine when the findings of an examination warrant referral of the patient and formulate and implement strategies to facilitate that referral. | Class Discussion/Lecture Application Activities | Quizzes Written Exams Application Assignment | CE-22, PD-9 |

Web address for *CAATE standards*: <http://caate.net/wp-content/uploads/2014/06/5th-Edition-Competencies.pdf>

Course Format:

The content of this course is delivered in a traditional classroom setting, with Blackboard serving as an ancillary resource. In addition, course concepts are learned through self-study, classroom discussions, and assignments. Evaluation consists of professor assessments of examinations, quizzes, and assignments.

In this course our focus will be on these major objectives (as assessed by the IDEA course evaluation system):

Essential:

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories).

Important:

1. Learning to *apply* course material (to improve thinking, problem solving, and decisions).
2. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.

Course Content (Tentative Course Schedule):

| Date | Topics/Content | Assigned Readings | Assignments Due |
|-------------|---|---|-------------------------------|
| 8/24/2017 | Course Overview / Resources The Injury Examination Process | Starkey & Ryan Ch. 1 | |
| 8/29/2017 | The Injury Examination Process & Acute Pathologies | Starkey & Ryan Ch. 1,2 | |
| 8/31/2017 | Injury Nomenclature & Diagnostic Techniques | Starkey & Ryan Ch. 4,5 | |
| 9/5/2017 | Evidence-Based Practice | Starkey & Ryan Ch. 3 | Quiz #1 |
| 9/7/2017 | Shoulder and Upper Arm | Starkey & Brown Ch. 15 Cook & Hegedus Ch. 6 Biel Ch. 2 | |
| 9/12/2017 | Shoulder and Upper Arm | | |
| 9/14/2017 | Shoulder and Upper Arm | | |
| 9/19/2017 | Shoulder and Upper Arm | | Quiz #2 |
| 9/21/2017 | Review for Exam 1 | | Application Assignment |
| 9/26/2017 | Written Exam 1 | | |
| 9/28/2017 | Elbow and Forearm | Starkey & Brown Ch. 16 Cook & Hegedus Ch. 7 Biel Ch. 2 | |
| 10/3/2017 | Elbow and Forearm | | |
| 10/5/2017 | Elbow and Forearm | | Quiz #3 |
| 10/10/2017 | Review for Exam 2 | | Application Assignment |
| 10/12/2017 | Written Exam 2 | | |
| 10/17/2017 | Wrist, Hand, and Finger | Starkey & Brown Ch. 17 Cook & Hegedus Ch. 8 Biel Ch. 3 | |
| 10/29/2017 | Wrist, Hand, and Finger | | |
| 10/24/2017 | Wrist, Hand, and Finger | | Quiz #4 |
| 10/26/2017 | Review for Exam 3 | | Application Assignment |
| 10/31/2017 | Written Exam 3 | | |
| 11/2/2017 | Cervical and Thoracic Spine and Thorax | Starkey & Brown Ch. 14 Cook & Hegedus Ch. 4, 9 Biel Ch. 4,5 | |
| 11/7/2017 | Cervical and Thoracic Spine and Thorax | | |
| 11/9/2017 | Cervical and Thoracic Spine and Thorax | | Quiz #5 |
| 11/14/2017 | Thoracic Spine and Thorax | Starkey & Brown Ch. 14 Cook & Hegedus Ch. 9 Biel Ch. 4 | Application Assignment |
| 11/16/2017 | Thoracic Spine and Thorax | | |
| 11/21/2017 | Thoracic Spine and Thorax | | |
| 11/23/2017 | NO CLASS – Happy Thanksgiving! | | |
| 11/28/2017 | Face and Eye | Starkey & Brown Ch. 18, 19 Cook & Hegedus Ch. 5 Biel Ch. 5 | Quiz #6 |
| 11/30/2017 | Review for Final Exam | | Application Assignment |
| 12/5/2017 | Final Exam (3:30pm-5:30pm) | | |

Course Requirements and Expectations:

1. **Technical Requirements:** Students must have access to the Internet, Blackboard, and e-mail. Additional information about Blackboard can be found <http://distance.shsu.edu/current-students/> . Although not required, it is recommended that you install the Blackboard Learn App to your phone or tablet. This app will enable you to get notifications directly to your phone or tablet when announcements or assignments are posted, and when grades are made available. It is recommended that you log in and check Blackboard daily for updates. For any technical support issues with Blackboard, call 936-294-2780 or e-mail blackboard@shsu.edu .
2. **Communication and E-mail Etiquette:** Questions about the course should be asked during or after class as appropriate. However, if a question does arise outside of class, it is advised that the student e-mail the instructor directly at NGrahovec@shsu.edu. When e-mailing the course instructor, provide the following:
 - i. Include the course number in the subject line of your e-mail (please remember that the instructor may be teaching multiple courses during any given semester).
 - ii. Following the course number, provide a meaningful subject to your e-mail. This helps to clarify what your message is about or pertaining to, and can help the instructor prioritize e-mails in an appropriate order.
 - iii. Address your instructor professionally such as Mr. Grahovec. . . Beginning e-mail correspondence with phrases such as “Hey” is not professional, and will likely be returned to the sender.
 - iv. Use standard spelling, punctuation, and capitalization. Do not write a professional e-mail in the same manner in which you would send a text message. Remember, this is professional correspondence. Avoid using all caps, abbreviations, and emoticons.
 - v. Write clear paragraphs that provide context and details so that the instructor has a clear picture of the question you are asking.
3. **Class Behavior:** Disruptive behavior will result in the student being asked to leave the classroom. A second violation and the student will be dropped from the class. Any distractive or disruptive behavior such as sleeping during class, use of cell phones, and side conversations disrupt those around you. Remember, this is a professional learning environment.
4. **Usage of Electronic Devices in Class:** Telephones, computers, and similar devices are part of everyday life. In the academic classroom, however, during class these devices can be a serious distraction and during tests they can be a serious problem. The use by students of electronic devices that perform the function of a telephone or text messages during class-time is prohibited as it is disruptive to the conduct of class. Laptop computers and other such note-taking devices are allowed provided they are being used for the purpose of taking notes or engaging in interactive content in class as a part of an exercise. If you are found to be using your computer for other purposes, you will be asked to discontinue use of your computer and/or leave the classroom. If you have a potential emergency situation that requires you to be available via text message or phone, you must notify the course instructor at the beginning of class. Failure to comply with this policy could result in confiscation of your device for the duration of class, expulsion from the classroom, or, with multiple offenses, failure of the course.

Any use of a telephone, text messaging device, or any other electronic device that performs these functions during a test period is **prohibited**. These devices should not be present during a test or should be stored securely in such a way that they cannot be seen or used by the student. Even the visible presence of such a device during the test period will result in a zero for that test. Use of these devices during a test is considered de facto evidence of cheating and could result in a charge of academic dishonesty ([Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728](#)).
5. **Class Materials:** You are responsible for reading the materials assigned in class. This can include readings from the book and handouts distributed in class or on Blackboard. In addition, material covered by any invited guest speakers may be included on an exam as well.

6. **Intellectual Property:** All materials distributed by the instructor of this course including but not limited to class notes, handouts, assignments, exam reviews, quizzes, and exams are given to the student to facilitate and enhance the learning process. However, all course materials distributed to students either in person or electronically is the property of the course instructor, a collaborative group of faculty, the textbook publisher, and/or Sam Houston State University. Therefore, any sharing, selling, or reproduction of course content will be considered a violation of intellectual property use, and could be considered academic dishonesty. Sharing course material includes but is not limited to the posting of course information on-line via YouTube, social media sites, and blogs. Course materials may only be shared, sold, or reproduced with the written permission of the faculty member teaching this course or the publisher of the textbook (whichever applies).

Recording any or part of the class presentation, discussion, or activities either in person or on-line is strictly prohibited in this class. Like course materials, presentations are the property of the presenter and should not be shared, sold, or reproduced. There will be zero tolerance for taking photos, screenshots, or video of class lecture, presentations, discussions, or course materials unless it is allowed in writing by the course instructor.

7. **Self-Plagiarism [Department Policy]:** “Self-plagiarism represents a significant problem in academia as it serves to undermine the learning process and outcomes that are a key feature of each course that is offered as a part of a student’s curriculum. As a result, the Department of Kinesiology has a strict policy in place to prevent self-plagiarism in the classroom. Self-plagiarism is defined as the submission of any type of assignment that contains content that is recycled from other assignments or a prior publication that one submits for course credit in another course.

Each instructor is provided the discretion to evaluate whether a student has engaged in self-plagiarism on a course assignment. If a student is unsure whether use of prior content would constitute self-plagiarism, they must consult with the instructor of the course within a reasonable period of time prior to the due date of the assignment. In most cases, this consultation should take place a minimum of 10 business days prior to submission. Following submission of the assignment, if the instructor deems that the student has engaged in self-plagiarism, he or she has the right to state that the student has violated Section 5.3 of The Texas State University Rules and Regulations dealing with Academic Honesty and the student is thereafter subject to any and all penalties and punishments present in the policy. This may include failure of the assignment and/or failure of the course. Additionally, the student may be referred to the Department Chair of Health and Kinesiology, the Dean of the College of Health Sciences, the Dean of Students, and/or the Provost and Vice-President for Academic Affairs for further academic review.”

8. **Attendance** is expected in this course. Moreover, it is imperative that you not only attend, but also participate. Attendance will be taken on a regular basis. It is your, ***the student’s, responsibility to sign in each class day***. Signing in another classmate will not be tolerated and will result in 0 attendance points earned in the course. If you have an excused absence, it is your, the student’s, responsibility to provide written documentation to the instructor. In addition to be in attendance and participating, it is equally important to be on-time. In this course, a tardy will be entering the class once the course instruction has begun. Two tardy days will be equivalent to an absence in the course. Please note that this lab class meets only one day per week, so it is critical that you are in class every scheduled day.

If you receive more than two absent and/or tardy days, you will receive a five percentage point (5%) reduction in your final course grade. For example, if you have a 90% final grade in the class, and you have exceeded two absent and/or tardy days, you will receive a final course grade of 85%.

Students who miss class will receive a 0% on in-class coursework, quizzes, and other assignments completed during class with no chance of making up the work. It is your responsibility to obtain notes, readings, and information about upcoming assignments/quizzes/tests that you may have missed due to any absences. **If you miss class because of what you believe should be an excused absence (i.e. illness), it is your responsibility to provide the instructor with evidence for consideration of an**

excused absence. Whether an absence is excused or unexcused is solely the judgment of the professor.

Make-up exams, assignments, and quizzes will not be allowed unless you, the student, provide sufficient documentation to excuse the absence. If you, the student, know you are going to miss an exam, assignment, quiz or any other course work for an excusable reason, notification to the instructor is required via e-mail, voice mail, or other acceptable method. Students who do not communicate with the instructor prior to the exam and provide sufficient documentation, will not be allowed to make up the work.

9. **Four Written Examinations** will be given during the semester. There will be three unit exams and one cumulative final exam. The examinations will come from readings in the text, notes, handouts, assignments, and quizzes. Specific format will be discussed prior to each exam. The final exam will be cumulative, and will cover course material from all course units.
10. **Quizzes** will be administered on Blackboard consisting of material following last quiz or test. Quizzes will be available on Blackboard for a limited time.
11. **Application Assignments** will be administered throughout the semester consisting of anatomy, article critiques, chapter outlines, or in-class activities.

Assessment and Evaluation:***Syllabus and Introduction Assignment: 10 points***

- There is one syllabus acknowledgement assignment which is 5 points. This includes reading and understanding the syllabus and completing the syllabus acknowledgement form via Blackboard.
- There is one introduction assignment where students introduce themselves to each other via Blackboard Discussion, feel free to respond to peer's post. This assignment is 5 points.

Exams: 180 Points

- There are 3 written exams which will be 60 points each.
- The format of the exams may vary depending on the content. The course instructor will notify students of the exam format prior to the exam either in class or via Blackboard.
- Any form of cheating or dishonesty will result in an automatic 0 points on the exam, and documentation will be sent to the Athletic Training Program Director and placed in your permanent program file.

Final Exam: 100 Points

- There will be a final written exam which will be 100 points. It will consist of 60% material from the previous unit, and 40% cumulative. The final exam which will be held on the final exam day per the SHSU final exam schedule.
- The format of the exam may vary depending on the content. The course instructor will notify students of the exam format prior to the exam either in class or via Blackboard.
- Any form of cheating or dishonesty will result in an automatic 0 points on the exam, and documentation will be sent to the Athletic Training Program Director and placed in your permanent program file.

Quizzes: 60 Points

- There will be six quizzes will be given on Blackboard.
- Each quiz will be worth 10 points.

Application Assignments: 100 Points

- There will be five application assignments will be given throughout the semester.
- All assignments must be turned in via Blackboard no later than the assigned due date.
- Each assignment must have page number citations from assigned textbook readings (p.#).

Total Course Points = 450 (Subject to change at instructor's discretion)

Final Grade:(grades will not be curved)

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|------------------|---|-------|---|-----|---|----------|
| 100% to 90% | = | 450 | - | 405 | = | A |
| 89.99% to 80% | = | 405.0 | - | 360 | = | B |
| 79.99% to 70% | = | 360.0 | - | 315 | = | C |
| 69.99% to 60% | = | 315.0 | - | 270 | = | D |
| 59.99% and below | = | 270.0 | - | 0 | = | F |

SHSU Academic Policies (<http://www.shsu.edu/dept/academic-affairs/aps/aps-students.html>) :

- [SHSU Class Attendance policy AP 800401](#)
- [Procedures in cases of Academic Dishonesty AP 810213](#)
- [Academic Grievance Procedures for Students AP 900823](#)
- [Students with Disabilities AP 811006](#)
- [Student Absences on Religious Holy Days AP 861001](#)
- [Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728](#)

Academic Dishonesty:

5.3 Academic Honesty. The University expects all students to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action.

5.31 The University and its official representatives, acting in accordance with Subsection 5.32, may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating, plagiarism, collusion, and the abuse of resource materials.

"Cheating" includes the following and similar actions:

- (1) Copying from another student's test paper, laboratory report, other report, or computer files, data listings, and/or programs.
- (2) Using, during a test, materials not authorized by the person giving the test.
- (3) Collaborating, without authorization, with another student during an examination or in preparing academic work.
- (4) Knowingly, and without authorization, using, buying, selling, stealing, transporting, soliciting, copying, or possessing, in whole or in part, the contents of an unadministered test.
- (5) Substituting for another student, permitting any other person, or otherwise assisting any other person to substitute for oneself or for another student in the taking of an examination or test or the preparation of academic work to be submitted for academic credit.
- (6) Bribing another person to obtain an unadministered test or information about an unadministered test.
- (7) Purchasing, or otherwise acquiring and submitting as one's own work any research paper or other writing assignment prepared by an individual or firm. This section does not apply to the typing of the rough and/or final versions of an assignment by a professional typist.

5.32 "Plagiarism" means the appropriation and the unacknowledged incorporation of another's work or idea into one's own work offered for credit.

5.33 "Collusion" means the unauthorized collaboration with another person in preparing work offered for credit.

5.34 "Abuse of resource materials" means the mutilation, destruction, concealment, theft or alteration of materials provided to assist students in the mastery of course materials.

5.35 "Academic work" means the preparation of an essay, dissertation, thesis, report, problem, assignment, or other project that the student submits as a course requirement or for a grade.

Procedures in Cases of Alleged Academic Dishonesty:

2.01 Procedures for discipline due to academic dishonesty shall be the same as in disciplinary actions specified in The Texas State University System *Rules and Regulations* and Sam Houston State University *Student Guidelines* except that all academic dishonesty actions shall be first considered and reviewed by the faculty member teaching the class. The faculty member may impose failure or reduction of a grade in a test or the course, and/or performing additional academic work not required of other students in the course. If the faculty member believes that additional disciplinary action is necessary, as in the case of flagrant or repeated violations, the case may be referred to the Dean of Student Life or a designated appointee for further action. If the student involved does not accept the decision of the faculty member, the student may appeal to the chair of the appropriate academic department/school, seeking reversal of the faculty member's decision. Sam Houston State University Academic Policy Statement 810213 Procedures in Cases of Academic Dishonesty Page 3 of 3 Revised January 16, 2006

2.02 If the student does not accept the decision of the chair of the academic department/school, he/she may appeal to the appropriate academic dean. The chair of the academic department/school may also refer the case directly to the academic dean if the case so warrants.

