

ATTR 4110 – CARE OF THE UPPER EXTREMITY LAB
FALL 2017

ATTR 4110 is a required course for the Bachelor of Science in Athletic Training Program.

ATTR 4110 is a restricted elective for the Bachelor of Science in Kinesiology.

College of Health Sciences
Department of Kinesiology

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Required Text: Biel, A. (2014). *Trail Guide to the Body (Rev 5th ed.)*. Books of Discovery, **ISBN: 9780982978658**.

Cook, C.E. and Hegedus, E.J. (2013). *Orthopedic Physical Examination Tests: An Evidence-Based Approach (2nd ed.)*. Pearson, **ISBN: 9780132544788**

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

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

Kendall, F.P., et al. (2005). *Muscles: Testing and Function with Posture and Pain (5th ed.)*. Lippincott Williams & Wilkins, **ISBN: 9780781747806**.

Course Description: This course will include hands-on application of skills in the evaluation, care, diagnosis, and referral of upper-extremity injuries. Commission on Accreditation of Athletic Training Education (CAATE) 5th edition competencies in the domain areas of Evidence-Based Practice, Therapeutic Interventions, and Healthcare Administration will be included in this program. Concurrent enrollment with ATTR 4310. Credit 1.

This course meets from 8:00-9:50am on Monday in HKC 00248C (August 28, 2017 – December 08, 2017)

Standards Matrix:

See Attached Standards Matrix containing course outcomes and Commission on Accreditation of Athletic Training Education (CAATE) competencies.

Objectives/Learning Outcomes Upon completion of this course, the student will be able to:	Activities (* indicates field-based activity)	Performance Assessment	Standards: • CAATE Competencies
Obtain a medical history that includes pertinent past medical history, underlying systemic disease, use of medication, perceived pain, and history of present conditions.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	CE-13
Use techniques and procedures for the clinical examination of common musculoskeletal injuries in the upper extremities	Classroom Discussion Skills Lab	Lab Activities Practical Exams	CE-20, CE-20a, CE-20b, CE-20c, CE-20d, CE-20e, CE-20f, CE-20h

including history taking, inspection/observation, palpation, functional assessment, selective tissue testing techniques/special tests, circulatory, and neurological assessments.			
Demonstrate the ability to modify the diagnostic examination process according to the demands of the situation and patient responses.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	CE-15
Apply clinical prediction rules and best evidence during clinical examination procedures.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	CE-12
Differentiate between an initial injury evaluation and follow-up/reassessment as a means to evaluate and make modifications to the treatment plan.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	CE-14
Recognize the signs and symptoms of catastrophic and emergent conditions and demonstrate appropriate referral decisions.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	CE-16
Assess and interpret findings from a physical examination that is based on the patient's clinical presentation.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	CE-17
Incorporate the concept of differential diagnosis into the examination process.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	CE-18
Determine criteria and make decisions regarding return to activity/or participation based on the patient's current status.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	CE-19

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

Course Format:

The content of this course is delivered in a laboratory setting. Blackboard will be used regularly to post readings, lectures and assignments, and to communicate via e-mail. It is the student's responsibility to be registered and to become familiar with the system. In addition, course concepts are learned through self-study, classroom discussions, and assignments. Evaluation consists of professor assessments of practical examinations, and skills lab activity participation.

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

Essential:

1. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.
2. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)

Course Content (Tentative Course Schedule):

Date	Topics/Content	Assigned Readings	Assignments Due
8/28/2017	Course Introduction Shoulder and Upper Arm	Starkey & Brown Ch. 15 Cook & Hegedus Ch. 6 Biel Ch. 2	
9/4/2017	Shoulder and Upper Arm	Starkey & Brown Ch. 15 Cook & Hegedus Ch. 6 Biel Ch. 2	Lab Activity
9/11/2017	Shoulder and Upper Arm	Starkey & Brown Ch. 15 Cook & Hegedus Ch. 6 Biel Ch. 2	Lab Activity
9/18/2017	Shoulder and Upper Arm Clinical Scenarios	Starkey & Brown Ch. 15 Cook & Hegedus Ch. 6 Biel Ch. 2	Clinical Scenario
9/25/2017	Practical Exam		
10/2/2017	Elbow and Forearm	Starkey & Brown Ch. 16 Cook & Hegedus Ch. 7 Biel Ch. 2	Lab Activity
10/5/2017	Elbow and Forearm Clinical Scenarios	Starkey & Brown Ch. 16 Cook & Hegedus Ch. 7 Biel Ch. 2	Clinical Scenario
10/16/2017	Practical Exam		
10/23/2017	Wrist, Hand, and Finger	Starkey & Brown Ch. 17 Cook & Hegedus Ch. 8 Biel Ch. 3	Lab Activity
10/30/2017	Wrist, Hand, and Finger Clinical Scenarios	Starkey & Brown Ch. 17 Cook & Hegedus Ch. 8 Biel Ch. 3	Clinical Scenario
11/6/2017	Practical Exam		
11/13/2017	Cervical and Thoracic Spine	Starkey & Brown Ch. 14 Cook & Hegedus Ch. 4, 9 Biel Ch. 5	Lab Activity
11/20/2017	Cervical and Thoracic Spine	Starkey & Brown Ch. 14 Cook & Hegedus Ch. 4, 9 Biel Ch. 5	Lab Activity
11/23/2017	Thanksgiving Break		
11/27/2017	Cervical and Thoracic Spine Clinical Scenarios	Starkey & Brown Ch. 14 Cook & Hegedus Ch. 4, 9 Biel Ch. 5	Clinical Scenario
TBD	Practical Exam		

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 avh003@shsu.edu . When e-mailing the course instructor, provide the following:
 - 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).
 - 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.
 - Address your instructor professionally such as Ms. Amy or Ms. Van Horn. . . Beginning e-mail correspondence with phrases such as “Hey” is not professional, and will likely be returned to the sender.
 - 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.
 - 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 and will count as a class absence. 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 or other devices, 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 and 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. *Make sure you keep up with the readings!*
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 being 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 notice that this lab class meets only one day per week, so it is critically that you are in class every scheduled day.

If you receive more than one absence and/or two 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 one absence and/or two 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 Practical Examinations** will be conducted during the semester. Each student will be responsible for learning and applying practical skills learned in the lab sessions. These skills will be demonstrated during the practical examination. The four unit practical examinations. Each student will be evaluated on their ability to evaluate a patient and simulated injury using a model. Students will be evaluated on these exams using a rubric to evaluate their clinical examination skills. There will be a debriefing period following each exam where the instructor provides the student with feedback on their performance. Students will be graded on correct name, demonstration of skill, and purpose of skill (when applicable). Students will have to bring their own subject unless one is provided for you.
10. **Clinical Skills (AT Student Handbook):** are taught and evaluated in laboratory courses. Students are to practice their skills with peers and preceptors prior to being evaluated via a practical exam. It is up to each individual student to inform their preceptors of the clinical skills they are learning and practicing, and asking their preceptor to assist them with mock practice of those skills prior to exam. It is the student's responsibility to come prepared to their assigned lab practical exams. All students must pass their practical exam with a grade

of 75% or higher to be deemed proficient. If a student scores below 75%, they must retake the practical exam until they meet this mark, keeping in mind that their subsequent practical exam may include a different patient case/scenario.

11. **Lab Activities** will align with topics presented in class, and will ask the student to *apply* the information learned in the course readings, discussion, and lecture. Application of knowledge is an important skill, and is the aim of these assignments. Students are expected to read and reference the textbooks when completing lab activity assignments.
12. **Clinical Scenarios** will align with topics presented in class, and will ask the student to *apply* the information and skills learned within a simulated clinical scenario. They will give students the opportunity to utilize all resources to solve simulated clinical scenarios. Students are encouraged to work together in groups for these assignments. Points will be given based on a rubric which includes individual participation.

Note: 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.

Assessment and Evaluation:

Syllabus Assignment: 5 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.

Practical Exams: 400 Points

- There are 4 practical exams which will be 100 points each.
- To schedule your practical exam you must first have a peer to peer sign off and a peer to preceptor sign off.
- One of these will be a cumulative final exam which will be held on the final exam day per the SHSU final exam schedule.
- The format of the practical 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.
- Students will have to provide their own subject that is not in the course unless instructed otherwise.

Lab Activities - Lab Write-Ups: 90 points

- There will be 6 lab write-ups worth 15 points each.
- All assignments must be turned in on Blackboard no later than the assigned due date. **Late assignments will not be accepted without proper documentation, and with the permission of the course instructor.**
- All assignments must have page number citations from assigned textbook/resource reading (p. #).

Assignments: 100 points

- There will be assignments due throughout the semester.
 - These may include SOAP notes, quizzes, assignments, or any other miscellaneous assignment given by the professor.
- They will be collected at the beginning of each class.

Clinical Scenarios: 200 points

- There will be 4 Clinical Scenarios worth 50 points each.
- All assignments must be turned in on Blackboard no later than the assigned due date.
Late assignments will not be accepted without proper documentation, and with the permission of the course instructor.
- All assignments must have page number citations from assigned textbook/resource reading (p. #).

Total Course Points = 795

Final Grade: (grades will not be curved)

100% to 90%	=	A
80% to 89.99%	=	B
70% to 79.99%	=	C
60% to 69.99%	=	D
59.99% and below	=	F

SHSU Academic Policies:

- a. Class attendance policy (see [SHSU Class Attendance policy AP 800401](#)) – each faculty member is obligated to clarify her/his classroom policy regarding absences in writing to each student enrolled in class.
- b. [Procedures in cases of Academic Dishonesty AP 810213](#) (be sure to include statement regarding plagiarism)
- c. [Academic Grievance Procedures for Students AP 900823](#)
- d. [Students with Disabilities AP 811006](#)
- e. [Student Absences on Religious Holy Days AP 861001](#)
- f. [Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728](#)