

**ATTR 4300 – CARE OF THE LOWER EXTREMITY  
SPRING 2018**

*ATTR 4300 is a required course for the Bachelor of Science in Athletic Training Program.*

*ATTR 4300 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:** NGrahovec@shsu.edu

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

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

Biel, A. (2014). *Trail Guide to the Body (Rev 5<sup>th</sup> ed.)*. Books of Discovery, **ISBN: 9780982978658**

**Course Description:** This course is designed to educate Athletic Training students regarding the anatomical lower extremity including the hip, thigh, knee, calf, ankle, and foot. Evaluation of injuries occurring in the athletic setting will be emphasized, as well as orthopedic tests to determine injury in joints and tissue of the lower body. Prerequisites: ATTR 2300, 2310, 3300, BIOL 2401. Admittance to the Athletic Training Program, or Departmental Approval. Credit 3.

Students in the BS in Athletic Training Program must make a grade of “C” or better in this course to meet the program retention criteria. A complete list of program retention criteria can be found: <http://www.shsu.edu/academics/health-sciences/kinesiology/undergraduate/athletic-training-admission-requirements.html>

**This course meets from 12:00-1:20pm on Monday and Wednesday in HKC 000247 (January 17, 2018 – May 10, 2018)**

**Athletic Training Competencies (CAATE 5<sup>th</sup> ed):**

<b>Objectives/Learning Outcomes</b> Upon completion of this course, the student will be able to:	<b>Activities (* indicates hands-on laboratory experience)</b>	<b>Performance Assessment</b>	<b>Standards:</b> • <i>CAATE Competencies</i>
Describe the principles and concepts of body movement including the functional classification of joints, ranges of motion, joint action terminology, and muscle groups responsible for movement of the lower extremity and lumbar spine.	Classroom Discussion/Lecture  Skills Lab	Unit Exams  Quizzes  Application Questions	<i>CE-1, CE-4</i>

Demonstrate the specialized techniques and procedures for evaluating common injuries of the lower extremity.	Classroom Discussion/Lecture  Skills Lab	Unit Exams  Quizzes  Application Questions  Introduction to Evaluation Skills Lab	<b><i>CE-20a, b, c, d, e, f, h</i></b>
Explain the roles of special tests and apply clinical prediction rules in performing an assessment of the lower extremity.	Classroom Discussion/Lecture  Skills Lab	Unit Exams  Quizzes  Application Questions  Unit 2, 3, and 4 Skills Labs	<b><i>CE-11, CE-12</i></b>
Discuss the use of diagnostic tests and imaging techniques based on their applicability in the assessment of an injury when ordered by a physician.	Classroom Discussion/Lecture  Skills Lab	Unit Exams  Quizzes  Application Questions	<b><i>CE-6</i></b>
Perform inspections and observations of postural, structural, and biomechanical abnormalities in the lower extremity.	Classroom Discussion/Lecture  Skills Lab	Unit Exams  Quizzes  Application Questions  Postural Assessment and Gait Evaluation Lab	<b><i>CE-5</i></b>
Identify individual impairments, functional limitations, and disability in the context of the patient's goals and activity level.	Classroom Discussion/Lecture  Skills Lab	Unit Exams  Quizzes  Application Questions	<b><i>CE-7</i></b>

Explain diagnostic accuracy concepts in the selection and interpretation of physical examination and diagnostic procedures.	Classroom Discussion/Lecture  Skills Lab	Unit Exams  Quizzes  Application Questions  Unit 2, 3, and 4 Skills Labs	<b>CE-10</b>
Assess and interpret findings from a physical examination.	Classroom Discussion/Lecture  Skills Lab	Unit Exams  Quizzes  Application Questions  Unit 2, 3, and 4 Skills Labs	<b>CE-21a, b, c, d, e, f, g, h, i</b>
Determine when the findings of an examination warrant referral of the patient.	Classroom Discussion/Lecture  Skills Lab	Unit Exams  Quizzes  Application Questions	<b>CE-22</b>
Identify strategies to facilitate referral of a patient.	Classroom Discussion/Lecture  Skills Lab	Unit Exams  Quizzes  Application Questions	<b>PD-9</b>

**Course Format:**

The content of this course is delivered in a traditional classroom 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 examinations, quizzes, assignments, 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. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories).
2. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.

**Important:**

1. Learning to *apply* course material (to improve thinking, problem solving, and decisions).

**Course Content (Tentative Course Schedule):**

Date	Topics/Content	Assigned Readings	Assignments Due
<b>Unit 1: Foundations of Examination</b>			
1/17/2018	Course Overview/Resources		<b>Syllabus Acknowledgement</b>
1/22/2018	Examination Process Writing a SOAP Note	Starkey Chapter 1	<b>Personal Bio</b>
1/24/2018	Examination Process Writing a SOAP Note		
1/29/2018	Examination and Management of Acute Conditions	Starkey Chapter 2	
1/31/2018	Evidence-Based Practice in the Diagnostic Process	Starkey Chapter 3	
2/5/2018	Injury Pathology Nomenclature Musculoskeletal Diagnostic Techniques	Starkey Chapter 4 Starkey Chapter 5	<b>Quiz 1 Application Questions</b>
2/7/2018	Assessment of Posture	Starkey Chapter 6	
2/12/2018	Evaluation of Gait	Starkey Chapter 7	
2/14/2018	<b>Postural Assessment and Gait Evaluation Lab</b>		<b>Quiz 2 Application Questions</b>
2/19/2018	Guest Speaker Unit 1 Review		
2/21/2018	<b>Unit 1 Exam</b>		
<b>Unit 2: Foot, Toe, Ankle, and Leg Pathologies</b>			
2/26/2018	Foot and Toe Pathologies	Starkey Chapter 8	
2/28/2018	Ankle and Leg Pathologies	Starkey Chapter 9	
3/5/2018	Ankle and Leg Pathologies		
3/7/2018	Ankle and Leg Pathologies		
3/12/2018	<b>Spring Break</b>		
3/14/2018	<b>Spring Break</b>		
3/19/2018	<b>Foot, Ankle, and Leg Evaluation Skills Lab</b>		<b>Quiz 3 Application Questions</b>
3/21/2018	Guest Speaker Unit 2 Review		
<b>Unit 3: Knee and Patellofemoral Pathologies</b>			
3/26/2018	Knee Pathologies	Starkey Chapter 10	
3/28/2018	Knee Pathologies		
4/2/2018	Knee Pathologies		
4/4/2018	Patellofemoral Pathologies	Starkey Chapter 11	
4/9/2018	<b>Knee and Patellofemoral Evaluation Skills Lab</b>		<b>Quiz 4 Application Questions</b>
4/11/2018	Guest Speaker Unit 3 Review		
4/16/2018	<b>Unit 3 Exam</b>		
<b>Unit 4: Pelvis, Thigh, and Lumbosacral Pathologies</b>			
4/18/2018	Pelvis and Thigh Pathologies		
4/23/2018	Lumbosacral Pathologies		
4/25/2018	Lumbosacral Pathologies		
4/30/2018	<b>Pelvis, Thigh, and Lumbosacral Evaluation Skills Lab</b>		<b>Quiz 5 Application Questions</b>
5/2/2018	Guest Speaker Unit 4 Review		
5/7/2018	<b>Unit 4 and Cumulative Final Exam</b>		<b>1:00-3:00pm</b>

**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](mailto: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](mailto:NGrahovec@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 Mr. Grahovec. . . 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. 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 (see student code of conduct; <http://www.shsu.edu/students/guide/StudentGuidelines2010-2012.pdf#page=29>).

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. **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. A tardy will be equivalent to an absence in the course.

**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.

8. **Four Unit Examinations** will be given during the semester. The final exam will be a comprehensive final in which 60% of the exam will be new material and 40% of the exam will be comprehensive. The examinations will come from readings in the text, notes, handouts, assignments, and quizzes. Specific format will be discussed prior to each exam.

Exams are scheduled to be completed during the designated course time. You'll have scheduled class time to finish your exam. If you show up late, this will decrease the amount of time available to you to complete the exam. Therefore, make sure you arrive on-time or early in order to have the maximum amount of time for the exam. If you cannot make an exam, or if you have multiple exams on one day,

you must tell the instructor at least one class day prior to the exam date and provide documentation to explain why you could not take the exam that day. If the absence is due to an emergency, illness, etc., the student must provide documentation. You may not use any notes or any other aids during the exams. In addition, no electronic devices of any kind (i.e., cellular phones, tablets, etc.) are allowed to be in the student's possession during an exam. They must be placed at the front of the room with your books and other materials and must be powered off.

9. **Quizzes** will be given throughout the course. Students will complete these quizzes on Blackboard. Quizzes will include a variety of multiple choice, true/false, fill-in-the-blank, matching and short answer questions. Pop quizzes may be given in class at the discretion of the instructor.
10. **Application Question Assignments** will align with topics presented in class, and will ask the student to *apply* the information learned in the course readings, discussion, and lecture to hypothetical situations. Application of knowledge is an important skill, and is the aim of these assignments. Students are expected to read and reference the textbook when answering the application questions. Assignments must be submitted within Blackboard, and must conform to the following guidelines:
  - i. Book page numbers must be cited in parenthesis to indicate what part of the textbook is being utilized to inform your assignment answers.
  - ii. All assignments must be submitted in Blackboard under the appropriate assignment link.
  - iii. Assignments must be submitted as an attachment in a .docx format unless the assignment instructions specify otherwise. File types other than .docx are often not recognized by Blackboard, and cannot be viewed by the instructor. Any assignments with an inappropriate file type will be graded with a 0 (zero).
  - iv. Do not wait until the last minute to complete and/or submit your assignment as technical issues and other errors can and do occur. If you do not upload the assignment by the deadline, it will be considered late, and the grade will result in a deduction in points.
11. **Guest Speakers and Guest Speaker Reflections.** Guest speakers provide a valuable perspective through their expertise. Guest speakers are meant to supplement the course material in a unique way with a specialized expertise in the subject matter. Guest speaker reflections are to be detailed and thoughtful reflections of what you learned through their presentation. These reflections will be submitted in APA format.
12. **Laboratory Activities.** There will be five laboratory days in this course to assist with the development of skills related to the course topics. Points will be given for attendance and participation in laboratory activities.

Remember: **Make-up exams, assignments, labs, 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:**

##### ***Attendance:***

- Attendance is expected!
- It is the student's responsibility to sign in each day.
- **If you, the student, feel that you have an excusable absence, you must submit written documentation to the instructor within 1 week of the absence for it to be considered excused.**
- **More than two absent and/or tardy days, you will receive a five percentage point (5%) reduction in your final course grade.**

##### ***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.

**Unit Exams: 400 Points**

- There are four unit exams which will be 100 points each.
- The last of the four exams will consist of 60% material from the last unit and 40% cumulative. The final exam will be held on the final exam day per the SHSU final exam schedule.
- 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. For students in the BS in Athletic Training Program, documentation will be sent to the Athletic Training Program Director and placed in your permanent student file.

**Quizzes: 50 Points**

- Quizzes will be administered on Blackboard consisting of material following last quiz or test. Quizzes will be available on Blackboard for a limited time.

**Application Question Assignments: 50 points**

- There will be 5 application question assignments.
- 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 reading (p. #).

**Guest Speaker Reflections: 60**

- *Detailed reflection of what you learned in the guest speaker presentation*
- *Guest Speaker Reflections must be written in APA format*

**Labs: 100 Points**

- There will be five laboratory days in this course to assist with the development of skills related to the course topics.
- Students will need to attend the labs, participate, and complete the lab assignment in order to receive full credit for the lab activities.

**Total Course Points** = 670

**Final Grade:** (grades will not be curved)

100% to 90%	=	670	-	603	=	<b>A</b>
89.99% to 80%	=	602.9	-	536	=	<b>B</b>
79.99% to 70%	=	535.9	-	469	=	<b>C</b>
69.99% to 60%	=	468.9	-	402	=	<b>D</b>
59.99% and below	=	401.9	-	0	=	<b>F</b>

**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.