Kinesiology & Health Science  
KIN 367L– Orthopedic Assessment for the Lower Body Lab

Instructor: Kira Rubin, MA, ATC, LAT  
Email: rubinkl@sfasu.edu

Office: Sports Medicine Facility  
Cell: 414-759-7772 (call or text)

Office Hours: Thur. 8am-10am

Credits: Lab - Three (1) credit hours

Course Time & Location:  
Lecture: 3:30pm – 5:20pm Friday, Athletics Building: Ready Room

I. Course Description:  
Presentation of various evaluation and assessment techniques of lower body injuries sustained by the physically active. Prerequisites: BIO 238; KIN 357. Corequisite: KIN 367.

II. Intended Learning Outcomes/Goals/Objectives:
This course links with SFA Initiative #4: Develop a learner-centered environment.  
This course links with SFA’s COE Goal and Initiative #2: Prepare educators and industry professionals.  
This course links with SFA initiative #5: Create new learning opportunities through additional interdisciplinary, international, service learning, and civic engagement experiences.  
This course links with SFA’s COE Goal and Initiative #4: Teaching and student success.  
This links with SFA’s COE Goal and Initiative #6: Collaborate with external partners.

Program Learning Outcomes:
Undergraduate Kinesiology
1. The student will identify and analyze critical components of physical movements (PPP Standard 1)
2. The student will demonstrate and understanding of basic principles of physical fitness concepts and the utilization of available technology in assessing fitness levels, performance, and physiological effects during various levels of physical stress (PPP Standard 1,2,3,4).
3. The student will apply knowledge of principles and stages of motor development (PPP Standard 4)
4. The student will demonstrate knowledge of kinesiological principles and content (PPP Standard 1,2,3,4)
5. The student will design and implement physical education learning experiences that are developmentally appropriate, safe, and utilize principles of effective instruction (PPP Standard 1,3,4).

Student Learning Outcomes:
Upon completion of the course the student will be able to:
- Define & explain various evaluation methods of lower body orthopedic injuries (PLO#2)
- Perform assessments of orthopedic injuries of the lower Body. (PLO#5)
- Define initial management techniques of lower body orthopedic injuries. (PLO#6)
- Illustrate proper documentation techniques for lower body orthopedic evaluations. (PLO#4)

III. Course Assignments, Activities, Instructional Strategies, use of Technology:
- PowerPoint presentation for all lectures will be available via D2L at the start of each section. Print and bring to all class meetings.
- Tests will come from course text and from lecture.
- Tests may consist of multiple choice and true/false questions; with the majority of questions being short answer, discussion, and/or essay.
- Quizzes may be unannounced.
- If you must miss a test due to an athletic event or travel, there is not a make-up exam. You will take the exam at the same time as scheduled. I will work with you and your supervising athletic trainer to arrange details.
Assignments:
- **S&O (Subjective and Objective):** Student will practice asking questions to obtain subjective and objective information. The student will perform this with three different subjects/patients. Notes will be taking, providing the resulting answers. Student will refer back to their notes to recognize a question they missed asking.
- **SOAP:** Student will practice obtaining all information that is need for an injury evaluation. The student will turn the information into a correctly formatted SOAP note. Subjective, Objective, Assessment and Plan will be formally written up for a documentation submission. The student will perform this three separate times for completion of the assignment.
- **Posture Assessment:** Student will practice performing a full posture assessment with fellow classmate. The student will complete this three separate times to complete the assignment.
- **ROM:** Student will be required to practice performing all lower body ROM assessments with fellow classmates. The student will need to obtain signature from fellow classmate one three separate days of performance.
- **MMT/Ecc/Con:** Student will be required to practice performing all lower body Manual Muscle Testing/Eccentric/Concentric assessments with fellow classmates. The student will need to obtain signature from fellow classmate one three separate days of performance.
- **Special Test:** Student will be required to practice performing all lower body Special Tests assessments with fellow classmates. The student will need to obtain signature from fellow classmate one three separate days of performance.
- **Goniometry:** Student will be required to practice performing all lower body Goniometry measurements and assessments with fellow classmates. The student will need to obtain signature from fellow classmate one three separate days of performance.
- **6 lower extremity practice proficiency:** Student will perform 2 lower extremity practice proficiency with a fellow classmate/KIN 367 graduate/or certified clinician. Student will obtain a score and feedback and will be handed in at each written exam. By final exam, 6 passed lower extremity proficiencies must have been handed in.
- **EBP Presentation:** Student will do an end of the semester presentation. Student will use 3 evidence base practice search engines to obtain 1 articles about a lower body orthopedic related topic. Example: rehab, surgery or injuries. Student will perform a 10-minute presentation to the professor and class, of the martial and what they personally learned.

### IV. Evaluation and Assessments:

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<tr>
<th>Percentage Range</th>
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<tbody>
<tr>
<td>100% - 90%</td>
<td>A</td>
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<td>89% - 80%</td>
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<td>79% - 70%</td>
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<td>69% - 60%</td>
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<td>59% and below</td>
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#### Breakdown of Course Grading:
- **30%** = Exam
- **40%** = Assignments
- **20%** = Quizzes
- **10%** = EBP Presentation
- **100%** = Final Grade

#### Breakdown for Lab Grading:
- **30%** = Lab practical exams
- **40%** = Assignments (same as lecture assignments)
- **20%** = Quizzes (same as lecture assignments)
The Course syllabus, course assignments, email, and grades will be available on the Desire2Learn (D2L) as well as in class.

Exams (30% of final grade): There will be three exams during the semester. Each will be 10% of the students’ final grade. All exams will be announced one week ahead of time, and will consist of multiple choice, drawing, True/False, matching, fill in the black and short answer formats. The content for the exams will include all lecture information, handouts and all reading assignments per designated chapters from the respective units.

Quizzes (20% of final grade): There will be 3 quizzes during the semester. Together the quizzes will obtain 20% of the students’ final grade. All quizzes will be announced one class ahead of time, and will consist of multiple choice, drawing, true/false, matching, fill in the black and short answer formats. The content for the quizzes will include all lecture information, handouts and all reading assignments per designated chapters from the respective units.

Assignments (40% of final grade): There will be thirteen total assignments due during the semester. The total of these assignments will obtain 40% of the students’ total grade. 1 Subjective and Objective, 1 SOAP note, 1 Posture Assessment, 3 ROM, MMT/Ecc/Con, 3 Special Test and Goniometry sheet and 6 lower extremity proficiencies. Descriptions of the assignments are listed above under category III. Course Assignments, Activities, Instructional Strategies, use of Technology.

EBP Presentation (10% of final grade): Students will be required to complete 1 EBP presentation. This assignment will be 10% of the students final grade. Descriptions of the presentation is listed above under category III. Course Assignments, Activities, Instructional Strategies, use of Technology.

V. Tentative Course Outline/Calendar: See last page of syllabus for calendar schedule.

Week 1  Orientation, Introduction, syllabus, SOAP notes
          Chapter 1
Week 2  Posture/gait assessment
          Medical Filing/documentation/long term/short term plans
          Chapter 1
Week 3  Muscle and Joint Movement – AROM/PROM/Ecc/Con/Iso contraction, MMT scoring,
          Goniometry (foot/ankle)
          Lower leg Muscle/bone anatomy
          (Trail Guide Book – pg. 343-405)
          Chapter 6,7
Week 4  Orthopedic Foot/Ankle assessment/Special tests
          Lower leg Muscle/bone anatomy Continue
          (Trail Guide Book – pg. 343-405)
Week 5  Lower body Nerves, Dermatomes, Myotomes
          Anatomy Quiz #1
          Put it all together evaluation
Week 6  Exam #1
          Practical Exam #1
Week 7  Muscle and Joint Movement – AROM/PROM/Ecc/Con/Iso contraction, MMT scoring,
          Goniometry (lower leg/knee)
          Knee/thigh Muscle/bone anatomy (Trail Guide Book – pg. 276-342)
Week 8  Orthopedic lower leg/knee assessment/Special tests
          Knee/thigh Muscle/bone anatomy
          Chapter 11
Week 9  Anatomy Quiz
          Put is all together!!
Week 10  Exam #2
         Practical Exam #2
Week 11  Muscle and Joint Movement – AROM/PROM/Ecc/Con/Iso contraction, MMT scoring,
         Goniometry (Hip/Sl)
         Hip/Pelvic/SI Anatomy (Trail Guide Book – pg. 276-342)
         Chapter 12,13
Week 12  Orthopedic Hip/Sl assessment/Special tests
         Hip/Pelvic/SI Anatomy (Trail Guide Book – pg. 276-342)
Week 13  Thanksgiving Break
Week 14  Anatomy Quiz #3
         Lower body sport specific mechanical assessment/Orthotics helps the chain
Week 15  Practical Exam #3
         Exam #3
Week 16  Comprehensive final Exam is ____________________________
         EBP Presentations

VI.  Readings:
         Text book:
         (Required)  Examination of Orthopedic & Athletic Injuries: Fourth Edition,
                     Chad Starkey, Sara D. Brown

         (Required)  Orthopedic & Athletic Injury Examination Handbook: Third Edition,
                     Chard Starkey, Sara D. Brown

         (Highly recommended)  Trail Guide to the Body, Andrew Biel (by Books of Discovery)

VII.  Course Evaluations:

Near the conclusion of each semester, students in the College of Education electronically evaluate
courses taken within the COE. Evaluation data is used for a variety of important purposes
including: 1. course and program improvement, planning, and accreditation; 2. Instruction
evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As
you evaluate this course, please be thoughtful, through and accurate in completing the evaluation.
Please know that the COE faculty is committed to excellence in teaching and continued
improvement. Therefore, your response is critical!

In the College of Education, the course evaluation process has been simplified and is completed
electronically through MySFA. Although the instructor will be able to view the names of students
who complete the survey, all ratings and comments are confidential and anonymous, and will no be
available to the instructor until after final grades are posted.

VIII.  Student Ethics and Other Policy Information: Found at http://www.sfasu.edu/policies

Attendance:
➤  It is your responsibility to make-up any missed work due to an absence.
➤  Attendance will be taken.
➤  It is your responsibility to inform the instructor if you are missing a class, as well as why you
   are missing class.

Class Attendance and Excused Absence: Policy 6.7
Regular, punctual attendance, documented participation, and, if indicated in the syllabus,
submission of completed assignments are expected at all classes, laboratories, and other
activities for which the student is registered. Based on university policy, failure of students to
adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student's attendance and participation as well as note this information in required reports and in determining final grades. You may jeopardize your financial aid for this course if absences are obsessive prior to the 12th Day Class. No abuse will be tolerated. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6
To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 936-468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For Additional information, go to http://www.sfasu.edu/disabilityservices/.

Student Academic Dishonesty: Policy 4.1
Abiding by university policy on academic integrity is a responsibility of all university faculty and students. Faculty members promote academic integrity in multiple ways including instruction, and course syllabi are required to provide information about penalties for cheating and plagiarism, as well as the appeal process.

Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is no limited to:
- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment;
- helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
- submitting an assignment as if it were one’s own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source;
- incorporating the words of ideas of an author into one’s paper or presentation without giving the author due credit.

Penalties for Academic Dishonesty
Penalties may include, but are not limited to, reprimand, no credit for the assignment or exam, resubmission or the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals
A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5
At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the
end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4
Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program. Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This policy applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at http://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

Additional Information:

To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, you will be required to:

1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.

2. Provide one of the following primary ID documents: passport, driver’s license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at www.texas.ets.org/registrationBulletin/<http://www.texas.ets.org/registrationBulletin/>). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.

3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

For further information concerning this matter, contact Katie Snyder Martin at 936-468-1740 or snyderke1@sfasu.edu.

IX. Other Relevant Course Information:

- Please ask QUESTIONS.
- Remember, practice makes perfect.
- Establish study groups.
- Do not leave studying to the last minute.
- Lecture will reinforce what you learn in Lab. Lab is make clear what you learn in Lecture.
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<tr>
<th>DATE</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>8/27</td>
<td>Orientation, Introduction, syllabus, SOAP notes</td>
<td>Chapter 1</td>
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<td>8/27</td>
<td>SOAP notes</td>
<td>Chapter 1</td>
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<td>8/28</td>
<td>SOAP note review</td>
<td>Chapter 1</td>
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<td>9/3</td>
<td>Posture/gait assessment</td>
<td>Chapter 6</td>
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<td>9/3</td>
<td>Posture/gait assessment</td>
<td>Chapter 6</td>
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<td>9/4</td>
<td>Medical Filing/documentation/long term/short term plans/ EBP research</td>
<td>Chapter 1</td>
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<td>9/10</td>
<td>Muscle and Joint Movement – AROM/PROM/Ecc/Con/Iso contraction, MMT scoring (foot/ankle)</td>
<td>Chapter 6,7</td>
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<td>9/11</td>
<td>Lower leg Muscle/bone anatomy</td>
<td>(Trail Guide Book – pg. 343-405)</td>
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<td>9/17</td>
<td>Orthopedic Foot/Ankle assessment/Special tests</td>
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<td>Orthopedic Foot/Ankle assessment/Special tests</td>
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<td>9/18</td>
<td>Lower leg Muscle/bone anatomy</td>
<td>(Trail Guide Book – pg. 343-405)</td>
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<td>9/24</td>
<td>Lower body Nerves, Dermatomes, Myotomes</td>
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<td>9/25</td>
<td>Anatomy Quiz #1 - Put it all together evaluation!!</td>
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<td>10/1</td>
<td>Exam #1</td>
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<td><strong>Practical Exam Prep</strong></td>
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<td>10/9</td>
<td>Knee/thigh Muscle/bone anatomy</td>
<td>(Trail Guide Book – pg. 276-342)</td>
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<td>10/16</td>
<td>Knee/thigh Muscle/bone anatomy</td>
<td>(Trail Guide Book – pg. 276-342)</td>
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<td><strong>Anatomy Quiz #2</strong> - Put it all together evaluation!!</td>
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<td>Muscle and Joint Movement – AROM/PROM/Ecc/Con/Iso contraction, MMT scoring (Hip/Sl)</td>
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<td>11/6</td>
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<td>11/26</td>
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<td>*2 proficiencies are Due</td>
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<td>12/___ TBA</td>
<td>Finals week/EBP Presentations</td>
<td>*6 passed proficiencies completed/due</td>
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*Schedule is always subject to change
*Students will always be notified in advance of possible changes that may happen