Kinesiology & Health Science
KIN 3367– Orthopedic Assessment for the Lower Body Lecture

Instructor: Sellena Burger-Fennell, MSAT, LAT, ATC  
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Office: Main Field House Athletic Training Room  
Cell: (817) 374-3597
Office Hours: Monday 11-1PM
Credits: Lecture - Three (3) credit hours
Course Time & Location:
  Lecture: 5:30pm – 6:45pm Mon/Wed, Shelton Gym 243

I. Course Description:
   Presentation of various evaluation and assessment techniques of lower body injuries sustained by the physically active.

James I. Perkins College of Education Diversity Statement: The James I. Perkins College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect and shared responsibility, faculty, staff and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionalities, culture, language/dialect, age, social class, family structure, sexual orientation, religion and spiritual values in order to enhance the quality of life in a diverse, global community.

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:

➢ A variety of instructional methods are modeled during the course such as but not limited to, lectures, class discussion, group work, cooperative activities, lab exercises, guest speakers, and power point presentations. Students are required to turn in ALL assignments typed.
➢ 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.
➢ 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:
  o Discussion Posts: Students will have 10 discussion posts throughout the semester defining their experiences and what they have learned so far.
  o Quizzes: Students will have 5 anatomy quizzes that will be given out in person during class. These will test the medical terminology learned in the sections prior.
  o Eval Presentation: Student will do an end of the semester presentation. Student will use 3 evidence base practice search engines to obtain 1 article about a lower body orthopedic related topic. Example: rehab, surgery or injuries. This must be completed on a power point style presentation. There must be 10 slides minimum. The presentation must be uploaded to D2L. Each presentation are required to have one slide. 1. Title page, 2. Anatomy, 3. MOI/History, 4. Observation / Evaluation, 5. Assessment, 6. Plan of care. Presentation examples will be uploaded to D2L.

IV. Evaluation and Assessments:

100% - 90% = A
89% - 80% = B
79% - 70% = C
69% - 60% = D
59% and ☐ = F

Breakdown of Course Grading:

40% = Exams (4)
20% = Discussions
20% = Quizzes
10% = Ortho Assessment Project
100% = Final Grade

The Course syllabus, course assignments, email, and grades will be available on the Desire2Learn (D2L) as well as in class.

Exams (40% of final grade): There will be four 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, True/False, matching, fill in the blank 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 5 quizzes during the semester. Together the quizzes will obtain 20% of the students’ final grade. All quizzes will be posted on D2L, and will consist of multiple choice, true/false, matching, fill in the blank 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.
Discussion Board Posts (20% of final grade): There will be 10 discussion board posts challenging students’ knowledge on prior material, evidence-based practice, and personal clinician preferences.

Ortho Assessment Project (10% of final grade): Students will be required to complete 1 Evaluation presentation. This assignment will be 10% of the student’s final grade. Descriptions of the presentation is listed above under category III. Course Assignments, Activities, Instructional Strategies, use of Technology.

Final Exam will be a comprehensive examination of entire semester lecture material. This exam will be multiple choice, true/false, fill in the blank, and short answer formats. This exam is included in the exams portion.

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

Week 1  Orientation, Introduction, syllabus, Injury Eval
Week 2  Management of Acute Injuries / SOAP Notes
Medical Filing/documentation/long term/short term plans
Week 3  Quiz 1- EPB
Week 4  Injury Pathology Nomenclature / Diagnostics / SOAP
Week 5  Postural Assessments
Week 6  EXAM 1 - Gait, Muscle and Joint Movement – AROM/PROM/Ecc/Con/Iso contraction, MMT scoring, Goniometry (foot/ankle)
Week 7  Quiz 2-Foot and Toes Anatomy, Muscle and Joint Movement –
AROM/PROM/Ecc/Con/Iso contraction, MMT scoring, Goniometry (foot/ankle)
Week 8  Foot and Toes Continued, Muscle and Joint Movement – AROM/PROM/Ecc/Con/Iso contraction, MMT scoring, Goniometry (foot/ankle/ lower leg)
Week 9  Quiz 3 Ankle and Lower Leg, Muscle and Joint Movement –
AROM/PROM/Ecc/Con/Iso contraction, MMT scoring, Goniometry
Week 10 EXAM 2- Ankle and Lower Leg continued, Knee Muscle and Joint Movement –
AROM/PROM/Ecc/Con/Iso contraction, MMT scoring, Goniometry
Week 11 Quiz 4 - Knee Anatomy continued, Muscle and Joint Movement –
AROM/PROM/Ecc/Con/Iso contraction, MMT scoring, Goniometry (foot/ankle)
Week 12 Knee and Patellofemoral Joint, Muscle and Joint Movement –
AROM/PROM/Ecc/Con/Iso contraction, MMT scoring, Goniometry (foot/ankle)
Week 13 EXAM 3 -Pelvis and Thigh Anatomy Muscle and Joint Movement –
AROM/PROM/Ecc/Con/Iso contraction, MMT scoring, Goniometry (foot/ankle)
Week 14 – Quiz 5-Thanksgiving Break
Week 15 – Lumbar spine / Review Week
Week 16- Exam 4

VI. Readings:

Text book:
(Required) Examination of Orthopedic & Athletic Injuries: Fifth Edition,
Chad 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 Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins 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 not 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. 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.
Academic Integrity (4.1)

The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

Withheld Grades Semester Grades Policy (5.5)

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework 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. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to https://www.sfasu.edu/policies/course-grades-5.5.pdf.

Students with Disabilities

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, 468-3004 / 468-1004 (TDD) 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 promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.
Student Wellness and Well-Being
SFA values students’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

On-campus Resources:
The Dean of Students Office (Rusk Building, 3rd floor lobby)
www.sfasu.edu/deanofstudents
936.468.7249
dos@sfasu.edu

SFA Human Services Counseling Clinic Human Services, Room 202
www.sfasu.edu/humanservices/139.asp
936.468.1041

The Health and Wellness Hub “The Hub”
Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:
· Health Services
· Counseling Services
· Student Outreach and Support
· Food Pantry
· Wellness Coaching
· Alcohol and Other Drug Education
www.sfasu.edu/thehub
936.468.4008
thehub@sfasu.edu

Crisis Resources:
· Burke 24-hour crisis line: 1.800.392.8343
· National Suicide Crisis Prevention: 9-8-8
· Suicide Prevention Lifeline: 1.800.273.TALK (8255)
· johCrisis Text Line: Text HELLO to 741-741

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.
## Fall 2023 Schedule

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>READING</th>
<th>ASSIGNMENTS DUE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/28</td>
<td>Introduction &amp; Injury Eval.</td>
<td>Starkey: Chp.1</td>
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</tr>
<tr>
<td>8/30</td>
<td>Introduction &amp; Injury Eval.</td>
<td>Starkey: Chp.1</td>
<td>Intro Discussion #1 - Sept 1st.</td>
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<td>9/4</td>
<td>Exam and Mgmt. of Acute - OTF</td>
<td>Starkey: Chp.1,2</td>
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<td>9/6</td>
<td>Inj. Doc. – SOAP – Evaluation Map</td>
<td>Starkey: Chp.1,2</td>
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<td>9/11</td>
<td>SOAP / Evidence Based Practice</td>
<td>Starkey: Chp.3</td>
<td>Quiz 1 – 11th</td>
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<tr>
<td>9/13</td>
<td>SOAP / Evidence Based Practice</td>
<td>Starkey: Chp.3,4</td>
<td>Discussion #2 13th</td>
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<tr>
<td>9/18</td>
<td>Musculoskeletal Diagnostics</td>
<td>Starkey:Chp.5</td>
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<tr>
<td>9/20</td>
<td>Musculoskeletal Diagnostics</td>
<td>Starkey:Chp.5</td>
<td>Discussion #3 20th</td>
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<tr>
<td>9/25</td>
<td>Postural Assessment</td>
<td>Chp.1,2,3,4,5</td>
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<td>9/27</td>
<td>Postural Assessment / Gait</td>
<td>Starkey:Chp.6</td>
<td>Discussion #4 25th</td>
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<td>Postural Assess / Gait</td>
<td>Starkey:Chp.6</td>
<td>EXAM 1 – 27th</td>
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<td>10/4</td>
<td>Gait</td>
<td>Starkey: Chp.7</td>
<td>Discussion #5 2nd</td>
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<td>10/9</td>
<td>Foot and Toes</td>
<td>Starkey:Chp.8</td>
<td>Practical Exam 1</td>
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<td>10/11</td>
<td>Foot and Toes</td>
<td>Starkey:Chp.8</td>
<td>Discussion #6 6th</td>
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<td>Ankle and Lower Leg</td>
<td>Starkey:Chp.9</td>
<td>Quiz 2 – 9th</td>
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<tr>
<td>10/18</td>
<td>Ankle and Lower Leg</td>
<td>Starkey:Chp.9</td>
<td>Quiz 3 – 16th</td>
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<tr>
<td>10/23</td>
<td>Knee</td>
<td>Chp.6,7,8,9</td>
<td>EXAM 2 - 25th</td>
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<td>Knee</td>
<td>Starkey:Chp.10</td>
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<td>Starkey: Chp.10</td>
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<td>Knee &amp; Patellofemoral</td>
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<td>Knee &amp; Patellofemoral</td>
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<td>Starkey:Chp.10,11</td>
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<td>EXAM 3 - 15th</td>
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<td>11/15</td>
<td>Pelvis and Thigh / Lumbar Spine</td>
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<td>11/20</td>
<td>THANKSGIVING BREAK</td>
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<td>Quiz 5-18th</td>
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<td>11/22</td>
<td>THANKSGIVING BREAK</td>
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<td>11/29</td>
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<td>Starkey:Chp.13</td>
<td>Practical Exam 3</td>
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<td>12/8</td>
<td>EXAM 4</td>
<td>CUMULATIVE</td>
<td>FINAL TBD</td>
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*Schedule is always subject to change  
*Students will always be notified in advance of possible changes that may happen