

San José State University
Kinesiology
KIN 191A, Advanced Assessment of
Lower Extremity Injuries
Section 1 (and 2), Fall 2018

Instructor:	Dr. KyungMo Han, PhD, ATC, CSCS
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Office Hours:	Tuesday, 14:00-16:00
Class Days/Time:	Section 1: Lecture (Tuesday & Thursday), 10:30-11:20 Section 2: Lab (Tuesday), 11:30-13:20
Classroom:	YUH 128
Prerequisites:	KIN 70, KIN188, 189, and BIOL 65

Web Resource:

Course outline, power point presentations, study guides, and grade information for this course will be distributed via Canvas.

Student Log In Information to Canvas

1. Go to the Canvas URL Log In: <http://sjsu.instructure.com>
2. You will see a log in page. Log in with your 9-digit SJSU ID and password you use for your SJSUOne account
3. Click LOGIN to access your Canvas account
4. If you have issues logging into Canvas account, contact Information Technology Services (ITS) at 408-924-2377

Course Description

An advanced course designed to develop knowledge and skills in recognition, assessment, and medical referral of athletic injuries to the lower extremity, thoracolumbar spine, posture and gait. Recognition and evaluation of common orthopedic and athletic injuries, illness, and predisposing conditions: identifying signs and symptoms, mechanisms, and performing special tests for specific orthopedic pathologies related to the lower extremity.

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Course Goals and Learning Objectives

Course Content Learning Outcomes

At the completion of this course, the student will have developed an understanding of and/or demonstrate an ability to perform:

- 1) Normal anatomic structures of the human body, including the musculoskeletal (including articulations) and nervous (central and peripheral) systems.
- 2) Principles and concepts of body movement, including functional classification of joints, joint biomechanics, typical ranges of motion, joint action terminology, muscular structures responsible for joint actions, skeletal muscle contractions, kinesthesia and proprioception.
- 3) Common injuries to each major body part as indicated by contemporary epidemiological studies in various competitive sports.
- 4) Characteristic pathology of all common closed soft tissue injuries (sprains, strains, contusions, dislocations) and fractures.
- 5) Common etiological factors contributing to injury including congenital and/or acquired structural and functional abnormalities, inherent anatomical and biomechanical characteristics, common injury mechanisms and adverse environmental conditions.
- 6) Relationships between etiological factors and resulting injury/illness pathologies.
- 7) Commonly accepted techniques and procedures for clinical evaluation of common athletic injuries/illnesses including (a) history, (b) observation, (c) palpation, (d) functional testing (range of motion, ligamentous/capsular stress tests, manual muscle tests, sensory and motor neurological tests, etc.) and (e) special evaluation techniques.
- 8) Standard nomenclature of athletic injuries and communication of identified signs and symptoms to medical personnel using commonly accepted medical terminology.
- 9) Oral practical examinations of athletic injury assessment knowledge and skills.

Program Learning Outcomes (PLOs)

At the end of a Bachelor of Science degree program in the Department of Kinesiology, students will be able to:

1. Explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in the sub-disciplines in kinesiology;
2. Effectively communicate in writing (clear, concise and coherent) on topics in kinesiology;
3. Effectively communicate through an oral presentation (clear, concise and coherent) on topics in kinesiology;
4. Utilize their experiences across a variety of health related and skill-based activities to

inform their scholarship and practice in the sub disciplines in kinesiology.

5. Identify and analyze social justice and equity issues related to kinesiology for diverse populations.

Required/Recommended Texts

Required Textbook:

Starkey C, Ryan J. *Examination of Orthopedic and Athletic Injuries* (2010 or 2014: 3rd or 4th ed.), Philadelphia, PA: F.A. Davis (ISBN: 978-0-8036-1720-9 or 978-0-8036-3918-8).

Recommended Textbooks:

Starkey C, Ryan J. (2010 or 2015: 2nd or 3rd ed.). *Orthopedic and Athletic Injury Evaluation Handbook*. Philadelphia, PA: F. A. Davis (ISBN: 978-0-8036-1722-3 or 978-0-8036-3919-5).

Hoppenfeld S. (1976). *Physical Examination of the Spine & Extremities*, East Norwalk, CT: Appleton & Lange (Prentice Hall) (ISBN: 0-8385-7853-5).

Library Liaison

Adriana Poo (adriana.poo@sjsu.edu, 408-808-2019).

Assignments and Grading Policy

Written Examinations: Three unit written (I, II, and III) exams will be administered. Each written exam will be worth 100 points. The format of these examinations will be matching, multiple choice, true/false, and short answer and/or diagram labeling questions. The exams must be taken on the day and time they are scheduled.

Oral Practical Examinations: Two oral practical exams will be administered. Each oral practical exam will be worth 25 points. The oral practical exams will be administered in the laboratory. A sign-up sheet of available times will be provided in the laboratory class.

NOTE: Make-up written and oral practical exams are not permitted except under extreme extenuating circumstances at the discretion of the instructor.

Quizzes: A quiz will be administered at the beginning of lecture section on certain dates (specific quiz dates noted on the attached tentative schedule). There will be a total of 6 quizzes. Each quiz will be worth 10 points, and the top 4 quizzes out of 6 will be recorded. These quizzes will cover only the information presented in class since the prior quiz. The quizzes must be taken on the day and time they are scheduled. No extra time or make-up quizzes will be provided.

Laboratory: There will be a total of 6 laboratory assignments and each laboratory assignment will be worth 10 points. Late assignments will not be accepted – assignments are due at the beginning of class on the respective due date for each assignment per the attached tentative schedule.

Laboratory sessions are designed to assist in the development of clinical skills necessary to accurately assess pathologies associated with the previously mentioned body areas. During laboratory sessions, students are expected to wear attire appropriate for the body part being evaluated. Shorts should be worn for all lower extremity evaluations, including the hip and pelvis. For thoracolumbar evaluations, women are asked to wear a bathing suit top, athletic top/sports bra or tank top, and men are asked to wear a tank top or remove their shirt. Tee shirts are not considered acceptable attire as significant anatomical structures cannot be visualized appropriately.

Grading Scale and Criteria	Points Possible	Points Earned
Written Exam I	100 points	_____
Written Exam II	100 points	_____
Written Exam III	100 points	_____
Oral Practical Exam I	25 points	_____
Oral Practical Exam II	25 points	_____
Quizzes (10 pts. × top 4 quizzes)	40 points	___/___/___ ___/___/___
Laboratory Work (10 pts. × 6 labs)	60 points	___/___/___ ___/___/___
Total: 450 points		_____

The final grade will be determined based on the following scale:

A+ = 100-96%	A = 95-93%	A- = 92-90%
450-430	429-417	416-403
B+ = 89-86%	B = 85-83%	B- = 82-80%
402-385	384-372	371-358
C+ = 79-76%	C = 75-73%	C- = 72-70%
357-340	339-327	326-313
D+ = 69-66%	D = 65-63%	D- = 62-60%
312-295	294-282	281-268
F = < 60% Unsatisfactory		
267-0		

Classroom Protocol

Appropriate behavior in the classroom begins with demonstrating a respect of yourself and others in the course. Please adhere to the following recommendations:

1. Attend all class meetings (and arrive in class on time) and read assigned class materials before class.
2. If it is unavoidable and necessary to leave the class before instruction is completed, inform me beforehand.
3. Turn off (or on silent mode) all cell phones, pagers, PDAs, etc. during classes.
4. Remove headsets/ear buds upon entering the class.
5. Participating in other distracting behavior (e.g., reading a newspaper, sleeping, etc.) is very distracting and disrespectful to your peers and the instructor.
6. You are welcome to use laptops in class for class purposes. However, you are on your honor to use it only for class-related purposes.
7. Verbally express opinions/views in a professional manner.

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' Syllabus Information web page at <http://www.sjsu.edu/gup/syllabusinfo/>

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*(The class schedule is subject to change with fair notice.
Any changes will be announced in class and/or via Canvas).*

Week	Date	Topics (Reading Chapters), Quiz & Exam Dates
1	08/21 08/23*	Course Instruction Osteokinematics
2	08/28 08/30	The Injury Examination Process: S1 Injury Pathology Nomenclature: S4
3	09/04 09/06	Foot and Toes Pathologies (Anatomy): S8, H8 Foot and Toes Pathologies (Palpation)
4	09/11* 09/13	Foot and Toes Pathologies (Evaluation/Injuries) Foot and Toes Pathologies (Evaluation/Injuries)
5	09/18 09/20	Ankle and Leg Pathologies (Anatomy): S9, H8 Ankle and Leg Pathologies (Palpation)
6	09/25 09/27*	Ankle and Leg Pathologies (Evaluation/Injuries) Ankle and Leg Pathologies (Evaluation/Injuries)
7	10/02 10/04	Written Exam I (Osteokinematics, Ch. 1, 4, 8, 9) Knee/Patellofemoral Artic. Pathologies (Anatomy): S10, 11 , H7
8	10/09 10/11	Knee/Patellofemoral Artic. Pathologies (Anatomy) Knee/Patellofemoral Artic. Pathologies (Palpation)
9	10/16* 10/18	Knee/Patellofemoral Artic. Pathologies (Evaluation/Injuries) Knee/Patellofemoral Artic. Pathologies (Evaluation/Injuries)
10	10/23 10/25	Pelvis/Thigh Pathologies (Anatomy): S12, H6 Pelvis/Thigh Pathologies (Palpation)
11	10/30 11/01*	Pelvis/Thigh Pathologies (Evaluation/Injuries) Pelvis/Thigh Pathologies (Evaluation/Injuries)
12	11/06 11/08	Written Exam II (Ch. 10, 11, 12) Lumbar Spine Pathologies (Anatomy): S13, H9
13	11/13 11/15*	Lumbar Spine Pathologies (Palpation) Lumbar Spine Pathologies (Evaluation/Injuries)
14	11/20 11/22	Thoracic Spine Pathologies (Anatomy): S13, H9 Thanksgiving Holiday
15	11/27 11/29	Thoracic Spine Pathologies (Palpation) Thoracic Spine Pathologies (Evaluation/Injuries)

Week	Date	Topics (Reading Chapters), Quiz & Exam Dates
16	12/04 12/06	Assessment of Posture: S6 Evaluation of Gait: S7, H5
	12/12 (W)	Written Exam III (Ch. 6, 7, 13), 09:45-10:35, YUH 128

Note: Quizzes will be given on the days indicated by an asterisk (*).

S: Denotes Starkey textbook.

H: Denotes Hoppenfeld textbook.

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*(The class schedule is subject to change with fair notice.
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Week	Date (T)	Topics, Lab Due Dates, OP Exam Dates
1	08/28	L1: Osteokinematics L1: The Injury Examination Process
2	09/04*	L2: Foot and Toes Lab 1 Due
3	09/11	L2: Foot and Toes
4	09/18*	L3: Ankle and Leg Lab 2 Due
5	09/25	L3: Ankle and Leg
6	10/02	L2/L3: Foot and Toes/Ankle and Leg
7	10/09	Oral Practical Exam I (Lab 1-3)
8	10/16*	L4: Knee and Patellofemoral Articulation Lab 3 Due
9	10/23	L4: Knee and Patellofemoral Articulation
10	10/30	L4: Knee and Patellofemoral Articulation
11	11/06*	L5: Pelvis/Thigh Lab 4 Due
12	11/13	L5: Pelvis/Thigh
13	11/20*	L6: Lumbar/Thoracic Spine Lab 5 Due
14	11/27	L6: Lumbar/Thoracic Spine
15	12/04*	Oral Practical Exam II (Lab 4-6) Lab 6 Due

***: Laboratory assignment due dates are indicated by an asterisk (*)**

Lab 1: Osteokinematics/Injury Examination Process / Lab 2: Foot and Toes

Lab 3: Ankle and Leg / Lab 4: Knee and Patellofemoral Articulation

Lab 5: Pelvis and Thigh / Lab 6: Lumbar and Thoracic Spine

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