

San José State University
CASA/ Kinesiology
Kin 191B, Advanced Assessment of Upper Extremity
Athletic Injuries, Section 01, Spring 2013

Instructor:	Holly Brown, MA, ATC
Office Location:	SPX 72
Telephone:	(408) (924-3035)
Email:	Holly.Brown@sjsu.edu
Office Hours:	M 10:30am – 11:30am T 2:00pm – 3:00pm
Class Days/Time:	M,W 9:30am-10:20am Labs M,W 10:30am – 12:20pm
Classroom:	Lecture: Clark 302 Lab: SPX 75
Prerequisites:	KIN 70, KIN 188, KIN 191A

Desire to Learn

Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on D2L. You are responsible for regularly checking D2L. Please send email directly to the email above rather than D2L. Thank you.

Course Description

An advanced course designed to develop knowledge and skills in recognition, assessment, and medical referral of athletic injuries to the upper extremity, abdomen, thorax, cervical spine, head, and general medical conditions. Recognition and evaluation of common orthopedic and athletic injuries, illness, and predisposing conditions: orthopedic pathologies related to the upper extremity.

Course Goals and Student Learning Objectives

Course Content Learning Outcomes (CLO)

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), nervous (central and peripheral), cardiovascular, respiratory, digestive, genitourinary and special sensory 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 (prime movers, assistive movers, etc.), 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) inspection, (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) Select the appropriate strapping/wrapping technique to utilize for specific predetermined conditions.
- 9) Standard nomenclature of athletic injuries and communication of identified signs and symptoms to medical personnel using commonly accepted medical terminology.
- 10) Oral practical examinations of athletic injury assessment knowledge and skills.

Program Learning Outcomes (PLO)

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

PLO 1- to obtain a critical understanding and the ability to apply theoretical and scientific knowledge from the subdisciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.

PLO 2- to effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.

PLO 3- to apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.

PLO 4- to recognize and apply sustainable approaches as they relate to kinesiology.

PLO 5- to identify social justice and equity issues related to kinesiology for various populations.

Required Texts/Readings

Textbook

Starkey C, Ryan J. (2002). *Evaluation of Orthopedic and Athletic Injuries* (2nd ed.), Philadelphia, PA: F.A. Davis (ISBN: 0-8036-0791-1).

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

Suggested Text:

Starkey C, Ryan J. (2003). *Orthopedic and Athletic Injury Evaluation Handbook*. Philadelphia,

PA: F. A. Davis (ISBN: 0-8036-1104-8).

Other Readings

See D2L for additional posted readings.

Definition of a Credit Hour

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

As an example, the expectation of work for a 3-credit course is 150-minutes of direct faculty instruction and six hours of out-of-class student work each week.

Library Liaison

Ms. Peggy Cabrera: peggy.cabrera@sjsu.edu, (408) 808-2034

Classroom Protocol

You are responsible for showing up on time, silencing your cell phones, and acting as a young professional. You are responsible for the readings and assignments and I expect you to come to class prepared, have a high standard of academic integrity, and treat each other with respect and courtesy. Do not show up late to class – not only is it inappropriate but it distracts others. Please allow time for return of assignments, I will do my best to have it returned and recorded on D2L within a week. Also, it is your responsibility to pay attention to D2L and let me know (professionally) of any discrepancies as soon as you see them. Be courteous to Dr. Semerjian – if my door is not open, please do not knock excessively, I'm likely meeting with another student or not there. Schedule time with me please.

Recording of Class Lectures

Common courtesy and professional behavior dictates that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. This permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.

Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor-generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/provost/Academic_Calendars/) web page at http://www.sjsu.edu/provost/Academic_Calendars/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Assignments and Grading Policy

Written Exams – There will be three. Each worth 60 points with the third being a cumulative final. PLO 1, CLO 1-9

Lab Oral/Practicals – There will be two O/P. Each worth 25 points. The final OP will be to complete a full evaluation. PLO 1, CLO 10

Quizzes – There will be 4 unannounced quizzes. These cannot be made up, please arrive to class on time. PLO 1, CLO 1-9

Lab Assignments - There will be 13 lab assignments as given by the instructor. Each worth 5 points. PLO 1, CLO 1-10

Grading:

98-100% = A+

90-97% = A

88-89% = B+

80-87% = B

72-79% = C

70-71% = C-

60-69% = D

59-below = F

University Policies

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For

this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Integrity Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Student Technology Resources (Optional)

Computer labs for student use are available in the [Academic Success Center](http://www.at.sjsu.edu/asc/) at <http://www.at.sjsu.edu/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

SJSU Peer Connections (Optional)

The Learning Assistance Resource Center (LARC) and the Peer Mentor Program have merged to become Peer Connections. Peer Connections is the new campus-wide resource for mentoring and tutoring. Our staff is here to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. Students are encouraged to take advantage of our services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

SJSU Writing Center (Optional)

The SJSU Writing Center is located in Suite 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The [Writing Center staff](http://www.sjsu.edu/writingcenter/about/staff/) can be found at <http://www.sjsu.edu/writingcenter/about/staff/>.

KIN 191B / Upper Extremity Assessment Schedule/Lab Schedule

Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	1/23	Introduction, Administration, Review. No lab today
2	1/28 1/30	Continued review of 191A, HIBSRSCNS, HOPS Finish review and begin head, face, eyes anatomy Lab this week: Review of basic principles and practice evaluations.
3	2/4 2/6	Head –anatomy, history, evaluation Concussion testing Lab: Begin cranial nerve testing, SCAT 2, BESS
4	2/11 2/13	Begin face, eye anatomy, cervical spine anatomy Lab: Continue to practice head evaluation, begin face/eye evaluation, and cervical neck anatomy
5	2/18 2/20	Cervical spine chapter – on field evaluation Lab: Cervical spine evaluation
6	2/25 2/27	Finish cervical spine chapter and review Exam 1 Lab: Continue cervical, face, head evaluations, scenarios
7	3/4 3/6	Begin shoulder anatomy Shoulder evaluation Lab: shoulder palpations
8	3/11 3/13	Shoulder case studies, learning how to distinguish between shoulder pathologies Lab: Begin shoulder evaluation, not special tests
9	3/19 3/21	Shoulder special test quiz Continue shoulder evaluations Lab: First OP Exam!!! Head, face, eyes, cervical spine, shoulder anatomy
10	3/25 3/27	Spring Break
11	4/1 4/3	Begin elbow anatomy Elbow evaluations Lab: Shoulder evaluations, begin elbow anatomy
12	4/8 4/10	Wrist/hand anatomy Wrist/hand evaluation

Week	Date	Topics, Readings, Assignments, Deadlines
		Lab: Elbow evaluations
13	4/15 4/17	Abdominal/thorax anatomy Guest lecture during lab time
14	4/22 4/24	General medicine General medicine Lab: Practice full evaluations
15	4/29 5/1	Heat considerations Lab: Practice full evaluations
16	5/6 5/9	Review Lab: Final Lab OP
Final Exam	May 16, 2013	7:15am-9:30am