San José State University
CASA/Kinesiology

KIN 268, Evidence-Based Research in the Practice in Management and Assessment of Injuries to Lower Extremity, Fall, 2018

Course and Contact Information

Instructor: Masaaki Tsuruike, PhD, ATC
Office Location: SPX 116
Telephone: (408) 924-3040
Email: masaaki.tsuruike@sjsu.edu
Office Hours: M & W: 3 – 4 PM
Class Days/Time: Wednesday 7 - 8:50 PM
Classroom: YUH 128
Prerequisites: Prerequisite: BIOL 065, BIOL 066, KIN 155, KIN 158 and KIN 188.

Course Format

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on the Canvas learning management system used at SJSU. You are responsible for changing the settings so that e-mail that is sent to your Canvas account is forwarded to your regularly used email account. Announcements will be posted on Canvas and should be checked on a regular basis; students may choose to be alerted via text or email that announcements have been made.

Course Description

The course emphasizes current practices in the orthopedic assessment and care of lower extremity and injuries to competitive athletes. The course will take a multidisciplinary approach with scientific and clinical outcomes along with case studies. Also, the orthopedic assessment and care of the lower extremity segments and joints are discussed. The course intensively discuss the lower extremity injuries in a variety of athletes.

Department of Kinesiology Graduate Program Learning Outcomes (GPLO)

Upon completion of the Master’s degree program in the Department of Kinesiology, students should be able to:

1. Demonstrate the ability to conduct and critique research using theoretical and applied knowledge.
2. Interpret and apply research findings to a variety of disciplines within Kinesiology.
3. Effectively communicate essential theories, scientific applications, and ethical considerations in
each student's Kinesiology program concentration.

4. Interpret and apply research findings through acquired skills in order to become agents of change to address issues in Kinesiology through the application of knowledge and research.

**Graduate Athletic Training Education Program Learning Outcomes (GATEPLO)**

The mission of the Graduate Athletic Training Program is to enhance the mastery of athletic training discipline through a sound theoretical and research base, as well as diversity of thought and experiences. The Graduate Athletic Training Education Program seeks to:

1. Develop critical and independent thinkers
2. Facilitate and promote community interaction/aid in sports medicine with other health care providers
3. Foster scholarly and research activities
4. Develop exemplary athletic training professionals
5. Enhance and augment athletic training skills through evidence based exploration

**Course Learning Outcomes (CLO)**

Upon successful completion of this course, students will be able to:

CLO 1. Identify clinical anatomy and lower extremity function related to injuries
CLO 2. Identify the mechanism of each of the lower extremity injuries and symptoms to underling a variety of athletic circumstances
CLO 3. Assess the outcomes of orthopedic surgery for active athletes, and demonstrate decision making for their return to play
CLO 4. Demonstrate advanced communication skills with different healthcare providers in terms of the management, treatment, and rehabilitation of athletic lower extremity injuries.
CLO 5. Develop an application of appropriate research publications and current clinical research in the field of athletic training and sports medicine

**Required Readings**

Selected readings to be provided by the instructor and all are posted in the Modules of Canvas.

**Course Requirements and Assignments**

SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five (45) hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in University Policy S12-3 at http://www.sjsu.edu senate/docs/S12-3.pdf.

Each student will be required to:

1. Review the articles selected in each of the topics to discuss proficiency in using numerous psychomotor skills to rehabilitate various anatomical and supportive structures.
2. Participate in class discussions and hands-on practices actively, including dissection laboratories.
3. Select an injury and understand its detailed mechanisms of overhead injuries, utilizing supportive
4. Present the aforementioned rehabilitation program for the upper extremity and demonstrate the techniques to the class.
5. Critically review selected literature.

Grading Information

- Article Assignments: 20%
- Midterm Exam: 35%
- Dissection Lab Reports: 10%
- Final Exam: 35%

Determination of Grades

The course is based on a percentage scale (100%). The breakdown is as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>100-93%</td>
</tr>
<tr>
<td>A-</td>
<td>92.9-90%</td>
</tr>
<tr>
<td>B+</td>
<td>89.9-87%</td>
</tr>
<tr>
<td>B</td>
<td>86.9-83%</td>
</tr>
<tr>
<td>B-</td>
<td>82.9-80%</td>
</tr>
<tr>
<td>C+</td>
<td>79.9-77%</td>
</tr>
<tr>
<td>C</td>
<td>76.9-73%</td>
</tr>
<tr>
<td>C-</td>
<td>72.9-70%</td>
</tr>
<tr>
<td>D+</td>
<td>69.9-67%</td>
</tr>
<tr>
<td>D</td>
<td>66.9-63%</td>
</tr>
<tr>
<td>D-</td>
<td>62.9-60%</td>
</tr>
<tr>
<td>F</td>
<td>&lt;60%</td>
</tr>
</tbody>
</table>

Article Assignments:

Each of the students will prepare for a hand-out sheet and take a moderator to initiate the article assigned to discuss. The students develop the hand-out sheet with outlines and the descriptions, and upload in the Assignments of Canvas by 3 PM each. (10 points each)

Midterm Exam:

There will be one midterm exam covering all materials (in-class discussions, reading assignments, students’ hand-out sheet, etc.) to date from ALL units discussed up to the Achilles tendinopathy and rupture. The date and format of the midterm exam are to be determined.

Midterm Exam Date: October 3

Dissection Reports: 10%

You will write a one page reflection on each of the dissections. You have dissection labs with the shoulder and forearm specimens for this class. You will be expected to observe such specimens performed by an orthopedist to improve your professional knowledge and skills. No make-up lab will be available. (GPLO 3) (GATEPLO 1, 2, 4) (CLO 5, 6, 11, 15, 16, 19, 23, 27-32)

Final Exam:

The final exam will be given to students who demonstrate mastery of course content. The exam will be comprehensive, including true-false, multiple choice, and short essay questions that require integration and synthesis of knowledge. Excellent responses will demonstrate advanced and in-depth understanding of lower extremity injury especially the hamstring injury, ACL, meniscus, hip/groin injury. Responses should include material from assigned readings and class discussions with students’ hand-out sheets.

Exams are to be taken on the dates scheduled. Make-up exams are permitted only for illness and emergency (TRULY EXTRAORDINARY CIRCUMSTANCES). The student is responsible for notifying the instructor and making arrangements at the earliest possible time. In most cases, the midterm exam must be completed.
before the next class meeting. All requests for make-up exams will be evaluated on an individual basis. (GPLO 1-4) (GATEPLO 1, 3) (CLO 19-32)

**Classroom Protocol**

- All students in the class must be required to **set a silent mode for your cell phone**. Students are allowed to use your PC in the class. **However, you are not allowed to access any unnecessary internets or emails.**
- No food is allowed in the classroom.
- The class will basically have no break.

**University Policies (Required)**

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](http://www.sjsu.edu/gup/syllabusinfo/) at http://www.sjsu.edu/gup/syllabusinfo/’
# KIN 269, Evidence-Based Research in the Practice in Management and Assessment of Injuries to Lower Extremity, Fall, 2018

## Course Schedule Tentatively (Subject to change with advance notice)

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics</th>
<th>Reading Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8/22</td>
<td>Class orientation</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>10/3</td>
<td>Midterm Exam</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10/17</td>
<td>ACL (Dr. Reynolds)</td>
<td>(Only review)&lt;br&gt;19. Padua. 2018;53(1):5-19</td>
</tr>
<tr>
<td>10</td>
<td>10/24</td>
<td>Meniscus</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>11/14</td>
<td>Cadaveric Dissections (by Dr. Haber, Bay Area Surgical Center)</td>
<td>Dissection Report I</td>
</tr>
<tr>
<td>14</td>
<td>11/21</td>
<td>No Instructional Day for Thanksgiving</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>11/28</td>
<td>Cadaveric Dissections (by Dr. Haber, Bay Area Surgical Center)</td>
<td>Dissection Report II</td>
</tr>
<tr>
<td>Week</td>
<td>Date</td>
<td>Topics</td>
<td>Reading Assignments</td>
</tr>
<tr>
<td>------</td>
<td>------</td>
<td>----------------</td>
<td>-------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>16</td>
<td>12/5</td>
<td>Student presentations</td>
<td></td>
</tr>
<tr>
<td>Final Exam</td>
<td>12/12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**READING ASSIGNMENTS**