

San José State University
Kinesiology
KIN 191A, Advanced Assessment of Lower
Extremity Injuries
Section 1 (and 2 & 3), Fall 2015

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), 09:30-10:20 Section 2: Lab (Tuesday), 10:30-12:20 Section 3: Lab (Thursday), 10:30-12:20
Classroom:	SPX 160 (Lecture) and YUH 128 (Lab)
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.

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 (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) 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 should be able:

- PLO1: 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.
- PLO2: To effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.
- PLO3: To apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.
- PLO4: To recognize and apply sustainable approaches as they relate to kinesiology.

PLO5: To identify social justice and equity issues related to kinesiology for various populations.

Required/Recommended Texts

Textbook

Starkey C, Ryan J. *Evaluation of Orthopedic and Athletic Injuries* (2002, 2nd ed.), Philadelphia, PA: F.A. Davis (ISBN: 0-8036-0791-1) **OR**
Examination of Orthopedic and Athletic Injuries (2010, 3rd ed.) (ISBN: 978-0-8036-1720-9)

Recommended Texts:

Starkey C, Ryan J. (2003). *Orthopedic and Athletic Injury Evaluation Handbook*. Philadelphia, PA: F. A. Davis (ISBN: 0-8036-1104-8) **OR** (2010, 2nd ed.) (ISBN: 978-0-8036-1722-3).
 Hoppenfeld S. (1976). *Physical Examination of the Spine & Extremities*, East Norwalk, CT: Appleton & Lange (Prentice Hall) (ISBN: 0-8385-7853-5).

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 sections 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
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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	___/___/___
		___/___/___
	<u>Total: 450 points</u>	_____

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.
2. Arrive in class on time and remain seated for the entire class.
3. If it is unavoidable and necessary to leave the class before instruction is completed, inform me beforehand.
4. Turn off all cell phones, pagers, PDAs, etc. during classes.
5. Remove ear phones.
6. Sleeping in class or participating in other distracting behavior (e.g., reading a newspaper) is very distracting and disrespectful to your peers and the faculty.
7. 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 -- no email or other nonclass uses.
8. Verbally express opinions/views in a professional manner.

University Policies

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 year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at http://www.sjsu.edu/provost/services/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/>.

Consent for Recording of Class and Public Sharing of Instructor Material

Common courtesy and professional behavior dictate 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. Such 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.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> 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 [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> 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.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/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)

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their 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 Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this code.)



SJSU Counseling Services (Optional)

The SJSU Counseling Services is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

**KIN 191A, Advanced Assessment of Lower
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Fall 2015
Tentative Course Schedule**
(Subject to Change With Fair Notice)

Week	Date	Topics, Readings, Exams, Quizzes
1	08/20	Course Instruction
2	08/25* 08/27	Osteokinematics Osteokinematics The Injury Examination Process: S1(1)
3	09/01 09/03	Injury Pathology Nomenclature: S4(2) Foot and Toes Pathologies (Anatomy/Palpation): S8(4), H8
4	09/08* 09/10	Foot and Toes Pathologies (Anatomy/Palpation) Foot and Toes Pathologies (Evaluation/Injuries)
5	09/15 09/17	Foot and Toes Pathologies (Evaluation/Injuries) Ankle and Leg Pathologies (Anatomy/Palpation): S9(5), H8
6	09/22 09/24	Ankle and Leg Pathologies (Anatomy/Palpation) Ankle and Leg Pathologies (Evaluation/Injuries)
7	09/29* 10/01	Ankle and Leg Pathologies (Evaluation/Injuries) Ankle and Leg Pathologies (Evaluation/Injuries)
8	10/06 10/08	Written Exam I (Osteokinematics, Ch. 1, 4, 8, 9) Knee/Patellofemoral Artic. Pathologies (Anatomy/Palpation): S10(6), 11(7) , H7
9	10/13 10/15*	Knee/Patellofemoral Artic. Pathologies (Anatomy/Palpation): Knee/Patellofemoral Artic. Pathologies (Evaluation/Injuries)
10	10/20 10/22	Knee/Patellofemoral Artic. Pathologies (Evaluation/Injuries) Knee/Patellofemoral Artic. Pathologies (Evaluation/Injuries)
11	10/27 10/29	ITA Northwest Regional Tennis Coverage at Stanford University Pelvis/Thigh Pathologies (Anatomy/Palpation): S12(8), H6
12	11/03 11/05	Pelvis/Thigh Pathologies (Evaluation/Injuries) Pelvis/Thigh Pathologies (Evaluation/Injuries)
13	11/10 11/11	Written Exam II (Ch. 10, 11, 12) Lumbar Spine Pathologies (Anatomy/Palpation): S13(10), H9
14	11/17* 11/19	Lumbar Spine Pathologies (Evaluation/Injuries) Thoracic Spine Pathologies (Anatomy/Palpation)
15	11/24 11/26	Personal/Thanksgiving Holiday

Week	Date	Topics, Readings, Exams, Quizzes
16	12/01 12/03	Thoracic Spine Pathologies (Evaluation/Injuries) Assessment of Posture: S6(3) Assessment of Posture
	12/08*	Evaluation of Gait: S7(9), H5
Final Exam	12/14 (M)	SPX 160, 09:45-10:35 (Ch. 6, 7, 13)

: Quiz days are indicated by an asterisk ()

S: Denotes Starkey textbook.

H: Denotes Hoppenfeld textbook.

S1(1): S1 is a chapter for the 2010 Starkey textbook, and (1) is the chapter for the 2002 Starkey textbook.

**KIN 191A, Advanced Assessment of Lower
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Tentative Laboratory Schedule (Subject to Change With Fair Notice)**

Week	Date (T-Th)	Topics, Lab Due Dates, OP Exams
1	08/20	No Lab
2	08/25-08/27	Course Introduction/L1: Osteokinematics/L1: The Injury Examination Process
3	09/01*-09/03*	L2: Foot and Toes Lab 1 Due
4	09/08-09/10	L2: Foot and Toes
5	09/15*-09/17*	L3: Ankle and Leg Lab 2 Due
6	09/22-09/24	L3: Ankle and Leg
7	09/29-10/01	L2/L3: Foot and Toes/Ankle and Leg
8	10/06-10/08	Oral Practical Exam I (Lab 1-3)
9	10/13*-10/15*	L4: Knee and Patellofemoral Articulation Lab 3 Due
10	10/20-10/22	L4: Knee and Patellofemoral Articulation
11	10/27-29	Review (Knee and Patellofemoral Articulation)
12	11/03*-11/05*	L5: Pelvis/Thigh Lab 4 Due
13	11/10-11/12	L5: Pelvis/Thigh
14	11/17-11/19*	L6: Lumbar/Thoracic Spine, Lab 5 Due
15	11/24-11/26	Personal/Thanksgiving Holiday
16	12/01* (T) 12/03*(Th)	Oral Practical Exam II (Lab 4-6), Lab 6 Due 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