

**San José State University**  
**Kinesiology**  
**KIN 191A, Advanced Assessment of Lower**  
**Extremity Injuries**  
**Section 1 (and 2), Fall 2017**

<b>Instructor:</b>	Dr. KyungMo Han, PhD, ATC, CSCS
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<b>Office Hours:</b>	Tuesday, 14:00-16:00
<b>Class Days/Time:</b>	Section 1: Lecture (Tuesday/Thursday), 09:30-10:20 Section 2: Lab (Tuesday), 10:30-12:20
<b>Classroom:</b>	YUH128
<b>Prerequisites:</b>	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, 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: 3<sup>rd</sup> or 4<sup>th</sup> 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, 2<sup>nd</sup> ed.). *Orthopedic and Athletic Injury Evaluation Handbook*. Philadelphia, PA: F. A. Davis (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).

### Library Liaison

Adriana Poo ([adriana.poo@sjsu.edu](mailto: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, KIN 191A, Advanced Assessment of Lower Extremity Injuries, KIN 191A, Fall 2017

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.

<b>Grading Scale and Criteria</b>	<b>Points Possible</b>	<b>Points Earned</b>
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	____/____/____
		____/____/____
<b>Total: 450 points</b>		_____

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 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 faculty.
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 -- no nonclass uses.
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/>

## KIN 191A, Advanced Assessment of Lower Extremity Injuries Fall 2017

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

Week	Date	Topics, Readings, Exams, Quizzes
1	08/24	Course Instruction
2	08/29* 08/31	Osteokinematics Osteokinematics, The Injury Examination Process: S1
3	09/05 09/07*	Injury Pathology Nomenclature: S4 Foot and Toes Pathologies (Anatomy/Palpation): S8, H8
4	09/12 09/14	Foot and Toes Pathologies (Anatomy/Palpation) Foot and Toes Pathologies (Evaluation/Injuries)
5	09/19* 09/21	Foot and Toes Pathologies (Evaluation/Injuries) Ankle and Leg Pathologies (Anatomy/Palpation): S9, H8
6	09/26 09/28	Ankle and Leg Pathologies (Anatomy/Palpation) Ankle and Leg Pathologies (Evaluation/Injuries)
7	10/03* 10/05	Ankle and Leg Pathologies (Evaluation/Injuries) Ankle and Leg Pathologies (Evaluation/Injuries)
8	<b>10/10</b> 10/12	<b>Written Exam I (Osteokinematics, Ch. 1, 4, 8, 9)</b> Knee/Patellofemoral Artic. Pathologies (Anatomy/Palpation): S10, 11, H7
9	10/17 10/19*	Knee/Patellofemoral Artic. Pathologies (Anatomy/Palpation) Knee/Patellofemoral Artic. Pathologies (Anatomy/Palpation) Knee/Patellofemoral Artic. Pathologies (Evaluation/Injuries)
10	10/24 10/26	Knee/Patellofemoral Artic. Pathologies (Evaluation/Injuries) Knee/Patellofemoral Artic. Pathologies (Evaluation/Injuries)
11	10/31 11/02	Pelvis/Thigh Pathologies (Anatomy/Palpation): S12, H6 Pelvis/Thigh Pathologies (Anatomy/Palpation)
12	11/07* 11/09	Pelvis/Thigh Pathologies (Evaluation/Injuries) Pelvis/Thigh Pathologies (Evaluation/Injuries)
13	<b>11/14</b> 11/16	<b>Written Exam II (Ch. 10, 11, 12)</b> Lumbar Spine Pathologies (Anatomy/Palpation): S13, H9
14	11/21 11/23	No Class Thanksgiving Holiday
15	11/28 11/30	Lumbar Spine Pathologies (Evaluation/Injuries) Thoracic Spine Pathologies (Anatomy/Evaluation/Injuries)

<b>Week</b>	<b>Date</b>	<b>Topics, Readings, Exams, Quizzes</b>
16	12/05 12/07	Assessment of Posture: S6 Evaluation of Gait: S7, H5
	<b>12/14 (Th)</b>	<b>Written Exam III (Ch. 6, 7, 13), 09:45-10:35, YUH 128</b>

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

S: Denotes Starkey textbook.

H: Denotes Hoppenfeld textbook.

**KIN 191A, Advanced Assessment of Lower Extremity Injuries**  
**Fall 2017**  
*(Subject to Change with Fair Notice)*

<b>Week</b>	<b>Date (T)</b>	<b>Topics, Lab Due Dates, OP Exam Exams</b>
1	08/29	Course Introduction
2	09/05	L1: Osteokinematics L1: The Injury Examination Process
3	09/12*	L2: Foot and Toes <b>Lab 1 Due</b>
4	09/19	L2: Foot and Toes
5	09/26*	L3: Ankle and Leg <b>Lab 2 Due</b>
6	10/03	L3: Ankle and Leg
7	10/10	L2/L3: Foot and Toes/Ankle and Leg
8	<b>10/17</b>	<b>Oral Practical Exam I (Lab 1-3)</b>
9	10/24*	L4: Knee and Patellofemoral Articulation <b>Lab 3 Due</b>
10	10/31	L4: Knee and Patellofemoral Articulation
11	11/07	L5: Pelvis/Thigh
12	11/14*	L5: Pelvis/Thigh <b>Lab 4 Due</b>
13	11/21	No Lab
14	11/28*	L6: Lumbar/Thoracic Spine <b>Lab 5 Due</b>
15	<b>12/05*</b>	<b>Oral Practical Exam II (Lab 4-6)</b> <b>Lab 6 Due</b>

**\*: 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