



COURSE INFORMATION

ATR 4213c, Section 7312: Athletic Injury Assessment: Lower (4 credits)
 January 8, 2018 – April 25, 2018
 Meeting Time: Mondays and Wednesdays 10:40am-12:35pm
 Meeting Location: Yon Hall II

INSTRUCTOR

Dr. Patricia M. Tripp, LAT, ATC, CSCS
 Director & Clinical Associate Professor – Athletic Training Program
 Office Location: 160 FLG
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 Email: pmcginn@hhp.ufl.edu
 Office Hours: By appointment, please email to confirm.

COURSE DESCRIPTION

Provides background information to conduct a thorough initial evaluation of lower extremity injuries commonly sustained by the physically active population. *Pre-requisite: ATR 4212c with a minimum grade of C.*

LEARNING OUTCOMES

1. Identify, describe, explain, and apply proper injury/illness prevention, clinical evaluation and diagnosis strategies for common lower extremity (i.e., pelvis, sacral, hip, knee, lower leg, ankle, foot) pathologies.
2. Identify, describe, explain, and apply proper injury/illness clinical evaluation and diagnosis strategies for normal and pathologic posture and gait.
3. Identify and apply proper assessment strategies using anthropometric measures (e.g., goniometry) for the lower extremity.
4. Integrate appropriate terminology and evidence-based procedures for injury assessment and management
5. Recognize the principles of injury mechanisms and the role of tissue mechanics for injury/illness prevention and management
6. Integrate and apply effective communication and documentation techniques during injury assessment and management

REQUIRED TEXTS AND MATERIALS

Textbook	ISBN	
Evaluation of Orthopedic and Athletic Injuries Author: Chad Starkey and Sara Brown Year: 2015 Edition: 4 th Publisher: FA Davis	978-0-8036-3918-8	Required
Orthopedic and Athletic Injury Evaluation Handbook Author: Chad Starkey and Sara Brown Year: 2015 Edition: 3 rd Publisher: FA Davis	978-0-8036-3919-5	Required
Cram Session in Goniometry and Manual Muscle Testing: A Handbook for Students & Clinicians Author: Lynn Van Ost Year: 2013 Edition: 1 st Publisher: Slack, Inc.	978-1-6171-1620-9	Required

Trail Guide to the Body Author: Andrew Biel Year: 2014 Edition: Revised 5 th Edition Publisher: Books of Discovery	978-0-9829786-5-8	Required
Please view course fees at https://one.uf.edu/soc/		

COURSE REQUIREMENTS AND POLICIES

Examinations and Practical Examinations: There will be NO make-up examinations unless exceptional conditions occur (as defined in the University of Florida Undergraduate Catalog). Please see this link for more information. <http://www.registrar.ufl.edu/catalog/policies/regulationattendance.html> Prior permission from the professor is required. There will be a time limit for each examination. Examinations will evaluate the understanding of material from lecture, text, and other supplemental material provided. As part of the CAATE requirements for completion of *Educational Competencies and Proficiencies*, **all students must pass (i.e., earn a “C” = 72% or higher) assessments of this material or complete remediation before moving on to the next course in the AT Program.** Students may complete up to two additional remediation opportunities, beyond the original assessment, to successfully pass a skill (practical exam) or content area (written/e-learning exam) within this course. Any student who cannot successfully complete the required CAATE competency and/or proficiency examinations after two remediation sessions will have their case reviewed by the AT Steering Committee. Students who require remediation two or more times throughout the semester on written and/or practical exams may also have their case reviewed by the AT Steering Committee.

Quizzes: Quizzes will assess learning progress from lecture material and assigned readings. To ensure that students are reading the assigned material, the quizzes will be both announced and unannounced. There will be NO make-ups for missed quizzes (showing up late, etc.), unless exceptional conditions occur as defined in the University of Florida Undergraduate Catalog. Please see this link for more information <http://www.registrar.ufl.edu/catalog/policies/regulationattendance.html>

Assignments: Assignments are due at the onset of class on the date assigned to them or submitted prior to the designated deadline in e-learning. **Please type all assignments** unless otherwise stated in the directions. **LATE ASSIGNMENTS ARE NOT ACCEPTED!** If you will be traveling for a University sanctioned event and will miss an assignment due date, your assignment is due **before** you leave. You must notify me with an explanation for missing class, in writing (email or letter), to receive an excused absence for class. Students are responsible for all materials missed because of an absence.

Laboratory Experiences: Laboratory experiences conducted throughout the semester may occur in Yon Hall I, or II or off-site. Attendance and participation with laboratory experiences is required. Written notification of an absence (i.e., email) prior to class is required for an absence to be excused (see university regulations as stated above). Details/specific requirements for lab experiences will be available in Canvas prior to the lab date. Students must wear proper attire (e.g., gym shorts, tank tops, sports bras, etc.) during all lab experiences.

Attendance and Participation: Throughout the semester we may have various guest speakers' present information to the class. Your attendance at these presentations is expected; written notification of an absence (i.e., email) prior to the class is required for an absence to be excused (see university regulations as stated above). Prior preparation through chapter readings and outlining will enable active participation for productive discussions. All students are required to attend lecture and lab experiences (*please review the academic absence policy in the AT Program Student Handbook*). Requirements for class attendance and make-up exams, assignments, and other work are consistent with university policies found in the online catalog <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

COURSE SCHEDULE (SUBJECT TO MODIFICATION)

The course progression will tentatively follow the schedule below:

<i>Dates</i>	<i>Topics</i>	<i>Assignment</i>
January 8	Course Introduction and Expectations Guest Speaker: George Poulis, MS, ATC – Head Athletic Trainer, Toronto Blue Jays	AT Program P&P 21 June2017 Read Chapter 6
January 10	Chapter 6: Posture	Posture Screen Example
January 15	<i>No Classes – Martin Luther King Day</i>	
January 17	Chapter 6: Posture	Read Chapter 7
January 22	Chapter 7: Evaluation of Gait	Read Chapter 8
January 24	Chapter 7: Evaluation of Gait Observational Gait and Posture Lab (Screening Tool and Gait Assessment Form - due January 29 11:59pm in Canvas)	Chapter 6-7 Quiz (open 6am - 11:59pm)
January 29	Chapter 7: Evaluation of Gait 11:45am – 12:35pm: Guest Speaker: Kevin Farmer, MD Functional Linking (UE/LE) Injury Patterns	
January 31	SEATA Athletic Training Student Symposium and The Bodies Exhibition	<i>Depart 8:30am from FLG main entrance Stadium Rd.</i>
February 5	Guest Speakers: Biomechanics Doctoral Candidates Matt Terza and Amanda Stone 3D Biomechanics & Gait Analysis Lab	Accessory Anatomy Article, FAAM Outcome Sheet, VISA-A Achilles Tendonopathy Outcome Sheet Read Chapter 9
February 7	Chapter 8: Foot and Toe Pathologies	Plantar Fascia Mechanics Article
February 12	Chapter 8: Foot and Toe Pathologies	NATA Foundation Ankle Position Statement (Kaminski et al 2013); Solger et al. 2013 Case Article
February 14	Chapter 9: Ankle and Leg Pathologies	Chapter 8-9 Quiz (open 6am - 11:59pm)
February 19	Chapter 9: Ankle and Leg Pathologies	
February 21	Chapter 8-9 Lab: Foot, Ankle, Lower Leg Assessment	Read Chapter 10 Pedorthic Assessment, Orthotics and Foam Impressions Packet
February 26	Practical Exam I Appointments: 10:30am – 12:30pm (Chapters 6-9)	
February 28	E-Learning Exam I: Chapters 6-9 (6:00am – 11:59pm)	½ Professional Knowledge Skills Check-Offs Due
March 5	<i>No Classes – Spring Break</i>	National Athletic Training Month Theme: Compassionate care for all
March 7	<i>No Classes – Spring Break</i>	
March 12	Chapter 10: Knee Pathologies	ACL Special Tests Article, ACL Mechanisms Article, ACL-OA Prevention Sheet

March 14	Chapter 10: Knee Pathologies	Read Chapter 11
March 19	Chapter 10: Knee Pathologies	PFP Consensus Statement Article 2014; Chapter 10 Quiz (open 6am -11:59pm)
March 21	Chapter 11: Patellofemoral Pathologies	Read Chapter 12
March 28	Chapter 11: Patellofemoral Pathologies	PFP Outcome Scoring Article and Questionnaire
March 28	<i>Chapter 10-11 Lab: Knee and Patellofemoral Assessment</i>	Chapter 11 Quiz (open 6am - 11:59pm)
April 2	Guest Speaker: Dan Herman, MD, PhD Knee Pathologies (ACL, OA and PFP)	
April 4	Chapter 12: Pelvis and Thigh Pathologies	Hip Evaluation Article, Whale et al Article 2012, Groin Pain Consensus Statement
April 9	Chapter 12: Pelvis and Thigh Pathologies	Read Chapter 13 Low Back Pain Classification Article, Slipping Rib Article
April 11	Chapter 13: Lumbosacral Pathologies (Supplemental Handout)	Chapter 12-13 Quiz (open 6am - 11:59pm)
April 16	Chapter 12 – 13 Lab: Hip, Pelvis, Lumbosacral Spine Lab (LQS Handout)	
April 18	Guest Speaker: Scott Greenberg, DPT, PT, CSCS Orthotics and Foot & Ankle Outcome Measures Discussion & Lab	
April 23	E-Learning Exam II: Chapters 10-13 (6:00am – 11:59pm)	Course e-Evaluations https://evaluations.ufl.edu/
April 25	Practical Exam II Appointments: 10:30am – 12:30pm (Chapters 10-13)	Professional Knowledge Book Due by April 25 (submit in FLG 100c by April 27)

GRADING CRITERIA

Letter Grade	Grade Points	Percentage
A	4.00	92 - 100
A-	3.67	89 - 91
B+	3.33	87 - 88
B	3.00	82 - 86
B-	2.67	79 - 81
C+	2.33	77 - 78
C	2.00	72 - 76
C-	1.67	69 - 71
D+	1.33	67 - 68
D	1.00	62 - 66
D-	0.67	60 - 61
E	0.00	Below 60

GRADING CRITERIA

E-Learning Exams	50%
Practical Exams	25%
Quizzes, Assignments, Skills, Labs, Attendance	25%
TOTAL GRADE	100%

IMPORTANT NOTE: Students must earn a “C” or better in ATR 4213c to continue in the AT Program.

COLLEGE/UNIVERSITY-WIDE POLICIES

Academic Honesty: As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.” Students will exhibit behavior consistent with this commitment to the UF academic community.

Academic misconduct appears in a variety of forms (including plagiarism) and may be punishable in a variety of ways, from failing the assignment and/or the entire course to academic probation, suspension or expulsion. On all work submitted for credit by students at the university, the following pledge is either required or implied: “**On my honor, I have neither given nor received unauthorized aid in doing this assignment.**” Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Faculty will not tolerate violations of the Honor Code at the University of Florida and will report incidents to the Dean of Students Office for consideration of disciplinary action. The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. If you have questions about what constitutes academic misconduct before handing in an assignment, see your instructor.

Academic Assistance and Student Services: Students who are in need of academic, career, or personal counseling services are encouraged to see the academic assistance website for further information on available services. <http://www.ufadvising.ufl.edu/academic-assistance/>

ADA Policy: The University of Florida provides accommodations for students with documented disabilities. For more information regarding services and procedures for requesting accommodations visit <http://www.dso.ufl.edu/drc/> or call 352.392.8565. Students requesting classroom accommodation must first register with the Disability Resource Center. The Disability Resource Center will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

Campus Resources: U Matter, We Care: Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu; a nighttime and weekend crisis counselor is available by phone at 352.392.1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

University Police Department: 392.1111 or 9-1-1 for emergencies <http://www.police.ufl.edu/>

Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc/Default.aspx>, 352.392.1575; **Sexual Assault Recovery Services (SARS)** Student Health Care Center, 352.392.1161.

Career Resource Center: Reitz Union, 352.392.1601, <http://www.crc.ufl.edu/>

Cell Phone/Text Messaging Policy: Students will not engage in text messaging or access their cellular telephones during class time. Faculty will award special considerations at his/her discretion.

Confidentiality: The University ensures the confidentiality of student educational records in accordance with State University System rules, state statutes and FERPA, the Family Educational Rights and Privacy Act of 1974, as amended, also known as the Buckley Amendment.

<http://www.registrar.ufl.edu/catalog/policies/regulationconfidentiality.html>

Course Grading Policy: Students will earn their course grade based on completion of coursework as outlined in the Grading Criteria listed above. Percentage calculations are rounded up at “.6 or above” and rounded down at “.5 or below”. For more information regarding Grade Point Averages, Grade Values, etc. please visit the University registrar website listed below.

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Course Evaluations: Students should provide feedback on the quality of instruction in this course by completing online evaluations <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Email and E-Learning Policy: Students are required to check their University of Florida email and E-Learning Course account daily. Dissemination of reminders and course material may occur via email or through announcements in E-Learning; it is the student’s responsibility to read and respond (if appropriate). *E-learning Help Desk:* <https://lss.at.ufl.edu/help.shtml> *Technical support:* 352.392.4357 (select option 2) or e-mail to Learning-support@ufl.edu

Last Day to Withdraw: In order to withdraw from a course it is not sufficient simply to stop attending class or to inform the instructor of your intention to withdraw. In accordance with college policy, contact your adviser to begin the withdrawal process. To view the last day for withdrawal please visit <http://www.registrar.ufl.edu/catalog/adhub.html>

Library Resources Support: <http://cms.uflib.ufl.edu/ask>

Student Responsibility for Course Prerequisites: Students are responsible to have satisfied all published prerequisites for this class. Please review the prerequisites and discuss any questions with your instructor and/or your academic advisor.

Student Complaints Process: https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf

Teaching Center: General study skills and tutoring <http://teachingcenter.ufl.edu/> Broward Hall, 352.392.2010 or 352.392.6420.

Writing Studio: Formatting and writing papers assistance <http://writing.ufl.edu/writing-studio/>