



**Course Syllabus: Anatomy & Palpations I: Lower Extremity**  
**College of Health Sciences & Human Services**  
**ATRN 1213 Section 201**  
**Fall 2022 MWF 8:00AM-8:50AM (August 28 – December 16)**

**Contact Information**

**Instructor:** Laura Poston, M.Ed, L.A.T., A.T.C.

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**Office hours:** By appointment only

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**Course Description**

Examine and explore the body as a diagnostic aid, involving locating a structure, becoming aware of its characteristics and assessing its quality or condition to aid in treatment plan.

**Course Objectives:** Upon successful completion of this course, students should be able to meet the following criterion for the CAATE competencies:

1. Name and locate specific bones or boney landmarks, muscles, or other body structures on a diagram, skeleton, and/or human subject
2. Palpate each of the bones or boney landmarks, muscles, or other body structures on a variety of body types.
3. Describe the location of the muscle in relation to other muscles within the human body.
4. Name and locate the origin, insertion, action and nerve innervation of each muscle on a diagram, skeleton, and/or human subject.
5. Palpate the length of each muscle, from origin to insertion, on a variety of human body types, superficially outline the shape, tissue fiber direction, and clearly distinguish the muscle from its surrounding structures.
6. Demonstrate, describe, and manually muscle test the actions of each muscle in the human body.

**Athletic Training Education Competencies: (From the 5<sup>th</sup> Edition published by the National Athletic Trainers' Association)**

**Prevention and Health Promotion (PHP)**

(CE-21b) (CE-21c)

## Textbook & Instructional Materials

Required Textbook(s):

**Trail Guide to the Body Edition: Fifth Edition**

Suggested Textbook(s):

**Norkin, C. C., White, D. J., Torres, J., Molleur, J. G., Littlefield, J. G., & Malone, T. W. (2016). Measurement of Joint Motion: A Guide to Goniometry. Philadelphia: F.A. Davis Company.**

**Daniels & Worthingham's Muscle Testing Edition: Ninth**

**Physical Examination of the Spine Extremities Edition: N/A**

### Attendance Policy

Attendance is taken at the beginning of each class period. The maximum number of class hours that may be missed, for any reason, is TWO. Class begins promptly at 8:00AM, if you are more than 10 minutes late, you will be marked as absent. You will be marked as "tardy" if you arrive after 8:00AM. Three "tardies" equals an absence. You must have a note for any excused absences and should notify the professor prior to missing class. If you have an extended absence, you must have it on file with the department office (room 214). If you do not conform to this policy, your grade will be lowered 10% for each absence over the allowable limit.

### Grading

Table 1: Displays Points Allocated Towards Each Assignment

Assignments	Points
Participation (42 classes @ 1.2 pts each)	50
Quizzes (4 at 10 pts each)	40
Exams-Written (4 at 50 pts each)	200
Exams- Oral Practical (3 at 50 pts each)	150
Final Exam-Written (comprehensive)	200
Homework (notecards)	Pass/Fail (50)
Total Points	690

Table 2: Total points for final grade.

**Grading Scale:**

- 90-100% of total points= A
- 80-89% of total points = B
- 70-79% of total points = C
- 60-69% of total points = D
- Below 60% of total points= F

**Homework**

Notecards. The list and directions for notecards is posted to D2L. Please write the name of the muscle on the blank side of the notecard. Then, use the lined side to write the Origin, Insertion, Action and Nerve innervation. This assignment (notecards) is a pass/fail assignment. ALL cards must be submitted on their assigned date.

**Quizzes**

There are 4 quizzes worth 10 points each, totaling 40 points for the semester. Quizzes will be labeling, fill in the blank, and/or multiple-choice questions. You must keep your eyes on your own paper. If anyone is found cheating, the professor will pick up your quiz and you will receive a grade of zero for that quiz.

**Exams - Written**

There will be four written exams this semester. The written exam will consist of labeling and listing either the Origin, Insertion, Action, and/or Nerve innervation of the listed muscle. Each exam is worth 50 points and you will have the entire class time (8:00AM to 8:50AM) to complete the exam.

**Exams – Oral Practical**

There are three oral practical mid-term exams. Each practical exam will test your palpation skills, placement and positioning of self and patient, communication skills, and ability to complete a full injury examination of the specific area(s) covered in class. You will sign up for the practical a week prior to the scheduled week of the exam. You will have 45 minutes to complete the exam and SOAP note. Practical exams are worth 50 points each.

**Final Exam – Written**

The final written exam is worth 200 points. The written exam will consist of labeling, fill in the blank, and listing of the Origin, Insertion, Action, and/or Nerve innervation of a listed muscle. The final exam is comprehensive. You have two hours to complete the exam. The final exam is December 11, 2019 from 8:00AM-10:00AM.

### **Final Exam – Oral Practical**

The final oral practical is worth 200 points. The practical will include a full injury examination of the lower body and SOAP note. Sign up for the oral practical is Monday, November 25, 2019 and exams are December 2, 2019 through December 5, 2019 (times will vary based on time student signs up for).

### **Extra Credit**

There is (1) extra credit opportunity this semester worth 3 extra points towards the FINAL course grade. Students wanting to participate in the extra credit must schedule a time, outside of the regular class meeting time, with ANY preceptor to get tested on the skills information learned within class. The assignment consists of a lower body nerve root assessment and goniometric measurements of specific muscles. The specific worksheet/grading rubric will be given in class. Student MUST pass with an 80% or better in order to receive credit. Assignment is due by 12/9/2020 before 5:00PM CST.

### **Covid-19**

In this era of uncertainty, please understand that MSU Texas has your safety in mind. If you are feeling sick, please do not come to class. Reach out to me via e-mail or GroupMe to let me know that you will not be attending class. I will schedule a time to meet with you at a later date to go over what was missed. Understand the symptoms of Covid-19 (cough, sore throat, nasal congestion, new loss of taste or smell, difficulty breathing, shortness of breath, diarrhea, headache, and muscle soreness) and monitor yourself at home. Hand washing will be taking place at the beginning of every class and hand-sanitizer will be available for the duration of class. This is a “hands-on” class, so if you are uncomfortable being close to fellow students, please come speak with me and we will find an alternative.

### **Late Work**

Late work will not be accepted.

### **Important Dates**

Deadline to file for graduation: October 2

Last Day to drop with a grade of “W:” October 30

Refer to: [Drops, Withdrawals & Void](#)

### **Student Handbook**

Refer to: [Student Handbook 2017-18](#)

### **Academic Misconduct Policy & Procedures**

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without

following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct.

### **Desire-to-Learn (D2L)**

Extensive use of the MSU Texas D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Texas Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

### **Attendance**

Students are expected to attend all meetings of the classes in which they are enrolled. Although in general students are graded on intellectual effort and performance rather than attendance, absences may lower the student's grade where class attendance and class participation are deemed essential by the faculty member. In those classes where attendance is considered as part of the grade, the instructor should so inform students of the specifics in writing at the beginning of the semester in a syllabus or separate attendance policy statement. An instructor who has an attendance policy must keep records on a daily basis. The instructor must give the student a verbal or written warning prior to being dropped from the class. The instructor's records will stand as evidence of absences. A student with excessive absences may be dropped from a course by the instructor. Any individual faculty member or college has the authority to establish an attendance policy, providing the policy is in accordance with the General University Policies.

### **Online Computer Requirements**

Taking an online class requires you to have access to a computer (with Internet access) to complete and upload your assignments. It is your responsibility to have (or have access to) a working computer in this class.

***Assignments and tests are due by the due date, and personal computer technical difficulties will not be considered reason for the instructor to allow students extra time to submit assignments, tests, or discussion postings.*** Computers are available on campus in various areas of the buildings as well as the Academic Success Center. **Your computer being down is not an excuse for missing a deadline!!** There are many places to access your class! Our online classes can be accessed from any computer in the world which is connected to the internet. Contact your instructor immediately upon having computer trouble. If you have technical difficulties in the course, there is also a student helpdesk available to you. The college cannot work directly on student computers due to both

liability and resource limitations however they are able to help you get connected to our online services. For help, log into [D2L](#).

### **Instructor Class Policies**

**Online courses:** Attendance is based on participation of assignments and discussion boards throughout the course of the semester. I will check D2L to make sure students are logging in weekly.

**In class courses:** Attendance will be taken at the beginning of each class. The maximum number of classes that may be missed, for any reason, is two. If you are more than 10 minutes late, you will be marked as absent. You will be marked as "tardy" if you arrive 5 minutes after the scheduled class time. Three "tardies" equals an absence. You must bring a note for any excused absence and should notify the instructor that you will be absent from class. If you have an extended absence, you must have it on file with the department office (room 214). If you do not conform to this policy, your grade will be lowered 10% for each absence over the allowable limit.

**Dress code requirements:** loose, comfortable clothing allowing access to the area(s) of the anatomical structure particular to the program or course lecture.

### **Change of Schedule**

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the Schedule of Classes each semester.

### **Refund and Repayment Policy**

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. HOWEVER, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exist in determining the amount of the refund. Examples of each refund calculation will be made available upon request.

### **Services for Students with Disabilities**

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student

Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to [Services for Students with Disabilities Website](#).

### **College Policies**

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

### **Smoking/Tobacco Policy**

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

### **Alcohol and Drug Policy**

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

### **Grade Appeal Process**

Students who wish to appeal a grade should consult the Midwestern State University [Undergraduate Catalog](#).

### **Research and Creative Activity Opportunities at MSU**

Enhancing Undergraduate Research Endeavors and Creative Activities (EURECA) is a program that provides opportunities for undergraduates to engage in high-quality research and creative activities with faculty. EURECA provides incentives and funding through a system that supports faculty and students engaged in collaborative research and creative works. For more information contact the Office of Undergraduate Research at (940) 397-6274 or by email at [eureca@mwsu.edu](mailto:eureca@mwsu.edu) or better yet, stop by the UGR office located in the atrium of the Clark Student Center, room 161. Information and resources are also available at [www.mwsu.edu/eureca](http://www.mwsu.edu/eureca).

Undergraduate Research Opportunities and Summer Workshop (UGROW)

Like EURECA, UGROW provides opportunities for students to conduct research with faculty. However, the research occurs in the summer. For five weeks UGROW students experience the authenticity of scientific research as well as research and creative activities in art, music, theater education, business, health and social sciences, English, history, etc. in a highly interdisciplinary environment. Students work on projects of their choice and present their findings at the end of program and the MSU Undergraduate Research and Creative Activity Forum. Faculty members will introduce their research ideas in the Comanche Suites, Clark Student Center. A break-out session with individual faculty members will follow in Wichita I & II rooms. If you have any questions, contact the Office of Undergraduate Research at (940) 397-6274 or by email at [eureca@mwsu.edu](mailto:eureca@mwsu.edu). More information and resources are available at [www.mwsu.edu/ugrow](http://www.mwsu.edu/ugrow).

Council on Undergraduate Research to support undergraduate research and creative activities, Midwestern State University holds an enhanced institutional membership with the Council on Undergraduate Research (CUR). This institutional membership includes unlimited memberships for any interested faculty, staff, and students. Students find information on benefits and resources at [www.cur.org/resources/for\\_students](http://www.cur.org/resources/for_students) and sign up at no cost at [www.members.cur.org/members\\_online/members/newmember.asp](http://www.members.cur.org/members_online/members/newmember.asp) I would like to personally invite you to become a member of CUR so that you benefit from all the opportunities CUR offers to you. CUR Undergraduate Resources Webpage contains:

- Research Opportunities;
- Presentation Opportunities;
- Undergraduate Research Journals;
- CUR-Sponsored Student Events;
- The Registry of Undergraduate Researchers;
- And more!

### **ScholarBridge**

Midwestern State University is excited to announce a new resource designed to address a commonly expressed student need—the creation of a centralized searchable database of faculty research interests and opportunities. We have entered into a partnership with **ScholarBridge** (<http://www.scholarbridge.com>), a website designed to help students participate in undergraduate research and creative activities. I strongly encourage you to join ScholarBridge at your earliest convenience.

**Schedule Notice:** Changes in the course syllabus, procedures, assignments, and schedule may be made at the discretion of the instructor.



## Course Schedule

<b>Week or Module</b>	<b>Activities/Assignments/Exams</b>	<b>Due Date*</b>
<b>Week 1</b> <b>8/28 –9/3</b>	Leg & Foot Chapter 7 Focus: Foot and Ankle	
<b>Week 2</b> <b>9/4– 9/10</b>	Leg & Foot Chapter 7 Focus: Foot and Ankle	
<b>Week 3</b> <b>9/11 – 9/17</b>	Leg & Foot Chapter 7 Focus: Ankle and Lower Leg	<b>Quiz 1</b>
<b>Week 4</b> <b>9/18 – 9/24</b>	Leg & Foot Chapter 7 Focus: Ankle and Lower Leg	
<b>Week 5</b> <b>9/25 – 10/01</b>	Leg & Foot Chapter 7 Pelvis & Thigh Chapter 6 Focus: Knee and Thigh	<b>Written Exam# 1</b>  <b>Practical #1</b>
<b>Week 6</b> <b>10/02 – 10/8</b>	Pelvis & Thigh Chapter 6 Focus: Knee and Thigh	
<b>Week 7</b> <b>10/9 – 10/15</b>	Pelvis & Thigh Chapter 6 Focus: Pelvis and Thigh	<b>Quiz 2 (10/09/2020)</b>
<b>Week 8</b> <b>10/16 – 10/22</b>	Pelvis & Thigh Chapter 6 Focus: Pelvis and Thigh	
<b>Week 9</b> <b>10/23 – 10/29</b>	Pelvis & Thigh Chapter 6 Focus: Pelvis and Thigh	<b>Written Exam #2</b> <b>Practical #2</b>
<b>Week 10</b> <b>10/30 – 11/05</b>	Pelvis & Thigh Chapter 6 Thorax & Spine Chapter 4 Focus: Lumbar Spine and Pelvis	
<b>Week 11</b> <b>11/06 – 11/12</b>	Thorax & Spine Chapter 4 Focus: Lumbar Spine, Hip, and Pelvis	<b>Quiz 3</b>
<b>Week 12</b> <b>11/13 – 11/19</b>	Thorax & Spine Chapter 4 Focus: Lumbar Spine, Hip, and Pelvis	
<b>Week 13</b> <b>11/20 – 11/26</b>	<b>Thanksgiving Break</b>	<b>Thanksgiving Break</b>
<b>Week 14</b> <b>11/27 – 12/03</b>	Thorax & Spine Chapter 4 Focus: Lumbar Spine, Hip, and Pelvis	<b>Written Exam #3</b> <b>Practical #3</b>
<b>Week 15</b> <b>12/04-12/10</b>	Thorax & Spine Chapter 4 Focus: Lumbar Spine, Hip, and Pelvis	Review for Final <b>Written Exam #4 (Will only cover what we get done with pelvis and spine online)</b>
<b>Week 16</b> <b>12/11 – 12/16</b>	Final Exam	<b>Final Exam 8:00AM – 10:00AM on 12/13/23</b>