FITN 205  Measurement & Evaluation of the Lower Extremity

I. Basic Course Information

A. Course Number and Title: FITN 205 Measurement & Evaluation of the Lower Extremity

B. New or Modified Course: New

C. Date of Proposal: Semester: Fall Year: 2018

D. Effective Term: Spring 2019

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: 3

G. Weekly Contact Hours:
   Lecture: 3
   Laboratory: 0
   Out of class student work per week: 6

H. Prerequisites: FITN 123 – Prevention & Care of Athletic Injuries

I. Laboratory Fees: None

J. Name and Telephone Number or E-Mail Address of Department Chair and Divisional Dean at time of approval:
   Beryl Stetson, beryl.stetson@raritanval.edu, 908 526-1200 x8208
   Terence Lynn, Terence.lynn@raritanval.edu, 908 526-1200 x8512

II. Catalog Description

Prerequisites: FITN 123 – Prevention & Care of Athletic Injuries
This course provides an in depth examination of the evaluation of common injuries sustained by active individuals in the lower extremity. Students will gain practical knowledge and skills in the orthopedic evaluation of the foot, ankle, shin, knee, thigh and hip areas. All components of a complete and thorough evaluation will be covered, including but not limited to: injury history, observation, range of motion, muscle testing, and special tests. Emphasis will be placed on the critical thinking and problem solving skills associated with the evaluation process.
III. Statement of Course Need

This course is designed to introduce the student to the profession of athletic training, specifically focused on the in depth examination and evaluation of the lower extremity. Students will develop in depth knowledge of the joints, muscles, and connective tissue in the major joints of the lower body, and the skills to conduct an orthopedic evaluation of those joints. The evaluation will consist of taking a thorough injury history, observation and palpation of the injured area, range of motion and special testing of each joint, and proper recording of the data collected.

A. There is no lab with this course.

B. Please describe the transferability of this course.
   1. This course generally transfers as an Exercise Science/Athletic Training program requirement.
   2. This course generally transfers as a Health Science program elective.

IV. Place of Course in College Curriculum

A. Free Elective
B. This course meets a program requirement for the Associate Degree in Exercise Science Option in Sports Medicine & Rehabilitation.
C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

A. Evaluation Process
   1. Knee
   2. Hip
   3. Lumbar Spine
   4. Ankle/Foot
   5. SI Joint/Pelvis
B. Biomechanics
   1. Knee
   2. Hip
   3. Lumbar Spine
   4. Ankle/Foot
   5. SI Joint/Pelvis
C. Gait Analysis
D. Biomechanics/Integration
VI. General Education and Course Learning Outcomes

A. General Education Learning Outcomes:

At the completion of the course, students will be able to:

1. Demonstrate proper protocol for injury evaluation of the lower extremity, analyze the data collected and determine proper care for the athlete and express both orally and in writing. (GE-NJ 1)*
2. Analyze and present a case study on lower body injury, evaluation, and rehabilitation, using evidence based research from scholarly sources to support your findings. (GE-NJ, NJ IL)*

*embedded Critical Thinking

B. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Define and describe the specific components of the on the field and off the field evaluation of injury in the lower extremity of active individuals.
2. Identify the anatomy of the lower extremity and the forces placed on them during activity.
3. Identify the common signs and symptoms associated with injury to the lower extremity
4. Evaluate and implement common methods of measurement of the lower extremity to determine extent of injury as well as progression of healing
5. Determine and explain the normal biomechanics of the lower extremity and causes of pathomechanics that commonly lead to injury.
6. Demonstrate methods to prevent re-injury of the lower extremity.
7. Identify and analyze proper functional tests that evaluate the extent of injury to the lower extremity.
8. Demonstrate oral and written communication skills associated with the evaluation and documentation of injury to the lower extremity.

C. Assessment Instruments

1. laboratory products
2. case study
3. practical skills demonstrations
4. Tests and quizzes

VII. Grade Determinants
A. written product
B. practical exams
C. tests/quizzes
D. lab reports

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:
   A. lecture/discussion
   B. small-group work
   C. laboratory
   D. simulation/role playing
   E. Homework Assignments

VIII. Texts and Materials

- Examination of Orthopedic and Athletic Injuries, 4th ed. Chad Starkey, Sara D. Brown, Jeff Ryan, F.A. Davis, 2015

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

A. RVCC Library
   B. RVCC Exercise Science Lab

X. Honors Options: n/a