Eastern Illinois University
Revised Course Proposal
PED 3142, Injury Recognition – Lower Extremity

1. Catalog Description
   a. PED 3142
   b. Injury Recognition - Lower Extremity
   c. (2 – 4 – 4)
   d. Spring Semester
   e. INJ REC/LOWER
   f. A study of the relationship of the lower extremity to various injuries, assessment procedures and immediate care of those injuries.
   g. PED 2130, PED 2135, PED 2136
   h. Fall, 2004

2. Student Learning Objectives and Evaluation:
   a. Course Objectives
      ● The student will be able to assess and recognize injuries to the foot and ankle.
      ● The student will be able to assess and recognize injuries to the lower leg and knee.
      ● The student will be able to assess and recognize injuries to the thigh and hip complex.
      ● The student will be able to assess and recognize gait deformities and perform a gait analysis.
      ● The student will be able to assess and recognize injuries to the pelvic girdle.
      ● The student will be able to assess and recognize injuries to the lower back and sacroiliac joint.
   b. Methods of assessing students’ achievement of learning objectives
      Labs - 20%
      Written Exams – 25%
      Oral Practical – 25%
      Class Assignments – 10%
      Final Exam – 20%
      TOTAL – 100%
   c. NA
   d. This is not graduate level
   e. Writing active

3. Outline of the Course (two 50-minute class sessions and 200 minutes of lab for 15 weeks)

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>a. General principle of assessment</td>
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<td>2,3,4</td>
<td>b. Foot and ankle injuries</td>
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<tr>
<td></td>
<td>1. Anatomical structures/palpation</td>
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<td>2. Manual muscle tests/neurological assessment</td>
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<td>3. Special tests</td>
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<td>4. Mechanisms of injury/injury management</td>
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<td>5,6</td>
<td>c. Lower leg and knee injuries</td>
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</tbody>
</table>
1. Anatomical structures/palpation
2. Manual muscle tests/neurological assessment
3. Special tests
4. Mechanisms of injury/injury management
5. Injuries to the thigh and hip complex
   d. Injuries to the thigh and hip complex
   1. Anatomical structures/palpation
   2. Manual muscle tests/neurological assessment
   3. Special tests
   4. Mechanisms of injury/injury management
6. Gait deformities & gait analysis
   1. Recognition of gait deviations
   2. Assessment of gait deviations
   3. Pathology of gait deviations
7. Injuries to the pelvic girdle
   f. Injuries to the pelvic girdle
   1. Anatomical structures/palpation
   2. Manual muscle tests/neurological assessment
   3. Special tests
   4. Mechanisms of injury/injury management
8. Injuries to the low back & SI joint
   g. Injuries to the low back & SI joint
   1. Anatomical structures/palpation
   2. Manual muscle tests/neurological assessment
   3. Special tests
   4. Mechanisms of injury/injury management

4. Rationale
   a. Purpose and Need:
      PED 3142 is a mandatory core course for Physical Education majors in the
      Athletic Training option pursuing a national certification as an athletic
      trainer.
   b. Justification of the Level of the Course:
      This course is appropriate for sophomore level and above
   c. Similarity to Existing Course: PED 3131 which is being revised and split into
      two courses.
   d. Impact on Program: This course would be a required course for any student
      pursuing completion of a Physical Education degree with an option in
      Athletic Training. Students wishing to obtain certification as an athletic
      trainer must pass this course.
5. Implementation
   a. Staff member to whom course will initially be assigned:
      • Julia Evans, MS, ATC/L
   b. No additional cost to student at this time.
   c. Text and Supplementary Materials:
      • Kendall, Florence, McCreary, E., Provance, P. Muscles Testing and
        Function, 4th edition. Lippincott, Williams & Wilkins. Philadelphia, PA,
        1993.
      • Magee, David. Orthopedic Physical Assessment, 4th edition. Saunders,
6. Community College Transfer
   Since this is a CAAHEP accredited program, no community college transfer will be
   accepted.
7. Date Approved by the Department: September 12, 2003
8. Date approved by the College or School Curriculum Committee: September 22, 2003
9. Date approved by CAA___________ COTE________________ CGS_____________