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: At the end of the semester the student will be able to:
      ● Assess and recognize injuries to the foot and ankle.
      ● Assess and recognize injuries to the lower leg and knee.
      ● Assess and recognize injuries to the thigh and hip complex.
      ● Assess and recognize gait deformities and perform a gait analysis.
      ● Assess and recognize injuries to the pelvic girdle.
      ● 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 a week 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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<td>1. Anatomical structures/palpation</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>7,8,9</td>
<td>d. Injuries to the thigh and hip complex</td>
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<td>2. Manual muscle tests/neurological assessment</td>
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3. Special tests
4. Mechanisms of injury/injury management
10  e. Gait deformities & gait analysis
    1. Recognition of gait deviations
    2. Assessment of gait deviations
    3. Pathology of gait deviations
11,12  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
13,14,15  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 contains advanced content and is intended for students currently
      admitted into the Athletic Training Education Program. The prerequisites include
      PED 2130, PED 2135 and PED 2136.
   c. Similarity to Existing Course: PED 3131 which is being revised and divided into
      two courses.
   d. Impact on Program: This course is 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 the 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: October 23, 2003