

**Department of Kinesiology**  
California State University, Northridge  
18111 Nordhoff Street  
Northridge, CA 91330-8287

**KIN 342 – REHABILITATION AND UPPER EXTREMITY EVALUATION CLINICAL EXPERIENCE**

**Course Information:**

Units: 1  
Semester/Year: Spring 2008  
Location: RE 172  
Time: F 11:00-11:50  
Prerequisites: Admission to ATEP

**Instructor Information:**

Instructor: Sean P. Flanagan, PhD, ATC, CSCS  
Office: RE 261  
Phone: 818-677-7507  
E-mail: sean.flanagan@csun.edu  
Office Hours: T 10:00 –11:00; R 2:00 –3:00  
F 12:00 – 1:00; By appointment

Course web page: <http://www.csun.edu/~sflanagan/Kin342.htm>  
Course email: sp08.kin342.01-c@csun.edu

**Course Description:**

Rehabilitation and Upper Extremity Injury Evaluation Clinical Experience. ATS practice, apply and synthesize knowledge and skills from the rehabilitation and upper extremity injury evaluation domains with a physically active population, under the supervision of a certified athletic trainer (ATC). The required 15 hours per week assimilates ATs into the profession. Open to ATs only.

**Course Objectives:**

Upon completion of this course the athletic training student will be able to:

1. Perform systematic upper extremity injury evaluations in a clinical setting.
2. Synthesize a rehabilitation plan using selected techniques.
3. Demonstrate the selected therapeutic exercise techniques.
4. Recognize signs and symptoms of depression and identify appropriate referral for patients/clients in a clinical setting.
5. Demonstrate and integrate selected motivational techniques into the rehabilitation plan.
6. Synthesize a nutritional treatment plan utilizing nutritional guidelines.
7. Simulate intervention with a person suspected of having an eating disorder.

**Required Textbooks:**

Prentice, W.E. (2006). Arnheim's Principles of Athletic Training: A Competency – Based Approach (12<sup>th</sup> Ed.). Boston: McGraw Hill.

## **Grading:**

1. Mid-semester Evaluation (40%)
2. Final Evaluation (60%)

## **Grading Scale:**

A- 93-100%    A- - 90-93%    B+- 87-89%    B- 83-86%    B- - 80-82%    C+- 77-79%  
C- 73-76%    C- - 70-72%    D+- 67-69%    D- 63-66%    D- - 61-62%    F- <60%

Requests for an Incomplete (I) must confirm to university policies. Among other requirements, "I" is possible only for instances in which a student is demonstrating passing work in the class.

## **Surgery / Physician Observations:**

The format for each of the assignments is provided at the end of the syllabus. A down-loadable version is provided on the course webpage. Each assignment is a one- two page, typed single spaced paper and is due on the last day of class. These activities are not graded but are required in order to be given a grade in the course.

## **Attendance Policy- Clinical rotations:**

Students will contact their clinical instructor during the first week of class and arrange their hours accordingly. Students are required to complete 10 hours per week over a minimum of three days per week. Treat the clinical rotations like a job. You must notify your clinical instructor if you will be late or cannot make a scheduled time. The clinical coordinator and program director will be contacted by the clinical instructor for each tardy or absence. **Note:** Your clinical rotation ends at the end of CSUN's semester and not when the sports have completed their season. If you there is a discrepancy between when the sport season is complete and the date for the end of the semester see me.

## **Students with Disabilities:**

The instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students with Disabilities Resources located in 110 Student Services Building, or call 818-677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodation should be made as early as possible. Any requests for accommodation will be reviewed in a timely manner to determine their appropriateness to this setting. You must be registered with the office of Students with Disabilities Resources in order for a request an accommodation.

## **Plagiarism and Cheating:**

Any student caught cheating on a course assignment will automatically fail the course, and may be subject to more severe University discipline. Please refer to the California Code of Regulations, Section 41301, Title 5 as found in the university catalog. Cheating includes sharing of examination content, questions, etc. to ATS who have not yet completed written or oral practical examinations.

## **Schedule:**

<b>WEEK</b>	<b>DATE</b>	<b>TOPIC</b>	<b>Chapters</b>
1	1-25-08	Introduction and Overview Goal Setting	
2	2-1-08	Body Composition	5
3	2-8-08	Nutrition, & Disordered Eating Dr. Lisagor	5
4	2-15-08	Pharmacology	17
5	2-22-08	Psychological Considerations Dr. Oglesby	11
6	2-29-08	Pharmacology	17
7	3-7-08	<b>EXAM #1</b>	
8	3-14-08	Isokinetic Testing	
	3-21-08	Spring Break – No Class	
9	3-28-08	Differential Diagnosis	12 & 13
10	4-4-08	FWATA – No Class	
11	4-11-08	Cervical Spine / TBI	25 & 27
12	4-18-08 4-19-08	Review St. Francis Sports Medicine Competition	
13	4-25-08	Shoulder	22 Cervical Spine SOAP Note
14	5-2-08	Elbow and Forearm	23 Shoulder SOAP Note
15	5-9-08	Wrist and Hand	24 Elbow & Forearm SOAP Note Hours
Finals		<b>EXAM #2</b>	Wrist & Hand SOAP Note Physician Observation Surgery Observation

Schedule is subject to change, with appropriate notice, as circumstances and opportunities dictate. Oral-practical final exam will be administered according to the university schedule. Students are responsible for staying updated to the changes of the schedule from classroom announcements.