

Movement Screening and Assessment

ATR 7209c | 3 Credits | Fall 2023

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INSTRUCTOR

Patricia M. Tripp, PhD, LAT, ATC CSCS
Clinical Professor
Associate Director, Doctor of Athletic Training Program
Office Location: FLG 160
Office Phone: 352.294.1729
Email: pmcginn@hhp.ufl.edu (preferred method of contact)
Pronouns: she/her/hers

OFFICE HOURS

Tuesdays and Thursdays 1:00pm – 2:00pm and by appointment; please email me to schedule

MEETING TIME/LOCATION

Wednesdays 8:30am – 11:30am (periods 2 – 4)
Yon Hall II

COURSE DESCRIPTION

Athletic Trainers will advance foundational knowledge to effectively implement and interpret screening tools for injury prevention, management, and comprehensive therapeutic intervention programming.

PREREQUISITE KNOWLEDGE AND SKILLS

Admission into the Doctor of Athletic Training Program.

REQUIRED AND RECOMMENDED MATERIALS

Students must have access to a laptop or tablet with University of Florida secure wi-fi access. Resource materials for the course are available within Canvas or provided by the instructor. Recommended resources: Gait Analysis Normal and Pathological Function ISBN 978-1556427664.

COURSE FORMAT

The course consists of information sharing through discussion and interactive/applied learning experiences for 3.0 contact hours per week. Canvas e-learning platform will provide students with content to supplement discussions, details regarding assignment expectations and grading criteria/rubrics and serve to assist the student with applicable resources for programmatic success within the Doctor of Athletic Training Program. Student participation is an important component of this course. Student participation is an important component of this course. To maximize the opportunity for class discussion, students should read the appropriate materials before class. Students will complete applied learning experiences and various assignments to ensure comprehension and application of advanced concepts within Athletic Training.

COURSE LEARNING OBJECTIVES:

1. **Identify, interpret, and critique** various methods of orthopedic screening to enhance clinical assessment (e.g., gait analysis, functional movement, posture, etc.).
2. **Design** comprehensive and patient oriented management strategies based on appraisal of assessment/screening results.

3. Apply proper patient education, communication, and documentation procedures for optimal patient outcomes.

Course & University Policies

ATTENDANCE AND PARTICIPATION POLICY

Attendance is mandatory. Students must attend class to successfully reach the learning outcomes for the course. Please notify the instructor via email regarding absences at least 24 hours prior to the class. University [guidelines](#) will determine excused vs. unexcused for the absence.

PERSONAL CONDUCT POLICY

- All students are expected to conduct themselves in a respectful and responsible manner
- All students are expected to be on time for class
- All students are expected to turn off or silence their cell phones
- All students are expected to not participate in actions that may disrupt the class
- All students are expected to stay home if they feel unwell
- The instructor reserves the right to ask any student to leave the classroom, if the student violates any the above class procedures

ACADEMIC HONESTY

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity." Students will exhibit behavior consistent with this commitment to the UF academic community. Academic misconduct appears in a variety of forms (including plagiarism) and may be punishable in a variety of ways, from failing the assignment and/or the entire course to academic probation, suspension or expulsion. On all work submitted for credit by students at the university, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Faculty will not tolerate violations of the Honor Code at the University of Florida and will report incidents to the Dean of Students Office for consideration of disciplinary action. The [Honor Code](#) specifies a number of behaviors that are in violation of this code and the possible sanctions. If you have questions about what constitutes academic misconduct before handing in an assignment, see your instructor.

PLAGIARISM POLICY

Defined as the use and appropriation of another's work without any indication of the source and the representation of such work as the student's own. Any student, who fails to give credit for ideas, expressions or materials taken from another source, including internet sources, projects/papers submitted for another course (either intentional or unintentional), is guilty of plagiarism (*please refer to the DAT Program Plagiarism Policy in the Student Handbook*).

PRIVACY

Our class sessions may be audio visually recorded for students in the class to reference and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

EXAM AND ASSIGNMENT MAKE-UP POLICY

A student experiencing an illness should visit the UF Student Health Care Center or their preferred healthcare provider to seek medical advice and obtain documentation. If you have an illness, family emergency or death, please contact the [Dean of Students Office](#) and follow the [DSO Care Team procedures](#) for documentation and submission of a request for make-up assignment. The DSO will contact the instructor. Do not provide any documentation to the instructor regarding illness or family emergency. This is your personal and protected information. The DSO is qualified to receive and verify the documents you provide. The instructor will follow the recommendations from the DSO. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online [catalog](#).

ACCOMMODATING STUDENTS WITH DISABILITIES

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting their [Get Started page](#). It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Please review [guidance](#) on how to give feedback in a professional and respectful manner. Students will be notified when the evaluation period opens and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via the GatorEvals [website](#). [Summaries](#) of course evaluation results are available.

Getting Help

HEALTH & WELLNESS

- [U Matter, We Care](#): If you or a friend is in distress, please contact 352.294.CARE(2273)
- [Counseling and Wellness Center](#), please contact 352.392.1575
- Sexual Assault Recovery Services (SARS) – [Student Health Care Center](#), 352.392.1161
- [University Police Department](#), 352.392.1111 (or 9.1.1. for emergencies)

ACADEMIC RESOURCES

- [E-learning Help Desk](#), Technical support: 352.392.4357 (select option 2) or [e-mail](#)
- [Career Connections Center](#), Reitz Union, 352.392.1601. Career assistance and counseling.
- [Library Support](#), various ways to receive assistance with using the libraries or finding resources.
- [Teaching Center](#), Broward Hall, 352.392.2010 or 352.392.6420. General study skills and tutoring.
- [Writing Studio](#), 302 Tigert Hall, 352.846.1138. Help brainstorming, formatting, and writing papers.
- [Student Complaints Process](#) (on-campus)

CIVILITY, ACCESSIBILITY, AND COMMUNITY RESOURCES

The Athletic Training Program supports an inclusive learning environment and promotes diversity of thoughts, perspectives, and experiences. We value critical reasoning, evidence-based arguments, and self-reflection to support the growth of each student. Please refer to the Doctor of Athletic Training Program Policies and Procedures Manual (Canvas) for additional information. For suggestions or concerns, please reach out to any of the following:

- Dr. Ashley Smuder, APK Culture and Engagement Committee Chair, asmuder@ufl.edu
- Dr. Stephen Coombes, APK Graduate Coordinator, scoombes@ufl.edu
- Dr. Joslyn Ahlgren, APK Undergraduate Coordinator, jahlgren@ufl.edu

Grading

Students will earn their course grade based on completion of coursework as outlined below.

Item	Percentage
Examinations (2)	60%
Assignments (11)	35%
Quizzes (8)	3%
Participation (5)	2%
Total Grade	100%

EXAMINATIONS (2)

Didactic content examinations (2), administered in Canvas, include approximately 75 – 150 questions with a variety of question formats (e.g., multiple choice, select all that apply, matching and rank order). Examinations evaluate the comprehension and application of information from discussion, text, and other supplemental resources provided in the course. Students may not use resources when completing examinations. The examination is available during the defined examination window for a specified amount of time using Canvas and associated testing support services (if applicable). Please review the [‘Student Help FAQs’](#) on the e-Learning website for assistance with Canvas. Students may not access examinations after submission but will see the grade posted in the course gradebook.

ASSIGNMENTS (11)

Assignments (if collected in hard copy) are due at the onset of class on the due date assigned; for electronic submissions, please submit the assignment prior to the designated deadline as posted in Canvas. Please type all assignments unless otherwise stated in the directions. To earn points for submitted assignments, please submit them by the assigned deadline. To receive an excused absence for attendance, participation, and/or assignment, please notify me in advance if you have a planned absence, which may delay submission of an assignment. Students are responsible for all materials missed related to an absence. Students with an excused absence have make-up opportunities per university guidelines. At the discretion of the instructor, students who submit an assignment late/past the deadline may receive partial points or no points.

Students will complete the following Assignments throughout the semester:

Reflection Papers (8): Students will complete a reflection paper for Guest Speakers, Lab or Special Sessions as indicated in the course schedule. Each reflection paper will require two components to receive points (attendance/participation AND submission of the reflection paper). Students should take adequate notes and/or review relevant materials prior to each session to better prepare, engage and find relevance within the discussion. Points awarded for reflection papers will depend on the length of the session/experience and may range from 25 points – 50 points each. Please refer to Canvas for details submission instructions, acceptable format for content, and expectations for depth and breadth of content shared within reflections papers.

Comprehensive Movement Assessment and Corrective Exercise Assignment (1): Students will complete a comprehensive movement screening, assessment, and corrective exercise programming assignment to facilitate retention, application, and assimilation of knowledge and skills gained within the course. Students will collect and interpret data related to movement and design a plan of care to mitigate identified dysfunctional movement patterns. Please refer to Canvas for details submission instructions, acceptable format for content, and expectations for depth and breadth of content related to the assignment.

Concept Review and/or Examination Review Assignments (2): Worksheets used to support discussion or simulated/scenario-based learning offers students the ability to reinforce knowledge and facilitate skill/content acquisition. Students earn points for accuracy of responses, practice of skills with lab partner (if applicable), and on time submission.

QUIZZES (8)

Quizzes will assess learning progress and promote retention of information from course content and discussion. Each quiz has a time limit, variable points awarded, and may include a variety of question formats (e.g., multiple choice, select all that apply, matching and rank order). Quizzes may be both announced and unannounced. Students may use notes to complete quizzes administered in Canvas.

CRITICAL THINKING AND PARTICIPATION (5)

Discussion, including engagement and inquiry, and assignments within the course provide opportunities for growth and inquiry. Course participation, captured within Canvas as critical thinking questions or comments shared with the instructor, helps with concept assimilation and identification of areas requiring clarity. Failure to come to class "prepared" creates an ineffective environment for valuable exchange of information. To foster accountability with discussions, students will provide at least two questions or comments on dates indicated as "discussion" in the schedule. Students earn participations points by attending class, contributing to class through insightful discussion, and completing the shared questions or comments. Scoring for the critical thinking and participation component uses a 10-point scale and evaluates submissions with a rubric to capture the student's ability to define, describe, and/or illustrate concepts and skills gained as part of the learning process. Students may submit their questions or comments prior to the discussion date, but no later than 11:59pm on the day of the discussion. Additional details provided within Canvas.

Laboratory Experiences: Laboratory experiences conducted throughout the semester may occur in Yon Hall or off-site (e.g., UAA sports health clinic, FLG, Harrell Building). Details/specific requirements for lab experiences will be available in Canvas prior to the lab date. Students must wear proper attire (e.g., gym shorts, tank tops, sports bras, etc.) during all lab experiences.

GRADING SCALE

Assignments (posted within Canvas) include rubrics, expectations for submission, and associated grading criteria. Students can see their progress within Canvas gradebook. Examinations and quizzes score upon submission; however, adjustments to score may occur after the instructor reviews question performance statistics. Within the Canvas gradebook, percent calculations round up at ".6 or above" and round down at ".5 or below". For more information regarding Grade Point Averages, Grade Values and academic regulations related to grading, please visit the University [website](#)

Letter Grade	Grade Points	Percentage
A	4.00	92 – 100
A-	3.67	89 – 91
B+	3.33	87 – 88
B	3.00	82 – 86
B-	2.67	79 – 81
C+	2.33	77 – 78
C	2.00	72 – 76
C-	1.67	69 – 71
D+	1.33	67 – 68
D	1.00	62 – 66
D-	0.67	60 – 61
E	0.00	Below 60

Weekly Course Schedule

CRITICAL DATES & UF OBSERVED HOLIDAYS

- August 23: First Day of Classes Fall Semester
- September 4: Labor Day Holiday (Monday)
- October 6 – 7: Homecoming Weekend (Friday – Saturday)
- November 10 – 11: Veteran's Day (Friday – Saturday)
- November 22 – 25: Thanksgiving Break (Wednesday – Saturday)
- December 7 – 8: Reading Days (Thursday – Friday)

WEEKLY SCHEDULE (subject to modification)

The course progression will tentatively follow the schedule below:

Week	Dates	Topics	Assignments
1	August 23	Course Expectations – Syllabus Review and Canvas Resources	Participation Questions due 11:59pm

		Discussion: Posture, Flexibility, Gait Analysis, and Kinetic Chain Function	Comprehensive Assessment and Corrective Exercise Assignment (due December 6 at 11:59pm)
2	August 30	Discussion and Lab Experience: Posture, Flexibility, Gait Analysis, and Kinetic Chain Function	Participation Questions due 11:59pm
3	September 6	Guest Speaker: Breathing Assessment and Posture (8:30am – 10:00am) Lab Experience – Walking and Running Gait Analysis (Yon Hall 10)	Reflection Paper due 11:59pm September 7
4	September 13	Discussion and Lab: Functional Movement Screening, Y-Balance, SFMA, SFMA Breakouts, and 4x4 Matrix Concept for Corrective Programming Mediasite Videos - Channels FMS Level 1, Y-Balance, and SFMA Level 1	Participation Questions due 11:59pm Quiz #1: Posture and Gait Concepts due September 12 at 11:59pm
5	September 20	Discussion and Lab: Functional Movement Screening, Y-Balance, SFMA, SFMA Breakouts, and 4x4 Matrix Concept for Corrective Programming Mediasite Videos - Channels FMS Level 1, Y-Balance, and SFMA Level 1	Participation Questions due 11:59pm Quiz #2: Functional Movement Systems Concepts due September 26 at 11:59pm
6	September 27	Discussion and Lab: Corrective Exercise Concepts and Programming	Participation Questions due 11:59pm
7	October 4	Discussion and Lab: Corrective Exercise Concepts and Programming Guest Speaker and Lab Experience: DARI System and Performance Data Assessment	Reflection Paper due October 5 at 11:59pm Exam Review Worksheet due October 9 at 11:59pm
8	October 11	E-Learning Exam I (Lock Down Brower) Please bring your laptop or tablet with wi-fi enabled access to Canvas	
9	October 18	Discussion and Lab Experience: Chronic Ankle Instability Assessment/Screening Measures Guest Speaker	Quiz #3: Chronic Ankle Instability due October 24 at 11:59pm Reflection Paper due October 19 at 11:59pm
10	October 25	Discussion and Lab Experience: Throwing Assessment/Screening Measures Guest Speaker	Quiz #4: Throwing Pathomechanics due October 31 at 11:59pm

			Reflection Paper due October 26 at 11:59pm
11	November 1	Discussion and Lab Experience: Golf Assessment/Screening Measures Guest Speaker	Quiz #5: Golf due November 7 at 11:59pm Reflection Paper due November 2 at 11:59pm
12	November 6*	Discussion and Lab Experience: Jumping, Landing, and PFP Assessment/Screening Measures Guest Speaker	Quiz #6: Jump/Landing PFP due November 14 at 11:59pm Reflection Paper due November 7 at 11:59pm
13	November 15	Discussion and Lab Experience: Vestibular Assessment/Screening Measures Guest Speaker	Quiz #7: Vestibular due November 21 at 11:59pm Reflection Paper due November 16 at 11:59pm
14	November 22	Thanksgiving Holiday Break – No Classes	
15	November 29	Discussion and Lab Experience: Dance Movement Laban and Alexander Technique Assessment/Screening Measures Guest Speaker	Quiz #8: Dance Movement due December 2 at 11:59pm Reflection Paper due November 30 at 11:59pm Exam Review Worksheet due December 1 at 11:59pm
16	December 6	E-Learning Exam II (Lock Down Brower) Please bring your laptop or tablet with wi-fi enabled access to Canvas	Reminder: Please complete the course evaluation https://ufl.bluera.com/ufl/ Comprehensive Assessment and Corrective Exercise Assignment (due December 6 at 11:59pm)