

**George Mason University
College of Education and Human Development
Athletic Training Education Program**

ATEP 365 201 – Clinical Techniques IV: Therapeutic Interventions II
3 Credits, Spring 2016
Monday and Wednesday 9:00-10:15 am, Colgan Hall 318

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Prerequisites/Corequisites

Pre-requisites: Formal acceptance to the professional phase of the ATEP; ATEP 150, 180, 250, 255, 256, 260, 265, 266, 270; BIOL 124, 125; HEAL 110, 230; PHED 300

Co-requisite: Concurrently enrolled in ATEP 360 and 366.

University Catalog Course Description

Application of clinical techniques and therapeutic rehabilitation methods commonly used with a physically active population.

Course Overview

Not Applicable.

Course Delivery Method

This course will be delivered in face-to-face, laboratory format

Learner Outcomes or Objectives

At the completion of this course students should be able to complete the following:

1. Synthesize information obtained in a patient physical assessment to determine the indications, contraindications and precautions for the selection and evidence-based application of therapeutic rehabilitation to patients;
2. Interpret baseline and post-rehabilitation objective physical measurements to evaluate patient progress;
3. Appraise therapeutic rehabilitation and treatment environment for potential safety hazards;
4. Demonstrate techniques and procedures for the rehabilitation of conditions of the physically active;
5. Develop treatment and rehabilitation protocols for various conditions of the physically active.
6. Formulate a progressive rehabilitation plan from initial assessment to return-to-participation;
7. Employ appropriate clinical therapeutic rehabilitation techniques, exercises, and equipment;
8. Modify appropriate clinical therapeutic rehabilitation techniques, exercises, and equipment according to patient physiological and psychological response;
9. Conduct functional testing procedures and appraise information to determine appropriate return-to-participation;

10. Employ proper medical documentation procedures;
11. Establish lines of communication to elicit and convey information about the patient's status and the prescribed rehabilitation protocol(s); and,
12. Maintain patient confidentiality.

Professional Standards

The course meets Commission on Accreditation of Athletic Training Education (CAATE) competencies and proficiencies in one or more of the following content areas: evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions, psychosocial strategies and referral, healthcare administration, professional development and responsibility.

Required Text

- 1) Prentice, W (2015) *Rehabilitation Techniques for Sports Medicine and Athletic Training* (6th edition). Slack Inc.

Recommended Texts

- 1) Houglum, P (2010) *Therapeutic Exercise For Musculoskeletal Injuries* (3rd edition). Human Kinetics Co.
- 2) Shultz, S. J., Houglum, P. A., Perrin, D. H: *Examination of Musculoskeletal Injuries* (3rd Ed). Champaign, IL: Human Kinetics; 2005
- 3) Andrews, JR., Harrelson, GL., Wilk, KE. (2004) *Physical Rehabilitation of the Injured Athlete*. Philadelphia, PA: Saunders.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor

- **In-Class Activities**

Students will turn in class activities for points. Each class activity is worth 10 points. Students are only able to complete the activities if they are present in class.

- **Competency Evaluations**

Performance will be assessed through completion of cognitive and psychomotor competency examinations.

- **Comprehensive Practical Examination**

One comprehensive practical examination will be administered. The examination will require a demonstration of content knowledge and psychomotor skill gained throughout the entire semester.

- **Grading**

ASSESSMENT METHOD	POINTS EACH	POINTS TOTAL
Class Participation	2	50
In-Class Activities	10	50
Competency Evaluations 1,2, 3 & 4	75	300
Comprehensive Practical Examination	100	100
TOTAL	—	500

The student's

- **Grading Scale**

Final letter grade will be earned based on the following scale:

- A: 465 – 500 pts. (93%)
- A-: 450 – 464 pts (90%)
- B+: 435 – 449 pts. (87%)
- B: 415 – 434 pts. (83%)
- B-: 400 – 414 pts. (80%)
- C+: 385 – 399 pts. (77%)
- C: 365 – 384 pts. (73%)
- C-: 350 – 364 pts. (70%)
- D: 315 – 349 pts. (63%)
- F: < 315 pts.

DAY	DATE	COURSE TOPIC	ASSIGNMENT
1	1/23	Introduction and Review of Documentation/Goal writing	Lab Activity #1
2	1/25	Rehab Concepts- PNF	
3	1/30	Rehab Concepts- Joint mobilization/Manual Therapy	Lab Activity #2
4	2/1	Competency Evaluation # 1 (Rehabilitation Concepts, Goal setting)	
5	2/6	Therapeutic Exercises for Shoulder & Arm	
6	2/8	Therapeutic Exercises for Shoulder & Arm	
7	2/13	Therapeutic Exercises for Elbow & Forearm	
8	2/15	Therapeutic Exercises for Elbow & Forearm	
9	2/20	Therapeutic Exercises for Wrist & Hand	
10	2/22	Therapeutic Exercises for Wrist & Hand	
11	2/27	Overflow for UE Ther Ex	Lab Activity #3
12	3/1	Competency Evaluation # 2 (Upper Extremity)	
13	3/6	Therapeutic Exercises for Hip	
14	3/8	Therapeutic Exercise for Hip	
	3/13-3/19	SPRING BREAK	
15	3/20	Therapeutic Exercises for Knee	
16	3/22	Therapeutic Exercises for Knee	
17	3/27	Therapeutic Exercises for Foot, Ankle, and Lower Leg	
18	3/29	Therapeutic Exercises for Foot, Ankle, and Lower Leg	
19	4/3	Therapeutic Exercises for Foot, Ankle, and Lower Leg	
20	4/5	Overflow for LE Ther Ex	Lab Activity #4
21	4/10	Competency Evaluation #3 (Lower Extremity)	
22	4/12	Therapeutic Exercises for Cervical and Thoracic Spine	
23	4/17	Therapeutic Exercises for Cervical and Thoracic Spine	
24	4/19	Therapeutic Exercises for Lumbar Spine & SI Joint	
25	4/24	Therapeutic Exercises for Lumbar Spine & SI Joint	

26	4/26	Overflow for Spine Ther Ex	Lab Activity #5
27	5/1	Posture and Gait Analysis	
28	5/3	Competency Evaluation #4 (Spine, SIJ)	
29	TBD	Comprehensive Practical Examination –	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The Writing Center provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).

- The Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://ssac.gmu.edu/make-a-referral/>.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

ADDITIONAL COURSE INFORMATION

Professional Dispositions

It is critical each student conduct themselves in an appropriate manner and decorum fitting of a health care provider. Making light of injuries, conditions, or illnesses that is not respectful to the class, instructor, or patient study will not be tolerated. Submission of documents or assignments should not include personal information and comply with Health Insurance Portability & Accountability Act (HIPPA) regulations.

Class Participation

Attending, being professional, and active participation are important components of this course and expected. Class participation will be assessed through attendance and completion of daily class activities.

Attendance

Students are expected to be on time, attend all class meetings and be prepared for in class assignments and projects. Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event, and others at the discretion of the instructor. For known upcoming absences, students must contact the instructor at least one week in advance to the missed class to make up work. In the case of illness or some other unforeseen absence, the student must contact the instructor via e-mail or telephone. At the next attended class meeting the student will discuss material that is to be completed. It is the student's obligation to pursue any make-up work.

Grading Policies

Every attempt will be made to grade and return assignments in a timely manner to provide students with constructive feedback. To provide students the opportunity to fully assess the feedback provided on graded assignments, the professor will be happy to answer any questions at the next class period following the return of the assignments or during the professor's office

hours. The professor acknowledges the passion with regards to grades, but unprofessional and uncivil behavior either in person or through other modes of communication will not be tolerated.

Make Up Work

Students who are absent or who arrive late without an official university or a medical doctor's excuse may miss in-class activities. There will be no make-up exams unless an excused absence has been warranted. Students who miss an examination or other class activity because of an excused absence must complete the assignment on their first time back in class. All make-up work must be completed by the last day of class unless other approved arrangements are made. It is the student's obligation to pursue any make-up work.

Dress

During the laboratory section of the course, students will be asked to wear appropriate clothing to expose various body parts for the purposes of practicing the application of emergency medical procedures. Tank tops and sports bras/bathing suit tops will be required when topics focus on the upper body. Shorts will be required will be required when topics focus on the lower body.

Technology Use During Class

As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. No sound emitting technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the class period. Students who are observed using any form of technology inappropriately (e.g., sending text messages from cell phones, visiting social networking sites from laptops, etc) will be dismissed from class for the day, counted as an absence, and not permitted to make up missed assignments. Additionally, no laptop computers (e.g., netbooks, notebooks, etc.) will be permitted for use during class time unless with permission from the instructor.

E-mail Correspondence

Only messages that originate from a George Mason University address will be accepted. Please address the subject line for all email pertaining to this course as:

ATEP 365: Last Name –purpose of email.

The following is an appropriate professional format:

Dear Dr. Ambegaonkar (*Beginning salutation*)

I have a question regarding ... (*Text body*)

Regards, (*Ending Salutation*)

(*Your name*)

Other Campus Resources

WRITING CENTER: (703) 993-1200; <http://writingcenter.gmu.edu>

Fairfax campus –A114 Robinson Hall

Prince William campus –204 Occoquan Bldg.

UNIVERSITY LIBRARIES: “Ask a Librarian” <http://library.gmu.edu/mudge/IM/IMRef.html>

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS): (703) 993-2380;

<http://caps.gmu.edu>

UNIVERSITY POLICIES: The University Catalog, <http://catalog.gmu.edu> is the central resource

for

University policies affecting student, faculty, and staff conduct in university affair.