

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

ATEP 361 – 001—Upper Body Therapeutic Interventions  
3 credits, Spring 2019  
MW 10:30-11:45 AM, 318 Colgan Hall, Science & Technology Campus

**Faculty**

Instructor: Jessica Pope, MS, LAT, ATC

Office hours: By appointment

Office location: 220C Colgan Hall, Science and Technology Campus

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Teaching Assistant: Gary Lewis, LAT, ATC

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**Prerequisites/Corequisites**

Pre-requisites: Must be formally admitted to the professional phase of the ATEP and a grade of C or better in the following courses: ATEP 120, ATEP 150, ATEP 201, ATEP 300, ATEP 310, ATEP 320, ATEP 325, ATEP 330, ATEP 340, ATEP 345, ATEP 350, ATEP 355; BIOL 124, BIOL 125; HEAL 230; KINE 310, KINE 320; PRLS 450

Co-requisites: ATEP 365 and ATEP 366

**University Catalog Course Description**

Utilizes an integrated approach to therapeutic interventions including modalities and rehabilitation in the treatment of upper body, head and neck injuries and conditions. Includes development, implementation, and evaluation of treatment plans for upper body, head and neck injuries.

**Course Overview**

Not Applicable

**Course Delivery Method**

Face-to-face

**Learner Outcomes or Objectives**

This course is designed to enable students to do the following:

1. Appraise the healing process and incorporate therapeutic interventions suitable to each phase;
2. Design rehabilitative plans specific to upper body, neck and head injuries;
3. Develop long and short-term rehabilitative goals appropriate for specific upper body, neck and head injuries;
4. Choose appropriate therapeutic interventions for upper body, neck and head injuries;
5. Construct therapeutic exercises used for specific upper body, neck and head injuries;
6. Identify return to sport criteria and testing for each joint of the upper body, neck and head;
7. Assess abnormal posture patterns.

## **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 Texts**

1. Prentice, W. (2015). *Rehabilitation Techniques for Sports Medicine and Athletic Training*. (6th ed.). Slack Incorporated.
2. Knight K., Draper D. (2012). *Therapeutic Modalities: The Art and Science*. Lippincott, Williams & Wilkins.
3. Additional readings as assigned via Blackboard.

## **Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy). Students will be evaluated on content standards (knowledge gained). Content standards will be assessed via projects, written quizzes and exams. Performance will be assessed through completion of class activities.

## **Assignments and/or Examinations**

### Quizzes

Quizzes will be given periodically during class or online. This will be a brief multiple choice, true-false, and short answer assessment of your knowledge from the readings and class lectures. If you are not present before the instructor collects the quiz, you will receive a zero for that quiz. Students who are late to class will not be allotted extra time to take the quiz; it must be handed in along with the entire class when the time is up.

### Examinations

Five examinations, including a comprehensive final exam, will be administered in class. The format of these examinations may be multiple choice, true/false, short answer, long answer, matching, essay and fill in the blank type questions. Each of the examinations will test the material covered in the assigned readings, lectures, discussions, and other material covered during the prior class meetings.

### Evidenced-Based Medicine Presentation

One in-class, evidence-based medicine group presentation will be required of students. Requirements for this presentation will be provided.

## **Other Requirements**

### Class Participation

If you do not attend class you cannot complete activities. Therefore, students will lose credit for not attending and contributing to class. Just being present in class does not mean you are an active and engaged participant in activities taking place that day.

Students are expected to be an active participant in all activities. You can only make up an in-class activity if you have pre-approved absence or proof of illness.

Students are expected to be on time, attend all class meetings and be prepared for in class assignments, activities, laboratories 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. See below for make-up work policy.

## Grading

### Course Grading Scale

ASSESSMENT	NUMBER	POINTS EACH	POINTS TOTAL
Class Participation	-	-	25
Quizzes	5	5	25
EBM Presentation	1	50	50
Examinations	4	50	200
Comprehensive Final Exam	1	100	100
<b>TOTAL</b>	-	-	<b>400</b>

The student's final letter grade will be earned based on the following scale:

A: (93.0-100%)

A-: (90.0-92.99%)

B+: (87.0-89.99%)

B: (83.0-87.99%)

B-: (80.0-82.99%)

C+: (77.0-79.99%)

C: (73.0-76.99%)

C-: (70.0-72.99%)

D: (63.0-69.99%)

F: (<62.99%)

## Grading

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. If there is a question regarding feedback or a grade, it is expected that it be discussed with the instructor for the course first. 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.

## Name

Your name **MUST** be on your papers when you turn them in. Failure to put your name will result in a 0 for the assignment.

## Make-Up Work

Students who are absent or who arrive late without an official university or a medical doctor's excuse will not be permitted to participate in the class activities for credit the day of the absence or tardy event. There will be no make-up quizzes or exams unless an excused absence has been warranted. 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 excused illness or some other unforeseen excused absence, the student must contact the instructor via e-mail as soon as possible. At the next attended class meeting the student will discuss material that is to be completed. Students who miss an examination, quiz or other class activity because of an excused absence must complete the assignment within a week of the excused absence. It is the student's obligation to pursue any make-up work.

### Late Assignments

All work is due by the time noted on Blackboard, or at the beginning of class time on the indicated day if an in-class assignment. NO LATE WORK WILL BE ACCEPTED AND WILL RESULT IN A 0 GRADE!!!

### Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times. See <https://cehd.gmu.edu/students/polices-procedures/>.

### Class Schedule

DATE			TENTATIVE TOPIC	READING/ASSIGNMENTS DUE
W	Jan	23	Introduction to course; Review	
M	Jan	28	Review	
W	Jan	30	Review	
M	Feb	4	Thoracic Spine	Read Prentice Ch 24
W	Feb	6	Thoracic Spine	
M	Feb	11	<i>Work Day</i>	
W	Feb	13	Thoracic Spine	
M	Feb	18	<i>Work Day</i>	
W	Feb	20	Cervical Spine	
M	Feb	25	Cervical Spine; Review	
W	Feb	27	<b><i>Exam 1</i></b>	
M	Mar	4	Head Face & Related Structures	<i>Presentation Article Due</i>
W	Mar	6	Concussion, <i>Guest Lecturer: Trish Kelshaw</i>	Read Concussion Consensus Statement; Other articles
M	Mar	11	SPRING BREAK	
W	Mar	13	SPRING BREAK	
M	Mar	18	Concussion	<b><i>EBM Presentations</i></b>
W	Mar	20	Concussion	<b><i>EBM Presentations</i></b>
M	Mar	25	<b><i>Exam 2</i></b>	
W	Mar	27	Shoulder & Upper Arm	Read Prentice Ch 17

M	Apr	1	Shoulder & Upper Arm	
W	Apr	3	Shoulder & Upper Arm	
M	Apr	8	<i>Review Day</i>	
W	Apr	10	<b><i>Exam 3</i></b>	
M	Apr	15	Elbow & Forearm	Read Prentice Ch 18
W	Apr	17	Elbow & Forearm	
M	Apr	22	<i>Review</i>	
W	Apr	24	<b><i>Exam 4</i></b>	
M	Apr	29	Wrist & Hand	Read Prentice Ch 19
W	May	1	Wrist & Hand	
M	May	6	<i>Review Day</i>	
W	May	8	<b><i>Comprehensive Final Exam 10:30am-1:15pm</i></b>	

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

### **Core Values Commitment**

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

### GMU Policies and Resources for Students

#### Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- 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](mailto: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/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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

### **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.

### **Technology Use During Class**

As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. Additionally, no laptop computers will be permitted for use during class time; the exceptions are for use during presentations/projects, and technology deemed as necessary by the Office of Disability Services. Students utilizing various technology devices during class will be asked to leave class and will not be permitted to complete course work or receive any points for assignments that day.

### **E-mail Correspondence**

Only messages that originate from a George Mason University address will be accepted.

Please note that e-mail is a wonderful tool for brief communication of ancillary matters, but is a poor substitute for in-person discussion of detailed matters. Therefore, to make communication more effective, e-mail correspondence from students should be limited to brief clarification of matters related to the class schedule, to receive confirmation of receipt of an assignment, to schedule a meeting, to notify the instructor of problems accessing materials on the course website, or to notify the instructor of an anticipated or unanticipated absence (to be followed by in-person discussion prior to or following the class meeting time). All other communication including clarification of information presented in lecture, questions regarding assignments, questions regarding grades, and all other matters should be addressed with the instructor in-person during office hours or during a scheduled meeting.

As a future health care practitioner, the ability to present yourself and communicate in a professional manner is essential, including the use of e-mail. The following is an appropriate professional format that should be followed for this class, as well as any other instructors/ACIs:

(Beginning salutation) Dear Dr./Mr./Mrs. Last Name

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

(Ending Salutation) Regards/Respectfully/Sincerely,  
(Your name) First and Last Name