

George Mason University
College of Education and Human Development
Athletic Training Education Program
ATEP 470 001- Post Rehabilitative Techniques (2)- Fall - 2019
Tuesday- 10:30-12:20 PM- 318 Colgan Hall- Science & Tech Campus

Faculty

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Prerequisites/Corequisites

Recommended Corequisite- ATEP 476

ATEP 450, ATEP 457, ATEP 466, Requires a minimum grade of C.

University Catalog Course Description

Explores current topics of musculoskeletal injury prevention and intervention. Investigates injury epidemiology, pain and nutritional theories.

Course Overview

Not Applicable

Course Delivery Method

This course will be delivered using a Face to Face format.

Learner Outcomes or Objectives

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

1. Examine the role of nutrition in regards to performance, injury prevention, healthy lifestyle including recommendations of macro nutrient intake, analysis of, and effects on healing.
2. Describe proper selection of pre-activity, activity and recovery nutrients and the effect on the musculoskeletal system.
3. Describe the methods of body assessment and weight management as well as the impact on injury, overall health and movement function.
4. Examine the principles of human movement and effects of movement dysfunction on chronic pain and disease.
5. Review movement and fitness assessments including designing of programming and interventions to meet the needs of individual patients.
6. Identify etiology of disease and identify prevention strategies.
7. Differentiate between different theories of musculoskeletal rehabilitation.

8. Explore seminal works in musculoskeletal rehabilitation theories.
9. Explore and understand treatment approaches for patients with movement dysfunction and pain.
10. Synthesize the literature to develop an evidence-based research project (to include but not limited to case study, clinical research project, literature review).

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. Cook, G. (2011). *Movement: Functional Movement Systems*. On Target Publications.
2. Clark, M. (2013). *NASM Essentials of Corrective Exercise*. Jones & Bartlett Learning.

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).

- **Research Round Table** – Students will be assigned to groups to review an assigned clinical technique or theory. Students will be expected to review the current literature on the subject matter and lead a round table discussion with peers. Each group will assign an article for the class to read prior and present additional literature in small group discussion format. You will be expected to be the content expert on the assigned topic and create discussion points that will lead the round table discussion format.
- **Quizzes & Assignments**- Students will be required to complete weekly quizzes and related assignments that will correspond to the NASM Corrective Exercise and Movement textbooks as well as related content. All quizzes will be face to face and assignments will be uploaded to BB unless otherwise specified.
- **Final Exam**- Students knowledge of movement dysfunction, including assessment of and correction of faulty patterns will be assessed in this exam. This exam will be the cumulation of knowledge learned from the NASM Corrective Exercise and Movement textbook.
- **Blood Flow Restriction Course**- Students **WILL ATTEND (MANDATORY)** Blood Flow Restriction Course on **November 15th from 8-6 PM**. There are NO excused absences for this course or any make-up opportunity. Students will be expected to be in attendance for the duration, exhibit professional behavior and complete two assignments. Assignment 1- quiz on course material presented. Assignment 2- reflection of course and clinical implications of knowledge learned.
- **Class Attendance/Professionalism**- Students are expected to exhibit professional behaviors and dispositions at all times. It is critical that each student conduct himself/herself in an appropriate manner and decorum fitting of a health care provider. Making light of injuries, conditions, or illnesses or any action 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 should comply with Health Insurance Portability & Accountability Act (HIPAA) regulations.

- **Communication** – *When communicating with the instructor and classmates, either face-to-face or via email, students should address the other person appropriately, use appropriate language and maintain a civil demeanor.*
- **Responsibility/Accountability/ Honesty/Integrity**– *Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of being on time, completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes. Students are expected to interact with the instructor and classmates in appropriate, respectful and civil behaviors. Professionals keep their word when committing to something and act in an ethical and respectful manner. See George Mason University policy for further guidance.*
- **Professionalism evaluation** – *Any professionalism violation will be documented by the instructor. Violations will result in a 1-point deduction per episode from the final point total.*
- **Attendance-** Attending, being on-time for class, active participation and respect for peers and instructor are important components of this course. Therefore, students will lose credit for not attending and contributing to the class. An unexcused absence will result in a point reduction of the student’s final grade. Each late arrival will result in 1point reduction of the student’s final grade. If a student arrives more than 10 minutes after the beginning of class, it will be recorded as an unexcused absent even if the student attends the class. Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event(contact instructor in advance), 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 before the course meeting via e-mail. At the next attended class meeting the student will discuss material that is to be completed. Students will have one week from the excused absence to complete any missed assignments. It is the student's obligation to pursue any make-up work. Attendance will be recorded at the beginning of class.

- **Grading**

Course Grading Scale

ASSESSMENT	NUMBER	POINTS	POINTS
Blood Flow Restriction Course Requirement	1	50	50
Research Round Table	1	50	50
Quizzes/Assignments	10	15	150

Final Exam	1	50	50
Attendance & Professionalism	1	25	25
TOTAL	—	—	325

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

A	0.93	325	302.3
A-	0.9	302.2	292.5
B+	0.87	292.4	282.8
B	0.83	282.7	269.8
B-	0.8	269.7	260.0
C+	0.77	259.9	250.3
C	0.73	250.2	237.3
C-	0.7	237.2	227.5
D	0.63	227.4	204.8
F	0	204.7	0.0

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 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. 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 at the designated time on the indicated day. **NO LATE WORK WILL BE ACCEPTED AND WILL RESULT IN A 0 GRADE!!!**

Class Schedule

DATE		TOPIC	READINGS/ASSIGNMENT DUE
T	8-27	Intro to Course & Content NASM- Intro to Corrective Training	Chapter 1,2,3 Quiz #1- 1,2,3
T	9-3	NASM- Assessing For Human Movement Dysfunction	Assignment #1- Due by Friday EOD Chapter 4,5,6,7,8 Quiz #2- 4,5,6,7,8

T	9-10	NASM- Corrective Exercise Continuum	Chapter 9,10,11 Quiz #3- 9,10,11 Assignment #2
T	9-17	NASM- Corrective Exercise Strategies	Chapter 12,13,14,15,16
T	9-24	MOVEMENT	Chapter 1,2,3,4 Quiz #4- 1,2,3,4 Assignment #3
T	10-1	MOVEMENT- FMS/SFMA/Y Balance/LESS Test	Chapter 5,6,7,8,9 Assignment #4
T	10-8	MOVEMENT	Chapters 11,12,13 Quiz #5- 11,12,13
T	10-23	Nutrition & Sleep- Role in Performance and Recovery	Articles on BB Assignment #5
T	10-29	Breathing Assessment	Articles on BB
T	11-5	Role of Fascia	Articles on BB
T	11-12	Mental Health Training Day Class Meeting After Round Table Research	
T	11-15	Blood Flow Restriction Course 8-6 PM 318 Colgan Hall	Quiz Reflection Assignment
T	11-19	Mental Health Training Day	
T	11-26		
T	12-3	Round Table Research	
T	12-17	Final Exam-10:30-12:20 PM	Bring computer to complete Final Exam

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 <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://coursesupport.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/> .

E-MAIL CORRESPONDENCE

Only messages that originate from a George Mason University address will be accepted. The following is an appropriate professional format:

Dear Ms. _____; *(Beginning salutation)*

I am looking forward to your class. *(Text body)*

Regards, *(Ending Salutation)*

First Name Last Name *(Your name)*

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, Smart Phones, or other technology* 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.

