

**George Mason University**  
**College of Education and Human Development**  
**Athletic Training Education Program**  
ATEP 670 002- Post Rehabilitative Techniques (2)- Fall - 2019  
Monday- 8:30-10:15 AM- 148 Katherine Johnson Hall- Science & Tech Campus

**Faculty**

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**Prerequisites/Corequisites**

Admission to the Professional Masters ATEP and a grade of B- or better in the following courses: ATEP 510, ATEP 520, ATEP 530, ATEP 540, ATEP 545, ATEP 550, ATEP 555, ATEP 560, ATEP 565, ATEP 566, ATEP 570, ATEP 575, ATEP 650, ATEP 656, ATEP 667

**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).

- **Current Rehabilitation Philosophy-** Students will articulate their current rehabilitation philosophy(s). This will include current theories that guide clinical practice decisions, philosophies of patient care, and explanation of your decision making process.
- **Clinical Technique Teaching Presentation** – Students will review an assigned clinical technique or theory. The presentation will include an introduction to the topic, an explanation of the technique/theory, demonstration of technique/theory, appropriate current research supporting topic and conclusion/recommendations of integration into clinical practice. Visual support such as PowerPoint & teaching demonstration must be used.
- **Patient Outcomes Collection & Presentation-** Students, using an evidence-based practice format, will document progression of clinical competence by examining their current clinical practice thru reflection and critique of collected patient outcomes. Please synthesize this information into concise written account and share meaningful and impactful clinical decisions and outcomes. Further details will be shared in class.
- **Quizzes & Assignments-** Students will be required to complete weekly quizzes and related assignments that will correspond to the NASM Correct Exercise and Movement textbooks as well as any other related content. Quizzes will be face to face, assignments will be posted via BB unless otherwise specified.
- **Blood Flow Restriction Course-** Students **WILL ATTEND (MANDATORY)** Blood Flow Restriction Course on **November 15<sup>th</sup> 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
Clinical Philosophy	1	25	25

Clinical Technique Teaching Presentation	1	75	75
Patient Outcomes Project	1	75	75
Quizzes/Assignments	10	15	150
Blood Flow Restriction Course Requirement	1	50	50
Attendance & Professionalism	1	25	25
<b>TOTAL</b>	—	—	400

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

A	0.93	400	372.0
A-	0.9	371.9	360.0
B+	0.87	359.9	348.0
B	0.83	347.9	332.0
B-	0.8	331.9	320.0
C	0.7	319.9	280.0
F	0	279.9	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!!!**

### **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.

### Class Schedule

DATE		TOPIC	READINGS/ASSIGNMENT DUE
M	8-26	Intro to Course & Content NASM- Intro to Corrective Training	Chapter 1,2,3 Quiz #1- 1,2,3
M	9-9	NASM- Assessing For Human Movement Dysfunction	Assignment #1- <b>Due by Friday EOD</b> Chapter 4,5,6,7,8 Quiz #2- 4,5,6,7,8
M	9-16	NASM- Corrective Exercise Continuum	Chapter 9,10,11 Quiz #3- 9,10,11 Assignment #2
M	9-23	NASM- Corrective Exercise Strategies	Chapter 12,13,14,15,16
M	9-30	MOVEMENT	Chapter 1,2,3,4 Quiz #4- 1,2,3,4 Assignment #3
M	10-7	MOVEMENT- FMS/SFMA/Y Balance/LESS Test	Chapter 5,6,7,8,9 Assignment #4
M	10-15	MOVEMENT	Chapters 11,12,13 Quiz #5- 11,12,13
M	10-21	Nutrition & Sleep- Role in Performance and Recovery	Articles on BB Assignment #5
M	10-28	Breathing Assessment	Articles on BB
M	11-4	Role of Fascia	Articles on BB
M	11-11	Mental Health Training Day <b>Class meeting after Clinical Theory Presentations</b>	<b>Clinical Philosophy Due</b>
M	11-18	Mental Health Training Day	
F	11-15	Blood Flow Restriction Course 8-6 PM	Quiz

		318 Colgan Hall	Reflection Assignment
M	11-25		
M	12-2	Clinical Theory Presentations	
	12-16	Final Exam-8:30-10:15 AM Patient Outcome PPT Presentations	Written Component (PPT) Due 8:30 AM via BB

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](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/> .**