

California University of Pennsylvania
University Course Syllabus
Department of Health Sciences
UCC Approval date: 10/16/2017

A. Protocol

Course Name: Therapeutic Interventions II with Lab
Course Number: ATE 630
Credits: 4
Prerequisites: Enrollment in Athletic Training Program and ATE 690
Maximum Class Size (face-to-face): lecture 30; lab 15
Maximum Class Size (online): NA

B. Objectives of the Course:

Upon completion of the course, students should be able to:

1. Demonstrate an understanding of the principles of therapeutic exercise in designing a therapeutic exercise plan from initial visit to return to activity through the course of the healing phases.
2. Assess the patient to identify indications, contraindications, and precautions applicable to the intended therapeutic intervention.
3. Integrate characteristics of the inflammation phase, pain cycle, and the physical principles and physiological responses of an injury and develop a progressive therapeutic program.
4. Assess the results of a therapeutic intervention plan and use this information to determine if a program should be progressed, regressed, revised, or discontinued.
5. Document a plan of care for a rehabilitation program including progress notes, short and long term goals, and therapeutic exercises.
6. Incorporate appropriate therapeutic interventions such as manual therapies, therapeutic massage, joint mobilizations, myofascial techniques, and muscle energy techniques.
7. Explain the theoretical foundation of clinical outcomes assessment and describe common methods of outcomes assessment used to clinical practice.
8. Educate and instruct a patient on proper self-treatment and a home exercise regimen.
9. Define PNF, underlying neurophysiology for movement control, and select PNF techniques appropriate to specific patient cases.
10. Identify and correct abnormal gait patterns and biomechanical deficiencies for reestablishing proper motor control and injury prevention.

C. Catalog Description:

The course contains the knowledge and skills necessary for an athletic trainer to plan, implement, document and evaluate the efficacy of a therapeutic intervention program for the rehabilitation of an injured patient. This course will contain therapeutic exercise techniques for the whole body focusing on mobilizations, pain-free range of motion, flexibility, muscle strength, neuromuscular control, speed, endurance, power, agility, and cardiovascular fitness.

D. Outline of the Course:

Overview Rehabilitation Equipment
Documentation of Therapeutic Intervention Plans
Designing/Developing a Therapeutic Intervention Program
Understanding and Managing the Healing Process
Examination Process in Rehabilitation
 Clinical Outcomes Assessment
Psychological Considerations
Reestablishing NMC
Restoring ROM and Flexibility
Regaining Muscular Strength, Endurance, and Power
Regaining Postural Stability
Maintaining Cardiorespiratory Fitness
Core Stability in Rehabilitation
Plyos in Rehabilitation

OKC vs CKC in Rehabilitation
Isokinetics
Joint Mobilizations
Traction
PNF and Other Soft-Tissue Mobilizations
Gait Training
Aquatic Rehabilitation
Functional Progressions
UE Rehabilitation: Shoulder, Elbow, Wrist, Hand, & Fingers
LE Rehabilitation: Knee, Groin, Hip, Thigh, Lower Leg, Ankle, & Foot
Spine

E. Teaching Methodology:

1) Traditional Classroom Methodology

Lectures, handouts, textbook readings, videotapes, and class discussions will be utilized in the teaching of this course. In addition, lab activities will include lab manual projects, case studies, clinical scenarios, self-directed student activities, demonstrations, and treatment documentation. Laboratory instructors will demonstrate techniques and integrate those demonstrations into the laboratory activities.

Desire 2 Learn will be used as primary communication for class announcements, notes, assignments and homework, discussion posts etc.

2) Online Methodology

N/A

F. Text

Houglum, P. Therapeutic Exercise for Musculoskeletal Injuries, 3rd ed

G. Assessment Activities:

1) Traditional Classroom Assessment

Quizzes, written examinations, assignments, projects, and class participation. Lecture and lab point values will be combined and a single grade will be earned for this course.

2) Online Assessment

N/A

H. Accommodations for Students with Disabilities:

OSD

Revised June 2015

STUDENTS WITH DISABILITIES

Students reserve the right to decide when to self-identify and when to request accommodations. Students requesting approval for reasonable accommodations should contact the Office for Students with Disabilities (OSD). Students are expected to adhere to OSD procedures for self-identifying, providing documentation and requesting accommodations in a timely manner.

Students will present the OSD Accommodation Approval Notice to faculty when requesting accommodations that involve the faculty.

Contact Information:

- Location: Carter Hall - G-35
- Phone: (724) 938-5781
- Fax: (724) 938-4599
- Email: osdmail@calu.edu
- Web Site: <http://www.calu.edu/osd>

I. Title IX Syllabus Addendum

California University of Pennsylvania
Reporting Obligations of Faculty Members under Title IX
of the Education Amendments of 1972, 20 U.S.C. §1681, et seq.

California University of Pennsylvania and its faculty are committed to assuring a safe and productive educational environment for all students. In order to meet this commitment and to comply with the Title IX of the Education Amendments of 1972 and guidance from the Office of Civil Rights, the University requires faculty members to report incidents of sexual violence shared by students to the University's Title IX Coordinator, Dr. John A. Burnett, Special Assistant to the President for EEO, Office of Social Equity, South Hall 112, Burnett@calu.edu, 724-938-4014. The only exceptions to the faculty member's reporting obligation are when incidents of sexual violence are communicated by a student during a classroom discussion, in a writing assignment for a class, or as part of a University-approved research project. Faculty members are obligated to report sexual violence or any other abuse of a student who was, or is, a child (person under 18 years of age) when the abuse allegedly occurred to the person designated in the University protection of minors policy.

The University's information regarding the reporting of sexual violence and the resources that are available to victims of sexual violence is set forth at:

- **Office of Social Equity**, South Hall 112, 724-938-4014
 - Social Equity Home Page www.calu.edu/SocialEquity
 - Social Equity Policies www.calu.edu/SEpolicies
 - Social Equity Complaint Form www.calu.edu/SEcomplaint
- **Counseling Center**, Carter Hall G53, 724-938-4056
- **End Violence Center**, Carter Hall G94, 724-938-5707
- **Student Affairs**, Natali Student Center 311, 724-938-4439
- **Wellness Center**, Carter Hall G53, 724-938-4232
- **Women's Center**, Natali Student Center 117, 724-938-5857
- **Threat Response Assessment and Intervention Team (T.R.A.I.T.) & Dept. of Public Safety & University Police**, Pollock Maintenance Building, 724-938-4299
 - **EMERGENCY:** From any on-campus phone & Dial **H-E-L-P** or go to any public pay phone & **Dial *1**. (*Identify the situation as an emergency and an officer will be dispatched immediately.)

J. Supportive Instructional Materials, e.g. library materials, web sites, etc.

NATA Position/Consensus Statements: <http://www.nata.org/news-publications/pressroom/statements>

Professional journal articles: Journal of Athletic Training, Athletic Therapy Today, American Family Physician, Journal of Bone & Joint Surgery, International Journal of Emergency Medicine, Cochrane Database Systematic Reviews, etc.

Additional Information for Course Proposals

K. Proposed Instructors:

Any qualified athletic training faculty, certified by the BOC and licensed as an athletic trainer by the state of PA.

L. Rationale for the Course:

This course contains numerous NATA Athletic Training Educational Competencies that are required components of the curriculum. The content of the course is critical knowledge for an athletic trainer.

M. Specialized Equipment or Supplies Needed:

We currently own the following supplies, but would need to maintain/update as needed: physioballs, therabands, weighted plyo balls, free weights, rebounder/mini trampoline, AirEx, Dynadiscs, Bosu balls, agility cones/hurdles, agility ladder, treadmill, stationary bike, theraputty, body blades, plyo boxes BAPS board/wobble board, weigh machines, medicine balls, traction table, aerobic steps, examination tables, Therband webs, foam rolls, canes/wands, towels, ability platforms.

The following are disposable items that would need to be ordered annually: therabands, towels

The following items would need to be purchased (either we do not own the item or would not have a sufficient supply): Electronic Health Records, update for Biodex, update for Biofeedback unit

N. Answer the following questions using complete sentences:

- 1) Does the course require additional human resources? (Please explain)

No

If Yes, click here to answer Question N1, above.

- 2) Does the course require additional physical resources? (Please explain)

No

The course will require access to the swimming pool, SwimEx, and gym spaces.

- 3) Does the course change the requirements in any particular major? (Please explain)

Yes

This course is a part of the new/revised major, the professional master of science in athletic training.

- 4) Does the course replace an existing course in your program? (If so, list the course)

No

If Yes, click here to answer Question N4, above.

- 5) How often will the course be taught?

Each Spring

Click here to add text to qualify your selection for course timing, if necessary.

- 6) Does the course duplicate an existing course in another Department or College? (If the possibility exists, indicate course discipline, number, and name)

No

Click here if the answer to Question N6, above is YES. Indicate the other discipline/department and the other course number and name.

- O. If the proposed course includes substantial material that is traditionally taught in another discipline, you must request a statement of support from the department chair that houses that discipline.

N/A if not applicable. Identify the OTHER course and department here where this course content might more traditionally be taught! Include supporting documentation from that department as an appendix to this document.

P. Please identify if you are proposing to have this course considered as a menu course for General Education. The General Education Committee must consider and approve the course proposal before consideration by the UCC.

No

Q. Approval Form

Provide the Approval Form (Signature Page) with the signatures of your department Chair AND college Dean (electronically).