

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

A. Protocol

Course Name: Complementary & Alternative Therapies with Lab
Course Number: ATE 781
Credits: 2
Prerequisites: Enrollment in the PMSAT Program and ATE 630
Maximum Class Size (face-to-face): 30 lecture; 15 lab
Maximum Class Size (online): NA

B. Objectives of the Course:

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

- 1) Demonstrate knowledge of complementary manual therapies and discuss methods of using therapies in conjunction with traditional treatment/therapeutic intervention.
- 2) Describe the philosophies, theoretical basis, and literature findings for efficacy for various complementary and alternative therapies.
- 3) Identify and differentiate the practices that are categorized as mind body medicine
- 4) Identify and differentiate the practices that are categorized as energy therapies.
- 5) Identify and differentiate the practices that are categorized as manipulative and body based practices

C. Catalog Description:

This course focuses on the treatment of musculoskeletal conditions through the use of manual rehabilitative techniques and complementary and alternative therapies to assist a patient in treatment and recovery.

D. Outline of the Course:

Principles of Manual Therapy
Neuroplasticity of Musculoskeletal Injury
Soft Tissue Mobilization Techniques
 Myofascial Release Techniques
 Mulligan Techniques
 Joint Mobilization
 Instrument Assisted Soft Tissue Mobilization (IASTM)
Vestibular Therapy
Therapeutic Cupping
Acupuncture
Kinesiotaping
Dry Needling
Visualization
MS Imaging Assisted Injections
Nutrition & Sleep Theory
Muscle Energy Techniques

E. Teaching Methodology:

- 1) Traditional Classroom Methodology
 Discussion, lecture, demonstration, lab activities, and skill application.
- 2) Online Methodology
 NA

F. Text

Lisa DeStephano. Greenman's Principles of Manual Medicine. Fifth Edition. Lippincott, Williams and Wilkins, 2016. ISBN-13: 978-1451193909, ISBN-10: 1451193904

G. Assessment Activities:

- 1) Traditional Classroom Assessment
Exams, quizzes, homework assignments, practical skill demonstration, discussion posts, writing assignments, and practical exams.
- 2) Online Assessment
NA

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 EEEEO, 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 (TRAIT) & Department 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.

Professional literature sources: 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 advanced clinical techniques to improve and broaden the skillset of the students. The skills learned through this course would give our students a more advanced set of clinical skills beyond the typical entry-level student.

M. Specialized Equipment or Supplies Needed:

We currently own the following supplies, but would need to maintain/update as needed: roll sticks, foam rollers, treatment tables, prone pillows, canes, small steps, stationary bike, agility platforms

The following items would need to be purchased (either we do not own the item or would not have a sufficient supply): Therapeutic cupping set, kinesiotape, Mulligan belts, Gavilan tools, Graston tools, dry needles, high-low treatment table, tennis/racket balls, mini disco ball

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

If Yes, click here to answer Question N2, above.

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

Yes

This is a new course and 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.

NA

- 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).