

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

ATEP 366 —Practicum 4: Therapeutic Rehabilitation (3)
Spring 2010

DAY/TIME:	MW 1:30 – 2:45 P.M.	LOCATION:	Bull Run Hall 246
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DEPT. WEBSITE:	http://www.rht.gmu.edu	CLASS WEBSITE:	http://courses.gmu.edu

PRE/CO-REQUISITES

Pre-requisites: Formal acceptance to the professional phase of the ATEP; ATEP 150, 180, 250, 255, 256, 260, 265, 266, 270, 350, 355, 356; BIOL 124, 125; HEAL 110, 230; PHED 300; current Emergency Cardiac Care (ECC) certification.

Co-requisite: Concurrently enrolled in ATEP 360 and 365.

COURSE DESCRIPTION

A clinical practicum field experience under the direct supervision of an Approved Clinical Instructor (ACI) with emphasis on therapeutic rehabilitation.

COURSE OBJECTIVES

Upon completion of the course the student will be able to:

1. Apply theories, concepts, and philosophies learned through previous didactic and clinical experiences;
2. Employ record-keeping practices in athletic training;
3. Recognize indications and contraindications for specific exercises;
4. Select and demonstrate a variety of exercises and techniques to improve joint range of motion, strength, endurance, speed, power, balance, neuromuscular control, coordination, agility, cardiorespiratory fitness, and activity-specific skills for the lower body and upper body;
5. Design and implement a rehabilitation program for specific injuries or conditions; and
6. Employ foundational behaviors of professional practice in athletic training.

COURSE OVERVIEW

This is the fourth of five clinical practicum experiences that provide students with adequate opportunities to practice and integrate cognitive learning with the associated psychomotor skills required for the profession of athletic training. This course embraces the 'Learning Over Time' concept by requiring students to master a logical progression of clinical proficiency and professional behavior assessments throughout the clinical experience. Students are required to integrate individual component skills (i.e., cognitive and psychomotor skill competencies) into global clinical proficiencies during the clinical experience. Specific cognitive and psychomotor skill components as defined by the *NATA Educational Competencies* are formally taught, practiced, and assessed in the concurrent classroom and controlled laboratory (clinical course) settings. These clinical proficiency assessments, evaluated by ACIs, require students to reason methodically and determine which skills (cognitive learning) are appropriate in a given clinical practice situation and correctly perform these skills (psychomotor) in a manner befitting an entry-level athletic trainer (professional behavior). These proficiencies are associated with students in Level II of the ATEP and are a part of the associated Clinical Education Manual. Global clinical proficiencies are composed of two hierarchical categories: Clinical Proficiencies to be Challenged (assessing knowledge, skills, and professional behaviors learned in the current semester), and Clinical Proficiencies to be Mastered (assessing

knowledge, skills, and professional behaviors learned in the prior semester). All clinical proficiencies are graded on a 20 point scale. Students must achieve a passing score of 17 or greater (80%) to demonstrate mastery of the clinical proficiency. Students not achieving a passing score must re-take the proficiency until they satisfactorily demonstrate mastery. Students are required to complete 'Mastery Proficiencies' by mid-semester in the clinical experience and submit the results to ATEP faculty for verification. As 'Challenge Proficiencies' assess cognitive and psychomotor skills that the students are learning in the current semester, students need only attempt (not necessarily pass) these proficiencies. Challenge Proficiencies are completed in the second half of the clinical experience. These 'Challenge Proficiencies' then become 'Mastery Proficiencies' for the following clinical experience where the student must now show mastery of the content via a passing score, thus demonstrating their ability to learn and improve over time. During each clinical experience students receive constructive feedback from their ACIs to allow them to improve and continue to 'Learn Over Time'. This clinical experience allows students opportunities to practice and integrate the cognitive learning, with the associated psychomotor skill requirements associated with therapeutic modalities. In addition, students develop entry-level professional behaviors as Athletic Trainers defined by the *NATA Educational Competencies*.

Attendance

Each student must meet with his/her ACI during the first week of the semester to develop a weekly schedule. Students must accrue a *minimum of 200 hours* during the entire semester (approximately 10-20 hours per week) actively participating in the clinical education field experience. Students are expected to be on time, attend all class meetings and clinical experiences as mutually agreed upon with the Coordinator of Clinical Education, course instructor and the ACI. 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 ACI and course instructor. For known upcoming absences, students must contact the ACI and the course instructor at least one week in advance of the missed class or clinical experience. In the case of illness or some other unforeseen absence, the student must contact the ACI and the course instructor via e-mail or telephone.

Academic Responsibility

Although many students must work to meet living expenses, *employment must not take priority over academic responsibilities*. Students employed more than 20 hours a week are strongly urged not to attempt a full-time academic load. Students employed more than 40 hours a week should attempt no more than 6 credits per semester. Students who fail to observe these guidelines may expect no special consideration for academic problems arising from the pressures of employment. Please see the GMU Academic Catalog (http://catalog.gmu.edu/content.php?catoid=5&navoid=104#Registration_attendance) for further information.

Scheduling Requirements

An integral part of students' practicum is time spent under the supervision of the ACI. Students should be aware that times are scheduled in conjunction with ACI availability. Practicum times may include early mornings, afternoons, evenings, and weekends. Students may also be required to travel to additional sites to meet their ACI to engage in clinical education. Unlike other majors, athletic training practicum courses require additional time outside of the traditional classroom. Participation at the clinical site does not excuse you from class and/or related assignments at George Mason University.

Rehabilitation-Intensive Supplemental Clinical Education Field Experience

In addition to the primary clinical education field experience, students must also complete a minimum of four weeks in a rehabilitation-intensive supplemental clinical education field experience. Students will receive the supplemental experience assignment after the midterm evaluations are submitted. During the supplemental experience, students must continue to engage in the primary experience and maintain contact with the primary ACI. While a portion of the semester's proficiencies will be assessed by the supplemental ACI, the majority of the proficiencies will be assessed by the primary ACI.

Additional Policies

For additional guidelines relating to your athletic training education, please see the program handbook at the following website: <http://rht.gmu.edu/atep/forms/>.

Accreditation Standards

Upon completion of this course, students will meet the following Commission on Accreditation of Athletic Training Education (CAATE) and clinical proficiencies:

Code	Clinical Proficiency
TM-CP1	Synthesize information obtained in a patient interview and physical examination to determine the indications, contraindications and precautions for the selection, patient set-up, and evidence-based application of therapeutic modalities for acute and chronic injuries. The student will formulate a progressive treatment and rehabilitation plan and appropriately apply the modalities. Effective lines of communication should be established to elicit and convey information about the patient's status and the prescribed modality(s). While maintaining patient confidentiality, all aspects of the treatment plan should be documented using standardized record-keeping methods.
TM-CP1.1	Infrared Modalities
TM-CP1.2	Electrical Stimulation Modalities
TM-CP1.3	Therapeutic Ultrasound
TM-CP1.4	Mechanical Modalities
TM-CP1.5	Massage and other Manual Techniques
EX-CP	Synthesize information obtained in a patient interview and physical examination to determine the indications, contraindications and precautions for the selection, application, and evidence-based design of a therapeutic exercise program for injuries to the upper extremity, lower extremity, trunk, and spine. The student will formulate a progressive rehabilitation plan and appropriately demonstrate and/or instruct the exercises and/or techniques to the patient. Effective lines of communication should be established to elicit and convey information about the patient's status and the prescribed exercise(s). While maintaining patient confidentiality, all aspects of the exercise plan should be documented using standardized record-keeping methods.
EX-CP1	Program for injuries to the upper extremity
EX-CP1.1	Exercises and Techniques to Improve Joint Range of Motion
EX-CP1.2	Exercises to Improve Muscular Strength
EX-CP1.3	Exercises to Improve Muscular Endurance
EX-CP1.4	Exercises to Improve Muscular Speed
EX-CP1.5	Exercises to Improve Muscular Power
EX-CP1.6	Exercises to Improve Balance, Neuromuscular Control, and Coordination
EX-CP1.7	Exercises to Improve Agility
EX-CP1.8	Exercises to Improve Cardiorespiratory Endurance
EX-CP1.9	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening
EX-CP2	Program for injuries to the lower extremity
EX-CP2.1	Exercises and Techniques to Improve Joint Range of Motion
EX-CP2.2	Exercises to Improve Muscular Strength
EX-CP2.3	Exercises to Improve Muscular Endurance
EX-CP2.4	Exercises to Improve Muscular Speed

EX-CP2.5	Exercises to Improve Muscular Power
EX-CP2.6	Exercises to Improve Balance, Neuromuscular Control, and Coordination
EX-CP2.7	Exercises to Improve Agility
EX-CP2.8	Exercises to Improve Cardiorespiratory Endurance
EX-CP2.9	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening
EX-CP3	Program for injuries to the trunk
EX-CP3.1	Exercises and Techniques to Improve Joint Range of Motion
EX-CP3.2	Exercises to Improve Muscular Strength
EX-CP3.3	Exercises to Improve Muscular Endurance
EX-CP3.4	Exercises to Improve Muscular Speed
EX-CP3.5	Exercises to Improve Muscular Power
EX-CP3.6	Exercises to Improve Balance, Neuromuscular Control, and Coordination
EX-CP3.7	Exercises to Improve Agility
EX-CP3.8	Exercises to Improve Cardiorespiratory Endurance
EX-CP3.9	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening
EX-CP4	Program for injuries to the spine
EX-CP4.1	Exercises and Techniques to Improve Joint Range of Motion
EX-CP4.2	Exercises to Improve Muscular Strength
EX-CP4.3	Exercises to Improve Muscular Endurance
EX-CP4.4	Exercises to Improve Muscular Speed
EX-CP4.5	Exercises to Improve Muscular Power
EX-CP4.6	Exercises to Improve Balance, Neuromuscular Control, and Coordination
EX-CP4.7	Exercises to Improve Agility
EX-CP4.8	Exercises to Improve Cardiorespiratory Endurance
EX-CP4.9	Exercises to Improve Activity-Specific Skills, including Ergonomics and Work Hardening

REQUIRED READINGS

1. ATEP 365 & 366 Manual: Therapeutic Modalities
2. ATEP Student Handbook.

EVALUATION

The course instructor, in consultation with the ACI, assigns the final grade based on several specific requirements for evaluation. Specifically, the ACI will supply scoring and relative open-ended feedback on the Mid Semester Clinical Performance Evaluation, Final Clinical Performance Evaluation, and Clinical Proficiency Evaluations.

AT Month Project

For this project, you will design and implement a project to promote the profession of athletic training. More information will be offered in class. ***Presentations will take place on March 29th, 2010. All students are to be prepared to present at the beginning of class.***

Clinical Proficiency Evaluations

The student must complete all clinical proficiency evaluations associated with the previous and current courses. These evaluations will be assessed by each student's ACI. ***Failure to successfully complete ALL Mastery Proficiencies (by March 5th, 2010) and attempt ALL Challenge Proficiencies (by May 4th, 2010) will result in failure of the course. Additionally, failure to successfully complete ALL Mastery Proficiencies (by March 5th, 2010) will result in a 50% grade reduction for the Mid Semester Clinical Performance Evaluation.***

Evaluation of ACI/Clinical Site Survey

This survey will be conducted via Qualtrics in order to collect feedback about the ACI and clinical site. A link to the survey will be provided in an email. ***This survey will be completed on May 3rd, 2010.***

Expectations Document

This form is a guide to explain and clarify the ACI expectations of the student. Both student and ACI will read and sign this document together at the initial meeting to help ensure that all parties understand their respective responsibilities and duties. ***This completed form is due at the beginning of class on February 1st, 2010.***

Final Clinical Performance Evaluation

The ACI will complete the evaluation and assign a letter grade based on the student's clinical performance. ACIs are encouraged to discuss the results of the evaluation with the student. ***Evaluations are due May 4th, 2010 by 5pm.***

Final Comprehensive Examination

There will be a practical final examination administered at the time deemed by the official university schedule. ***The examination will be on May 5th, 2010 from 1:30 P.M. – 4:15 P.M.***

Mid Semester Clinical Performance Evaluation

The ACI will complete the evaluation and assign a letter grade based on the student's clinical performance. ACIs are encouraged to discuss the results of the evaluation with the student. ***Evaluations are due March 5th, 2010 by 5pm.***

Pre-Clinical Experience Survey

This survey will be conducted via Qualtrics in order to collect pertinent information that will aid in making suitable clinical assignments. A link will be provided to the survey in an email. ***This survey will be completed no later than April 26th, 2010.***

Teamed Approach Interview

Throughout the semester the Foundational Behaviors of Professional Practice of Athletic Trainers will be discussed and presented. This assignment will provide you with an opportunity to interview your ACI about specific teamed approach topics and allow you to reflect on your ideals and beliefs. Five questions will be provided and the student is responsible for developing 10 additional open-ended questions; after the interview the ACI will sign and date the question sheet. The student will then provide a typed, double-spaced summary of the interview with their reflections on the ACI answers. ***All parts of this assignment are due at the beginning of class, March 22nd, 2010.***

Throughlines

The student is required to complete two Throughline reflective writings which are ***due on January 25th, 2010 and on April 19th, 2010 at the beginning of class.***

GRADING

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
AT Month Project	1	25	25
Clinical Proficiency Evaluations	10	Pass/Fail	Pass/Fail
Evaluation of ACI/Clinical Site Survey	1	10	25
Expectations Document	1	25	25
Final Clinical Performance Evaluation	1	75	75
Final Comprehensive Examination	1	125	125
Mid Semester Clinical Performance Evaluation	1	75	75
Pre-Clinical Experience Survey	1	10	10
Teamed Approach Interview	1	50	50
Throughlines	2	45	90
TOTAL	—	—	500

Course Grading Scale

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

A: 465 – 500 pts. (93%)	C+: 385 – 399 pts. (77%)
A-: 450 – 464 pts. (90%)	C: 365 – 384 pts. (73%)
B+: 435 – 449 pts. (87%)	C-: 350 – 364 pts. (70%)
B: 415 – 434 pts. (83%)	D: 315 – 349 pts. (63%)
B-: 400 – 414 pts. (80%)	F: < 315 pts.



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>

DAY	DATE	TENTATIVE TOPIC	ASSIGNMENTS DUE
1	1/20	Foundational Behaviors	
2	1/25*	Throughline Discussion	Throughlines due
3	2/1	Teamed Approach to Practice	Expectations document
4	2/3		
5	2/8*	Athletic Training Month Brainstorm	Potential Athletic Training Month Projects
6	2/10		
7	2/15	Professionals in the Continuum of Care	
8	2/17		
9	2/22*	Athletic Training Month Project Feedback	Final Athletic Training Month Project Ideas
10	2/24		
11	3/1	Teamed Approach – Guest Speaker	
12†	3/3		Mid Semester evals due NLT 5 th Mar
13	3/8	<i>SPRING BREAK: 3/8 – 3/14</i>	
14	3/15*	Minors & Geriatric Patients	
15	3/17		
16	3/22	Interview Discussion	Interviews due
17	3/24		
18	3/29*	Athletic Training Month Presentations	Presentations
19	3/31		
20	4/5	How to Work with Difficult People	
21	4/7		
22	4/12*	Crucial Conversations – Guest Speaker	
23	4/14		
24	4/19	Scope of Practice	
25	4/21		
26	4/26*	Throughline Discussion	Throughlines due
27	4/28		
28	5/3	Surveys, Thank-you cards, Closing points	Surveys
FINAL	5/5†	<i>Cumulative Final Examination</i>	<i>1:30 P.M. – 4:15 P.M.</i>

* Bi-monthly schedule/ hours log due.

† ACI evaluations due.