

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism

ATEP 360 002 – Therapeutic Interventions II (3)
Spring 2015

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|------------------|--------------------------------------|----------------|--|
| DAY/TIME: | Mon, Wed: 9:00 am–10:15am | LOCATION: | BRH 148 |
| PROFESSOR: | Shruti Ambegaonkar | EMAIL ADDRESS: | sambegao@gmu.edu |
| OFFICE LOCATION: | BRH 210A | PHONE NUMBER: | 703-993-7119 |
| OFFICE HOURS: | Wed: 10:30 -11:30pm & by appointment | FAX NUMBER: | 703-993-2025 |

PRE/CO-REQUISITES

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

Co-requisites: Concurrent enrollment in ATEP 365 and 366

COURSE DESCRIPTION

This course uses an integrated approach to the use of therapeutic modalities and rehabilitation in the treatment of athletic injuries and conditions. It will give special consideration to specific parts of the body and include focus on the development, implementation, and evaluation of treatment plans for athletic injuries.

COURSE OBJECTIVES

At the completion of this course students should be able to:

1. Develop rehabilitative programs specific to joints and injuries.
2. Define long and short-term rehabilitative goals.
3. Effectively evaluate and assessment athletic injuries.
4. Describe therapeutic exercises used for specific athletic injuries.
5. Describe three phases of healing and incorporate therapeutic exercises.
6. Identify return to sport criteria and testing for each joint.
7. Effectively evaluate abnormal gait patterns.

NATURE OF COURSE DELIVERY

Face-to-face

COURSE OVERVIEW

This didactic course will focus on the development of cognitive competencies necessary for the safe, effective, and evidenced-based development, implementation, and evaluation of treatment plans for athletic injuries.

ATTENDANCE

Students are expected to be on time, attend all class meetings and be prepared for in class assignments and projects. 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 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 via e-mail or telephone. At the next attended class meeting the student will discuss material that is to be completed. It is the student's obligation to pursue any make-up work.

ACCREDITATION 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.

MEDICAL PROFESSIONALISM

It is critical each student conduct themselves in an appropriate manner and decorum fitting of a health care provider. Making light of injuries, conditions, or illnesses 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 comply with Health Insurance Portability & Accountability Act (HIPPA) regulations.

TECHNOLOGY USE DURING CLASS

As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. No sound emitting technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the class period. Students who are observed using any form of technology inappropriately (e.g., sending text messages from cell phones, visiting social networking sites from laptops, etc) will be dismissed from class for the day, counted as an absence, and not permitted to make up missed assignments. Additionally, no laptop computers (e.g., netbooks, notebooks, etc.) will be permitted for use during class time unless with permission from the instructor.

E-mail Correspondence:

Only messages that originate from a George Mason University address will be accepted. Please address the subject line for all email pertaining to this course as:

ATEP 360: Last Name –purpose of email.
The following is an appropriate professional format:

Dear Mrs. Ambegaonkar (*Beginning salutation*)

I have a question regarding ... (*Text body*)

Regards, (*Ending Salutation*)

(*Your name*)

REQUIRED READINGS

- 1) Houglum, P (2010) *Therapeutic Exercise For Musculoskeletal Injuries*. 3rd ed. Champaign, IL: Human Kinetics Co.
- 2) Denegar CR, Saliba E, & Saliba S. *Therapeutic modalities for musculoskeletal injuries*. Human Kinetics, 2010.

RECOMMENDED READINGS

- 1) Shultz, S. J., Houglum, P. A., Perrin, D. H: Examination of Musculoskeletal Injuries (3rd Ed). Champaign, IL: Human Kinetics; 2005
- 2) Andrews, JR., Harrelson, GL., Wilk, KE. (2004) *Physical Rehabilitation of the Injured Athlete*. Philadelphia, PA: Saunders.

EVALUATION

Students will be evaluated on content standards (knowledge gained) and performance (demonstration of the content). Content standards may be assessed via successful completion of written/online examinations, assignments, quizzes and of class activities.

Class Participation

Attending, being professional, and active participation are important components of this course and expected. Class participation will be assessed through attendance and completion of daily class activities.

Quizzes

15 quizzes will be given in class. Each quiz will test material covered in the assigned reading. Quizzes will be available on Blackboard at designated times only.

Injury Rehabilitation Discussion

Each student will engage in an active discussion about current literature related to rehabilitation of common musculoskeletal injuries.

Examinations

Five examinations will be administered. The format of these examinations may be multiple choice, true/false, short answer, matching, fill in the blank, and/or essay type questions. Examinations will cover material in the required and recommended textbooks, class notes, and activities completed during prior class sessions. The final examination will be cumulative and cover all course material.

Student Project: Rehabilitation Case Report

The purpose of this assignment is to educate the learner in the process involved with writing and presenting a rehabilitation case report. Students are required to pick a patient that they have evaluated and treated from their clinical field experience and follow their rehabilitation process. More information will be provided separately.

First draft due by 9:00 am on: 3/18/15; Final draft due by 9:00 am on 4/29/15. NO LATE SUBMISSIONS WILL BE ACCEPTED.

NAME

Your name **MUST** be on your papers when you turn them in. Failure to put your name will result in a 0 for the assignment.

COURSE GRADING SCALE

| Evaluation type | Number | Points each | Total points |
|----------------------------------|---------------|--------------------|---------------------|
| Class Participation | 20 | 2 | 40 |
| Quizzes | 15 | 5 | 75 |
| Injury rehabilitation discussion | 10 | 1 | 10 |
| Examinations 1, 2, 3, & 4 | 4 | 50 | 200 |
| Student project | 1 | 75 | 75 |
| Cumulative Final Exam | 1 | 100 | 100 |
| TOTAL POINTS | | | 500 |

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

A: 465 – 500 pts. (93%)

A-: 450 – 464 pts (90%)

B+: 435 – 449 pts. (87%)

B: 415 – 434 pts. (83%)

B-: 400 – 414 pts. (80%)

C+: 385 – 399 pts. (77%)

C: 365 – 384 pts. (73%)

C-: 350 – 364 pts. (70%)

D: 315 – 349 pts. (63%)

F: < 315

GRADING

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

There will be no make-up quizzes, class participation points, assignments, or exams unless an excused absence has been warranted. Students who must miss an examination, quiz or other assignment because of an excused absence must complete work on their first time back in class. It is the student's obligation to pursue any make-up work.

OTHER USEFUL CAMPUS RESOURCES:

WRITING CENTER: (703) 993-1200; <http://writingcenter.gmu.edu>

Fairfax campus –A114 Robinson Hall

Prince William Campus –204 Occoquan Bldg.

UNIVERSITY LIBRARIES: “Ask a Librarian” <http://library.gmu.edu/mudge/IM/IMRef.html>

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS): (703) 993-2380; <http://caps.gmu.edu>

UNIVERSITY POLICIES: The University Catalog, <http://catalog.gmu.edu> is the central resource for University policies affecting student, faculty, and staff conduct in university affair.

TENTATIVE COURSE SCHEDULE

| Quiz # | DAY | Date | COURSE TOPIC |
|--------|--------|-----------------|---|
| | 1 – W | 1/21 | Introduction to class |
| | 2 – M | 1/26 | Pathomechanics and Healing (Review) |
| | 3 – W | 1/28 | Basic Concepts of Rehabilitation (Review) |
| | | 1/29-2/1 | <i>Examination # 1 (Components of Rehabilitation On-line due by 11:59 pm on 2/1)</i> |
| | 4 – M | 2/2 | Therapeutic Interventions — Shoulder and Arm |
| 1 | 5 – W | 2/4 | Therapeutic Interventions — Shoulder and Arm |
| 2 | 6 – M | 2/9 | Therapeutic Interventions — Shoulder and Arm |
| 3 | 7 – W | 2/11 | Therapeutic Interventions — Elbow and forearm |
| 4 | 8 – M | 2/16 | Therapeutic Interventions — Elbow and forearm |
| 5 | 9 – W | 2/18 | Therapeutic Interventions — Wrist and hand |
| 6 | 10 – M | 2/23 | Therapeutic Interventions — Wrist and hand |
| | 11 – W | 2/25 | <i>Examination # 2 (Upper Extremity)</i> |
| | 12 – M | 3/2 | Therapeutic Interventions — Hip |
| 7 | 13 – W | 3/4 | Therapeutic Interventions — Hip |
| | | 3/9-3/15 | SPRING BREAK |
| 8 | 14 – M | 3/16 | Therapeutic Interventions — Hip |
| 9 | 15 – W | 3/18 | Therapeutic Interventions — Knee and Thigh |
| 10 | 16 – M | 3/23 | Therapeutic Interventions — Knee and Thigh |
| 11 | 17 – W | 3/25 | Therapeutic Interventions — Foot, ankle, and lower leg |
| 12 | 18 – M | 3/30 | Therapeutic Interventions — Foot, ankle, and lower leg |
| | 19 – W | 4/1 | <i>Examination # 3 (Hip, Knee, Thigh, Foot, Ankle, Lower leg)</i> |
| | 20 – M | 4/6 | Therapeutic Interventions — Spine and SI joint |
| 13 | 21 – W | 4/8 | Therapeutic Interventions — Spine and SI joint |
| 14 | 22 – M | 4/13 | Therapeutic Interventions — Spine and SI joint |
| 15 | 23 – W | 4/15 | Therapeutic Interventions — Posture and Ambulation |
| | 24 – M | 4/20 | <i>Examination #4 (Spine and SI Joint, Posture, Ambulation)</i> |
| | 25 – W | 4/22 | Therapeutic Interventions — Other Exercise Options |
| | 26 – M | 4/27 | Special Considerations during Therapeutic Interventions |
| | 27 – W | 4/29 | Special Considerations during Therapeutic Interventions |
| | 28 – M | 5/4 | Review |
| | 29 – W | 5/11 | <i>Final Examination (Comprehensive) – 7:30AM – 10:15PM</i> |

Note: Faculty reserves the right to alter the schedule as necessary

COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- 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 George Mason University 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 must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

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.

