

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism

ATEP 355-202 - Clinical Techniques III (3)
Fall 2015

DAY/TIME:	MW 7:30-8:45 AM	LOCATION:	Occoquan 318
INSTRUCTOR:	Ms. Marcie Fyock, MS, ATC,	EMAIL ADDRESS:	mfyock@gmu.edu
	LAT		
OFFICE LOCATION:	Bull Run Hall 210	PHONE NUMBER:	703-993-7118
OFFICE HOURS:	M/W 10:30-12:00 or by appointment	FAX NUMBER:	703-993-2025
DEPT. WEBSITE	www.rht.gmu.edu	COURSE WEBSITE:	mymasonportal.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; BIOL 124, 125; HEAL 110; PHED 300

Co-requisite: Concurrently enrolled in ATEP 350 and 356.

COURSE DESCRIPTION

An examination of the scientific theory and standard operating procedures necessary for the safe application of therapeutic modalities in a physically active patient population.

COURSE OBJECTIVES:

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

- 1) Synthesize information obtained in a patient physical assessment to determine the indications, contraindications and precautions for the selection and evidence-based application of therapeutic modalities to patients;
- 2) Interpret baseline and post-treatment objective physical measurements to evaluate patient progress;
- 3) Appraise therapeutic modalities and treatment environment for potential safety hazards;
- 4) Conduct proper patient set-up for the application of therapeutic modalities;
- 5) Formulate a progressive treatment plan and appropriately incorporate therapeutic modalities;
- 6) Employ proper medical documentation procedures;
- 7) Establish lines of communication to elicit and convey information about the patient's status and the prescribed modality(s); and
- 8) Maintain patient confidentiality.

COURSE OVERVIEW

This clinical techniques laboratory course will be taught in the Athletic Training Clinical Simulation Laboratory. The focus of this course is to develop the cognitive and psychomotor competencies necessary for the safe, effective, and evidenced-based application of therapeutic modalities in a physically active patient population.

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 (contact instructor in advance), and others at the discretion of the instructor. **Late work will not be accepted under any circumstances.** 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. ***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.

Dress

During the laboratory section of the course, students will be asked to wear appropriate clothing to expose various body parts for the purposes of practicing the application of therapeutic modalities. Tank tops and sports bras/bathing suit tops will be required when topics focus on the upper body. Shorts will be required will be required when topics focus on the lower body.

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* 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.

E-mail Correspondence

Only messages that originate from a George Mason University address will be accepted.

Please note that e-mail is a wonderful tool for brief communication of ancillary matters, but is a poor substitute for in-person discussion of detailed matters. Therefore, to make communication more effective, e-mail correspondence from students should be limited to brief clarification of matters related to the class schedule, to receive confirmation of receipt of an assignment, to schedule a meeting, to notify the instructor of problems accessing materials on the course website, or to notify the instructor of an anticipated or unanticipated absence (to be followed by in-person discussion prior to or following the class meeting time). All other communication including clarification of information presented in lecture, questions regarding assignments, questions regarding grades, and all other matters should be addressed with the instructor in-person during office hours or during a scheduled meeting.

As a future health care practitioner, the ability to present yourself and communicate in a professional manner is essential, including the use of e-mail. The following is an appropriate professional format that should be followed for this class, as well as any other instructors/ACIs:

(Beginning salutation) Dear Dr./Mr./Mrs. Last Name

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

(Ending Salutation) Regards/Respectfully/Sincerely,

(Your name) First and Last Name

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.

REQUIRED READINGS

1. Knight K, Draper D. *Therapeutic Modalities: The Art and Science*. 2nd ed. Philadelphia, PA: Lippincott, Williams & Wilkins.
2. Houglum, P (2005) *Therapeutic Exercise For Musculoskeletal Injuries*. 3rd ed. Champaign, IL: Human Kinetics Co. Please order on-line now for end of semester and Spring 2015.
3. ATEP 355 Lab Manual.

Additional Readings that may be of help:

1. Denegar CR., Silba E., & Saliba S. *Therapeutic modality for musculoskeletal injuries*. Human Kinetics, 2010.
2. Prentice WE. *Therapeutic Modalities in Rehabilitation*. Mc-Graw Hill, 2011.

EVALUATION

Students will be evaluated on content standards (knowledge gained) and psychomotor competency performance (demonstration of the skill content). Content standards and psychomotor skills will be assessed via practical skill demonstrations (Competency Evaluations) and a comprehensive practical examination.

Class Participation

Attending, being prompt, and active participation are important components of this course. Therefore, students will earn credit for attending and contributing to the class.

Competency assessment

Performance will be assessed through completion of cognitive and psychomotor competency examinations.

Comprehensive Practical Examination

One comprehensive practical examination will be administered. The examination will require a demonstration of content knowledge and psychomotor skill gained throughout the entire semester.

Course Grading Scale

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Class Participation	25	2	50
Competency Evaluations	5	70	350
Comprehensive Practical Examination	1	100	100
TOTAL	—	—	500

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.

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 beginning of class time on the indicated day. **NO LATE WORK WILL BE ACCEPTED!**

TENTATIVE COURSE SCHEDULE

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

ATEP 355 - Therapeutic Modalities Lab- Topical Outline		
Schedule Subject to Change at Discretion of Instructor		
Day	Date	Topic
1	Aug 31	Course Introduction/Assessing Movement & our role in injury healing process/Evidence Based Practice- Chapter 2
2	Sep 2	General Application/ Record Keeping- Chapter 3,4
3	Sep 9	Immediate Care of Acute Ortho Injuries- Chapter 6
4	Sep 14	Healing Process
5	Sep 16	Understanding Pain- Chapter 8/Videos
6	Sep 21	Relieving Orthopedic Pain- Chapter 9
7	Sep 23	Cryotherapy/Compression- Chapter 13
8	Sep 28	Competency Evaluation #1 (Cryotherapy, Compression)
9	Sep 30	Thermotherapy- Chapter 11
10	Oct 5	Traction- Chapter 19
11	Oct 7	Competency Evaluation #2(Thermotherapy & Traction)
12	Oct 13	Electrotherapy- TENS, IFC
13	Oct 14	Electrotherapy- HVC, NMES
14	Oct 19	Electrotherapy –Iontophoresis/ Clinical Evaluation practice
15	Oct 21	Competency Evaluation #3 (Electrotherapy)
16	Oct 26	Ultrasound
17	Oct 28	Ultrasound
18	Nov 2	Phonophoresis, Estim US Combination, Clinical Evaluation Practice
19	Nov 4	Competency Evaluation #4 (Ultrasound)
20	Nov 9	Therapeutic Massage
21	Nov 11	Alternative Interventions
22	Nov 16	Range of Motion, Flexibility
23	Nov 18	Strength
24	Nov 23	Proprioception
25	Nov 30	Plyometrics
26	Dec 2	Functional Exercise
27	Dec 7	Competency Evaluation #5 (Rehab components)
28	Dec 9	Review Day
FINAL		
	Dec 16	Comprehensive Practical Examination 7:30am – 10:15am

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/the-mason-honor-code-2>].
- 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.
- Students are expected to exhibit professional behaviors and dispositions at all times.

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/>].

School of Recreation, Health, and Tourism

- 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>].
- 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.



Student Acknowledgement of Syllabus

By signing the provided sheet, I attest to the following:

- I have read the course syllabus for ATEP 355 in its entirety, and I understand the policies contained therein. This syllabus serves as an agreement for ATEP 355 between the instructor and me.
- I have a clear understanding of the due dates for assignments and examinations, and I accept responsibility for the material.
- I understand the excused absence policy and acknowledge that it is my responsibility to inform the instructor of all excused absences in advance and my responsibility to pursue make-up work.
- I am aware that failure to submit assignments by the dates assigned will result in no points awarded, as late work will not be accepted.
- I understand the instructor reserves the right to alter the provided schedules as necessary and I am responsible for the assignments and examination dates for the most current version of the syllabus schedule.
- I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard.

(For Your Reference)