

George Mason University
College of Education and Human Development
Athletic Training

ATEP 355 201- Clinical Techniques III
3 credit hours, Fall 2016
Monday-Wednesday/7:30-8:45am CH 318 Science & Technology Campus

Faculty

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P 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, 230; PHED 300

Co-requisites: Concurrent enrollment 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 Overview

Not Applicable.

Course Delivery Method

This course will be delivered using a face-to-face, laboratory format.

Learner Outcomes or Objectives

This course is designed to enable students to do 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.

Professional 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. Prentice, W. *Rehabilitation Techniques for Sports Medicine and Athletic Training*. 6th ed. Slack Incorporated.
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.
4. Prentice, W. *Rehabilitation Techniques for Sports Medicine and Athletic Training*. 6th ed. Slack Incorporated.

*ADDITIONAL READINGS THAT MAY BE OF HELP (**Not Required**)*

1. Denegar CR, Saliba E, & Saliba S. *Therapeutic modalities for musculoskeletal injuries*. Human Kinetics, 2010.
2. Prentice WE. *Therapeutic Modalities for Sports Medicine and Athletic Training*. McGraw-Hill, 2009.

Course Performance 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.
- **Quizzes Competency Assessment**

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

- **Comprehensive Practical Examinations**

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

- **Grading Policies**

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 pts

Professional Dispositions

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.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/>).
- 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 Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Class Schedule

Day	Date	Topic	Chapter
1	Aug 29	Course Intro/ Critical Thinking and Evidence Based Practice	Ch 1, 2
2	Aug 31	Record Keeping/ General Application	Ch 3, 4
3	Sep 7	Immediate Care/ Pt positioning	Ch 6
4	Sep 12	The Healing Process/ Physical Stress Theory	Ch 7
5	Sep 14	Understanding Pain	Ch 8
6	Sep 19	Relieving Orthopedic Pain	Ch 9
7	Sep 21	Cryotherapy/Compression	Ch 12, 13
8	Sep 26	Competency Evaluation #1 (Cryotherapy, Compression)	
9	Sep 28	Thermotherapy	Ch 10, 11
10	Oct 3	Traction	Ch 19
11	Oct 5	Competency Evaluation #2 (Thermotherapy & Traction)	
12	Oct 11	Ultrasound	Ch 14
13	Oct 12	Ultrasound	
14	Oct 17	Phonophoresis	
15	Oct 19	Competency Evaluation #3 (Ultrasound)	
16	Oct 24	Electrotherapy- TENS, IFC	Ch 17
17	Oct 26	Electrotherapy- HVC, NMES	
18	Oct 31	Electrotherapy –Iontophoresis , Estim US Combination	
19	Nov 2	Competency Evaluation #4 (Electrotherapy)	
20	Nov 7	Therapeutic Massage	Ch 18
21	Nov 9	Alternative Interventions	
22	Nov 14	Range of Motion/ Flexibility	Ch 8
23	Nov 16	Strength	Ch 9
24	Nov 21	Neuromuscular Control and Proprioception	Ch 6,7
25	Nov 28	Plyometrics	Ch 11
26	Nov 30	Functional Exercise	Ch 16
27	Dec 5	Competency Evaluation #5 (Rehab components)	
28	Dec 7	Review Day	
29	TBD	Comprehensive Practical Examination 7:30am – 10:15am	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students

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

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!**