

**George Mason University**  
**College of Education and Human Development**  
**Athletic Training Education Program**

ATEP 360 001 – Therapeutic Interventions II  
3 Credits, Spring 2017  
Monday and Wednesday 9:00-10:15 am, Colgan Hall 318

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**Prerequisites/Corequisites**

**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

**University Catalog Course Description**

Integrated approach to the use of therapeutic modalities and rehabilitation in the treatment of injuries and conditions. Special consideration to specific body regions including a focus on the development, implementation, and evaluation of treatment plans.

**Course Overview**

Not Applicable.

**Course Delivery Method**

This course will be delivered in face-to-face format.

**Learner Outcomes or 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 assess 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.

**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 Text**

- 1) Prentice, W (2015) *Rehabilitation Techniques for Sports Medicine and Athletic Training* (6<sup>th</sup> edition). Slack Inc.

## Recommended Texts

- 1) Houglum, P (2010) *Therapeutic Exercise For Musculoskeletal Injuries* (3rd edition). Human Kinetics Co.
- 2) Shultz, S. J., Houglum, P. A., Perrin, D. H (2005): *Examination of Musculoskeletal Injuries* (3rd Ed). Human Kinetics.
- 3) Andrews, JR., Harrelson, GL., Wilk, KE. (2004) *Physical Rehabilitation of the Injured Athlete*. Saunders.

## Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor

- **Quizzes**

10 quizzes will be given in class. Each quiz will test material covered in the assigned reading. Quizzes will be given in the first 10 minutes of class and may vary in format.

- **Examinations**

Four examinations and 1 cumulative final examination 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 may be computer based or be written. 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. **NO LATE SUBMISSIONS WILL BE ACCEPTED.**

- **Grading**

Evaluation type	Number	Points each	Total points
Class Participation	25	2	50
Quizzes	8	10	80
Examinations	4	50	200
Student project	1	100	100
Cumulative Final Exam	1	80	80
<b>TOTAL POINTS</b>			<b>510</b>

- **Grading Scale**

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

- A: 475 – 510 pts. (93%)
- A-: 460 – 474 pts (90%)
- B+: 445 – 459 pts. (87%)
- B: 425 – 444 pts. (83%)
- B-: 410 – 424 pts. (80%)
- C+: 395 – 409 pts. (77%)
- C: 375 – 394 pts. (73%)
- C-: 360 – 374 pts. (70%)
- D: 325 – 359 pts. (63%)
- F: < 325

## Class Schedule

### TENTATIVE COURSE SCHEDULE

DAY	DATE	COURSE TOPIC	ASSIGNMENT
1	1/23	Introduction and Review of Documentation	
2	1/25	Pathomechanics and Healing	Chap 1-3
3	1/30	Basic Concepts of Rehabilitation <i>Quiz #1</i>	Chap 1-3
4	2/1	<i>Examination # 1 (Components of Rehabilitation- Due On-line)</i> Therapeutic Interventions — Shoulder and Arm	Chap 17
5	2/6	Therapeutic Interventions — Shoulder and Arm	Chap 17
6	2/8	Therapeutic Interventions — Shoulder and Arm	Chap 17
7	2/13	Therapeutic Interventions — Elbow and forearm <i>Quiz #2</i>	Chap 18
8	2/15	Therapeutic Interventions — Elbow and forearm	Chap 18
9	2/20	Therapeutic Interventions — Wrist and hand <i>Quiz #3</i>	Chap 19
10	2/22	Therapeutic Interventions — Wrist and hand	Chap 19
11	2/27	<i>Examination # 2 (Upper Extremity)</i>	
12	3/1	Therapeutic Interventions – Hip	Chap 20
13	3/6	Therapeutic Interventions — Hip	Chap 20
14	3/8	Therapeutic Interventions — Hip <i>Quiz #4</i>	Chap 20
	3/13-3/19	SPRING BREAK	
15	3/20	Therapeutic Interventions — Knee and Thigh	Chap 21
16	3/22	Therapeutic Interventions — Knee and Thigh	Chap 21
17	3/27	Therapeutic Interventions — Foot, ankle, and lower leg <i>Quiz #5</i>	Chap 22-23
18	3/29	Therapeutic Interventions — Foot, ankle, and lower leg	Chap 22-23
19	4/3	Therapeutic Interventions — Foot, ankle, and lower leg <i>Quiz #6</i>	Chap 22-23
20	4/5	<i>Examination # 3 (Hip, Knee, Thigh, Foot, Ankle, Lower leg)</i>	
21	4/10	Therapeutic Interventions — Cervical and Thoracic Spine	Chap 24
22	4/12	Therapeutic Interventions — Cervical and Thoracic Spine	Chap 24
23	4/17	Therapeutic Interventions — Lumbar Spine and SI joint <i>Quiz #7</i>	Chap 24
24	4/19	Therapeutic Interventions — Lumbar Spine and SI joint	Chap 24
25	4/24	TBD <i>Quiz #8</i>	
26	4/26	TBD <i>Case Review Due</i>	

27	5/1	<b>Examination #4</b> (Spine; Special Considerations)	
28	5/3	Review Class	
29	<b>TBD</b>	<b>Final Examination (Comprehensive) –</b>	

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

## 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](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The Writing Center 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 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 Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. 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://ssac.gmu.edu/make-a-referral/>.

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

### **Additional Information Professional Dispositions**

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 Dr. Ambegaonkar (*Beginning salutation*)

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

Regards, (*Ending Salutation*)

(*Your name*)

### **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.

Attendance is necessary to receive class participation points.

### **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.

### **Grading Policies**

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 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.