

George Mason University
College of Education and Human Development
Athletic Training

ATEP 355 Clinical Techniques 3: Therapeutic Interventions I
3 credits, Fall 2017
M/W 7:30-8:45 am, Colgan Hall 318 Science and Technology Campus

Faculty

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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.

University Catalog 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. Offered by [Recreation, Health & Tourism](#). May not be repeated for credit.

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.

Course Delivery Method

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

Learner Outcomes or 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.

Professional Standards

Commission on Accreditation of Athletic Training Education (CAATE)

Upon completion of this course, students will have met the following professional standards: 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 Texts

1. Starkey C. Therapeutic Modalities. 4th ed. Philadelphia, PA: F.A. Davis Company.
2. Prentice, W. Rehabilitation Techniques for Sports Medicine and Athletic Training. 6th ed. Slack Incorporated.

Recommended Texts

1. Knight K, Draper D. Therapeutic Modalities: The Art and Science. 2nd ed. Philadelphia, PA: Lippincott, Williams & Wilkins.

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.

Practical Examinations

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
Practical Examinations	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 exams unless an excused absence has been warranted. Students who miss an examination 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!**

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

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

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. 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.

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*

CLASS SCHEDULE

Day	Date	Topic	Chapter
1	Aug 28	Course Intro/ Critical Thinking and Evidence Based Practice	Ch 1
2	Aug 30	The Healing Process	Ch 1
3	Sep 6	The Healing Process cont./The Physical Stress Theory	Ch 1
4	Sep 11	Understanding Pain	Ch 2
5	Sep 13	Documentation	Ch 3, 4
6	Sep 18	Principles of Cryotherapy/Thermotherapy	
7	Sep 20	Cryotherapy/Compression	Ch 5, 6, 14
8	Sep 25	PRACTICAL EXAM #1 (Cryotherapy, Compression)	
9	Sep 27	Thermotherapy	Ch 5, 6
10	Oct 2	Finish Thermotherapy/Traction	Ch 16
11	Oct 4	PRACTICAL EXAM #2 (Thermotherapy & Traction)	
12	Oct 10	Ultrasound	Ch 7
13	Oct 11	Ultrasound	Ch 7, 9, 10
14	Oct 16	Phonophoresis, Laser	Ch 19
15	Oct 18	PRACTICAL EXAM #3 (Ultrasound)	
16	Oct 23	Electrotherapy- TENS, IFC	Ch 11, 12, 13
17	Oct 25	Electrotherapy- HVC, NMES	Ch 11, 12, 13
18	Oct 30	Electrotherapy –Iontophoresis , Estim US Combination	Ch 11, 12, 13
19	Nov 1	PRACTICAL EXAM #4 (Electrotherapy)	
20	Nov 6	Therapeutic Massage	Ch 17
21	Nov 8	PBL Case Studies	
22	Nov 13	ROM/Flexibility	Ch 8
23	Nov 15	Strength	Ch 9
24	Nov 20	Neuromuscular Control and Proprioception	Ch 6, 7
25	Nov 27	Plyometrics	Ch 11
26	Nov 29	Functional Exercise /Review Day	Ch 12
27	Dec 4	PRACTICAL EXAM #5 (Rehab components)	
28	Dec 6	Open Lab	
29	TBD	Comprehensive Practical Examination 7:30am – 10:15am	

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

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/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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

