

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

ATEP 351 – 003—Lower Body Therapeutic Interventions  
3 credits, Fall 2018  
MW 10:30-11:45 AM, 318 Colgan Hall, Science & Technology Campus

**Faculty**

Instructor: Jessica Pope, MS, LAT, ATC

Office hours: By appointment

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Teaching Assistant: Gary Lewis, LAT, ATC

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**Prerequisites/Corequisites**

Pre-requisites: Must be formally admitted to the professional phase of the ATEP and a grade of C or better in the following courses: ATEP 120, ATEP 150, ATEP 201, ATEP 300, ATEP 310, ATEP 320; BIOL 124, BIOL 125; HEAL 230; KINE 310, KINE 320; PRLS 450

Co-requisites: ATEP 354

**University Catalog Course Description**

Develops, implements, and evaluates treatment plans using therapeutic modalities and rehabilitation interventions in the treatment of lower body injuries and conditions. Establishes an evidence-based approach to therapeutic interventions use in patient treatment.

**Course Overview**

Not Applicable

**Course Delivery Method**

Face-to-face

**Learner Outcomes or Objectives**

At the completion of this course student will be able to:

1. Review the healing process and incorporate therapeutic interventions suitable to each phase;
2. Develop rehabilitative plans specific to lower body injuries;
3. Define long and short-term rehabilitative goals appropriate for specific lower body injuries;
4. Select appropriate therapeutic interventions for lower body injuries;
5. Explain therapeutic exercises used for specific lower body injuries;
6. Identify return to sport criteria and testing for each joint of the lower body; and
7. 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 Texts**

1. Prentice, W. (2015). *Rehabilitation Techniques for Sports Medicine and Athletic Training*. (6th ed.). Slack Incorporated.
2. Knight K., Draper D. (2012). *Therapeutic Modalities: The Art and Science*. Lippincott, Williams & Wilkins.
3. Additional readings as assigned via Blackboard.

### **Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy). Students will be evaluated on content standards (knowledge gained). Content standards will be assessed via projects, written quizzes and exams. Performance will be assessed through completion of class activities.

### **Assignments and/or Examinations**

#### Quizzes

Quizzes will be given periodically during the first 10 minutes of class. Dates of quizzes will be unannounced. This will be a brief multiple choice, true-false, and short answer assessment of your knowledge from the readings and class lectures. If you are not present before the instructor collects the quiz, you will receive a zero for that quiz. Students who are late to class will not be allotted extra time to take the quiz; it must be handed in along with the entire class when the time is up.

#### Article Review

Requirements for this assignment will be provided in class.

#### Examinations

Five examinations, including a comprehensive final exam, will be administered in class. The format of these examinations may be multiple choice, true/false, short answer, long answer, matching, essay and fill in the blank type questions. Each of the examinations will test the material covered in the assigned readings, lectures, discussions, and other material covered during the prior class meetings.

### **Other Requirements**

#### Class Participation

If you do not attend class you cannot complete activities. Therefore, students will lose credit for not attending and contributing to class. Just being present in class does not mean you are an active and engaged participant in activities taking place that day. Students are expected to be an active participant in all activities. You can only make up an in-class activity if you have pre-approved absence or proof of illness.

Students are expected to be on time, attend all class meetings and be prepared for in class assignments, activities, laboratories 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. See below for make-up work policy.

## Grading

### Course Grading Scale

ASSESSMENT	NUMBER	POINTS EACH	POINTS TOTAL
Class Participation	-	-	25
Quizzes	10	5	50
Article Review	1	50	50
Examinations	5	50	250
Comprehensive Final Exam	1	100	100
<b>TOTAL</b>	-	-	<b>475</b>

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

A: (93.0-100%)

A-: (90.0-92.99%)

B+: (87.0-89.99%)

B: (83.0-87.99%)

B-: (80.0-82.99%)

C+: (77.0-79.99%)

C: (73.0-76.99%)

C-: (70.0-72.99%)

D: (63.0-69.99%)

F: (<62.99%)

## 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. If there is a question regarding feedback or a grade, it is expected that it be discussed with the instructor for the course first. 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.

## 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.

## 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. 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 excused illness or some other unforeseen excused absence, the student must contact the instructor via e-mail as soon as possible. At the next attended class meeting the student will discuss material that is to be completed. 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 by the time noted on Blackboard, or at the beginning of class time on the indicated day if an in-class assignment. **NO LATE WORK WILL BE ACCEPTED AND WILL RESULT IN A 0 GRADE!!!**

### Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times. See <https://cehd.gmu.edu/students/polices-procedures/>.

### Class Schedule

DATE			TENTATIVE TOPIC	READING/ASSIGNMENTS DUE
M	Aug	27	Course Intro, Practice Modalities	Knight & Draper
W	Aug	29	Practice Modalities	Knight & Draper
M	Sept	3	Labor Day – NO CLASS	
W	Sept	5	Modality Check-offs	
M	Sept	10	Modality Check-offs	
W	Sept	12	Finish Managing the Healing Process; Evaluation	Prentice Ch 2, 3
M	Sept	17	Strength, Endurance, and Power – <i>Guest Lecture</i>	Prentice Ch 9
W	Sept	19	Strength, Endurance, and Power Lab – <i>Guest Lecture</i> ; Cardiorespiratory Fitness (Online)	Prentice Ch 9, 10
M	Sept	24	Finish Core Stability; Neuromuscular Control	Ch 5, 6
W	Sept	26	Finish Postural Stability and Balance; Range of Motion/Flexibility	Prentice Ch 7,8
M	Oct	1	<b><i>Examination #1</i></b>	
W	Oct	3	Plyometrics	Prentice Ch 11
M	Oct	8	Columbus Day – NO CLASS	
T	Oct	9	Finish OKC vs CKC; Joint Mobilization, Traction, and other modalities – <i>Guest Lecture</i>	Prentice Ch 12, 13

W	Oct	10	Proprioceptive Neuromuscular Facilitation	Prentice Ch 14
M	Oct	15	Aquatic Therapy – Freedom Center	Prentice Ch 15
W	Oct	17	<b>Examination #2</b>	
M	Oct	22	Lower Leg, Ankle, Foot	Prentice Ch 22, 23
W	Oct	24	Lower Leg, Ankle, Foot	Prentice Ch 22, 23
M	Oct	29	<b>Examination #3</b>	
W	Oct	31	Gait Analysis – Guest Lecture: Meet at SMART Lab (Freedom)	
M	Nov	5	Knee	Prentice Ch 21
W	Nov	7	Knee	Prentice Ch 21
M	Nov	12	<b>Examination #4</b>	
W	Nov	14	Hip, Groin, Thigh	Prentice Ch 20
M	Nov	19	Hip, Groin, Thigh	Prentice Ch 20
W	Nov	21	Thanksgiving Recess – NO CLASS	
M	Nov	26	<b>Examination #5</b>	
W	Nov	28	Thoracic/Lumbar	Prentice Ch 24
M	Dec	3	Thoracic/Lumbar	Prentice Ch 24
M	Dec	5	Thoracic/Lumbar	Prentice Ch 24
W	Dec	10	Reading Day	
W	Dec	12	<b>Comprehensive Final Exam 10:30am-1:15pm</b>	

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 <https://catalog.gmu.edu/policies/honor-code-system/>).
- 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/>.
- 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/> .**

#### 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.

#### 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