

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

ATEP 354 - 203—Athletic Training Clinical Techniques 2
3 credits, Fall 2018
MW 12:00-1:15 PM, 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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Pre/Co-requisites

Pre-requisites: Admission 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; HEAL 230; KINE 310, KINE 320; PRLS 450

Co-requisites: ATEP 351

University Catalog Course Description

Applies therapeutic interventions for the lower body in a laboratory setting. Develops rehabilitation treatment plans and skill necessary to carry out patient care.

Course Overview

Not Applicable

Course Delivery Method

Laboratory

Learner Outcomes or Objectives

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

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 rehabilitation to patients with lower body injuries;
2. Interpret baseline and post-rehabilitation objective physical measurements to evaluate patient progress;
3. Appraise therapeutic rehabilitation and treatment environment for potential safety hazards;
4. Demonstrate techniques and procedures for the rehabilitation of lower body injuries;
5. Develop treatment and rehabilitation protocols for various lower body conditions;
6. Formulate a progressive rehabilitation plan from initial assessment to return-to-participation;
7. Employ appropriate clinical therapeutic rehabilitation techniques, exercises, and equipment;

8. Modify appropriate clinical therapeutic rehabilitation techniques, exercises, and equipment according to patient physiological and psychological response;
9. Conduct functional testing procedures and appraise information to determine appropriate return-to-participation;
10. Identify proper medical documentation procedures;
11. Establish lines of communication to elicit and convey information about the patient's status and the prescribed rehabilitation protocol(s); and,
12. Maintain and practice 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 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) 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 will be assessed through completion of daily class activities.

Assignments and/or Examinations

EBM Assignment

Requirements for this assignment will be provided in 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.

Other Requirements

Class Participation

Students are expected to be present, active and engaged throughout class. Students are expected to be on time, attend all class meetings and be prepared for in class assignments, activities, laboratories and projects. Class participation will be assessed through participation in and completion of daily class activities and assignments. 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.

You can only make up an in-class activity if you have pre-approved absence or proof of illness. 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	-	-	50
EBM Assignment	1	50	50
Competency Evaluations	5	50	250
Comprehensive Practical Exam	1	100	100
TOTAL	-	-	450

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	Essential Considerations; Managing the Healing Process	Prentice Ch 1, 2
W	Sept	12	Psychological Considerations	Prentice Ch 4
M	Sept	17	Core Stability	Prentice Ch 5
W	Sept	19	Strength, Endurance, and Power Lab – <i>Guest Lecture</i> ; Cardiorespiratory Fitness (Online)	Prentice Ch 9, 10
M	Sept	24	Neuromuscular Control; Postural Stability and Balance	Prentice Ch 6, 7
W	Sept	26	Range of Motion/Flexibility	Prentice Ch 8

M	Oct	1	Examination #1	
W	Oct	3	Open vs Closed Kinetics	Prentice Ch 12
M	Oct	8	Columbus Day – NO CLASS	
T	Oct	9	Joint Mobilization, Traction, and other modalities – <i>Guest Lecture</i>	Prentice Ch 13
W	Oct	10	Aquatic Therapy	Prentice Ch 15
M	Oct	15	Functional Progressions and Testing	Prentice Ch 16
W	Oct	17	Examination #2	
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	Examination #3	
W	Oct	31	Knee	Prentice Ch 21
M	Nov	5	Knee	Prentice Ch 21
W	Nov	7	Knee	Prentice Ch 21
M	Nov	12	Examination #4	
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	Examination #5	
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	
M	Dec	17	Comprehensive Final Exam 10:30am-1:15pm	

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 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/>.

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

Dress

During the laboratory section of the course, students will be asked to wear appropriate clothing to practice rehabilitation exercises and to expose various body parts for the purposes of practicing the application of rehabilitation techniques. 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. If there is a concern, it is the student's responsibility to contact the instructor to make appropriate arrangements.