

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

ATEP 365 - 201—Athletic Training Clinical Techniques 4
3 credits, Spring 2019
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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Prerequisites/Corequisites

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, ATEP 325, ATEP 330, ATEP 340, ATEP 345, ATEP 350, ATEP 355; BIOL 124, BIOL 125; HEAL 110, HEAL 230; KINE 310, KINE 320; PRLS 450

Co-requisites: ATEP 361 and ATEP 366

University Catalog Course Description

Applies therapeutic interventions for the upper body, head and neck in a laboratory setting. Develops rehabilitation treatment plans and skills necessary to carry out patient care.

Course Overview

Not Applicable

Course Delivery Method

Laboratory

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 rehabilitation to patients with upper body, head and neck injuries;
2. Differentiate 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 upper body, head and neck injuries;
5. Modify treatment and rehabilitation protocols for various upper body, head and neck injuries;
6. Formulate a progressive rehabilitation plan from initial assessment to return-to-participation;

7. Employ appropriate clinical therapeutic rehabilitation techniques, exercises, and equipment;
8. Adapt appropriate clinical therapeutic rehabilitation techniques, exercises, and equipment according to patient physiological and psychological response;
9. Compile functional testing procedures and appraise information to determine appropriate return to participation;
10. Employ proper medical documentation procedures;
11. Create lines of communication to elicit and convey information about the patient's status and the prescribed rehabilitation protocol(s); and,
12. Facilitate patient confidentiality.

Professional Standards

Upon completion of this course, students will have met the following 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 Presentations

One in-class, evidence-based medicine group presentation will be required of students. Requirements for this presentation will be provided.

Discussions

Three formal, in-class discussions will be held throughout the semester. Dates of these discussions can be found in the course schedule. Students will be expected to bring thoughts, ideas, and questions/concerns about each topic to class or submit via Blackboard prior to the in-class discussion (instructions will be given). Written thoughts will be due the day of the discussion by 10:30am. Students will be expected to be active contributors to the in the discussions.

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 Presentations	1	50	50
Discussions	3	15	45
Competency Evaluations	4	50	200
Comprehensive Practical Exam	1	100	100
TOTAL	-	-	445

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
W	Jan	23	Introduction to course; Review	
M	Jan	28	Review	
W	Jan	30	Review	

M	Feb	4	Thoracic Spine	Read Prentice Ch 24
W	Feb	6	Thoracic Spine	
M	Feb	11	<i>Work Day</i>	
W	Feb	13	<i>Discussion 1</i>	<i>Written discussion due</i>
M	Feb	18	<i>Work Day</i>	
W	Feb	20	Cervical Spine	
M	Feb	25	Cervical Spine; Review	
W	Feb	27	<i>Competency Evaluation #1</i>	
M	Mar	4	Head Face & Related Structures	
W	Mar	6	Concussion, <i>Guest Lecturer: Trish Kelshaw</i>	Read Assigned Article
M	Mar	11	SPRING BREAK	
W	Mar	13	SPRING BREAK	
M	Mar	18	Concussion	<i>EBM Presentations</i>
W	Mar	20	Concussion	<i>EBM Presentations</i>
M	Mar	25	<i>Competency Evaluation #2</i>	
W	Mar	27	Shoulder & Upper Arm	Read Prentice Ch 17
M	Apr	1	Shoulder & Upper Arm	
W	Apr	3	<i>Discussion 2</i>	<i>Written discussion due</i>
M	Apr	8	<i>Review Day</i>	
W	Apr	10	<i>Competency Evaluation #3</i>	
M	Apr	15	Elbow & Forearm	Read Prentice Ch 18
W	Apr	17	Elbow & Forearm	
M	Apr	22	<i>Discussion 3</i>	<i>Written discussion due</i>
W	Apr	24	<i>Competency Evaluation #4</i>	
M	Apr	29	Wrist & Hand	Read Prentice Ch 19
W	May	1	Wrist & Hand	
M	May	6	<i>Review Day</i>	
M	May	13	<i>Comprehensive Final Exam 10:30am-1:15pm</i>	

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.