

**George Mason University**  
**College of Education and Human Development**  
**Athletic Training Education Program**  
ATEP 354 – 203 — Lower Body Therapeutic Interventions  
3 Credits, Fall 2019  
MW 9-10.55 am, Colgan Hall 318, Science and Technology Campus

**Faculty**

Name: Eric Mathis, MS, LAT, ATC  
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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; BIOL 124, BIOL 125; HEAL 230; KINE 310, KINE 320; PRLS 450  
Co-requisite: ATEP 354

**University Catalog Course Description**

Develops, implements, and evaluates treatment plans using therapeutic modalities and rehabilitation interventions in the treatment of lower extremity injuries and conditions through an evidence-based approach.

**Course Overview**

The therapeutic intervention 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 and hybrid approach to integrate technology into instruction as well as intervention methods.

**Learner Outcomes or Objectives**

The course is designed to enable students to do the following:

1. Review the healing process and incorporate therapeutic interventions suitable to each phase;
2. Develop rehabilitative plans specific to lower extremity injuries;
3. Define short and long-term rehabilitative goals appropriate for specific lower extremity injuries;
4. Select appropriate therapeutic interventions for lower extremity injuries;
5. Explain therapeutic exercises used for specific lower extremity injuries;
6. Identify return-to-sport criteria and testing for each joint injury in the lower extremity;
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* (6<sup>th</sup> ed.). Slack Incorporated.

## Course Performance Evaluation

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

This course will be graded on a point system, with a total of 1000 possible points. 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.

**Class Participation** – You are expected to communicate, participate, and perform assessments with multiple partners under the direction of clinical instructors. You are expected to be dressed appropriately for each laboratory session.

**Competency Laboratory Examinations** – You will be expected to perform 1 or more intervention techniques during testing. You will be given an allotted amount of time to perform the necessary and applicable therapeutic interventions. Instructors will provide any necessary materials or equipment for testing. You will be expected to demonstrate your practical knowledge of the clinical techniques reviewed.

**Comprehensive Practical Examination** – The final examination will be cumulative, and any material covered in class is open for testing.

## Grading Scale

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Class Participation	25	2	50
In-Class Activity	5	50	250
Video Presentation	4	50	200
Competency Examinations	4	100	400
Comprehensive Final Exam	1	100	100
<b>TOTAL</b>	—	—	1000

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

<b>A:</b> 930.0 – 1000 pts. (93%)	<b>C+:</b> 770.0 – 779.9 pts. (77%)
<b>A-:</b> 900.0 – 929.9 pts. (90%)	<b>C:</b> 730.0 – 769.9 pts. (73%)
<b>B+:</b> 870.0 – 899.9 pts. (87%)	<b>C-:</b> 700.0 – 729.9 pts. (70%)
<b>B:</b> 830.0 – 869.9 pts. (83%)	<b>D:</b> 630.0 – 669.9 pts. (63%)
<b>B-:</b> 800.0 – 829.9 pts. (80%)	<b>F:</b> < 630 pts

### **Professional Dispositions**

Students are always expected to exhibit professional behaviors and dispositions. It is critical each student conduct themselves in an appropriate manner and decorum fitting of a health care provider within and outside class. 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 identifiable information and comply with Health Insurance Portability & Accountability Act (HIPAA) regulations. If you choose to be a part of a professional organization or club i.e. National Athletic Trainers' Association, GMU Athletic Training Club, etc; you will be expected act and perform your duties according to those organizational values or code of ethics.

### **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](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The George Mason University Writing Center staff 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 George Mason University 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 George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). 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://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

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

### **Dress Code**

During the laboratory section of the course, students will be asked to wear appropriate clothing to expose various body parts for the purposes of practicing the application of various emergency medical procedures. Tank tops, tee-shirts or sports bras/bathing suit tops will be required when topics focus on the upper body. Shorts will be required when topics focus on the lower body. If there is a concern with, it is the student's responsibility to contact the instructor to make appropriate arrangements.

### **Special Requirements**

The student will use issued supplies to practice skills that are taught in the laboratory section of the course. A laboratory fee of \$100.00 for this course was assessed through financial aid. **Supplies will be issued at the all-athletic training majors meeting in the Verizon Auditorium.** More information will be offered in class. If you cannot make the meeting due to a class conflict, please see the instructor after class.

## Tentative Class Schedule

DATE	TOPIC	READINGS/ASSIGNMENT DUE
8/26	Introduction & Syllabus, Screen Castify Section 1: Basis of Injury Rehabilitation Introduction Modality Review	Prentice: Chapter 1-4 Modality Check-Off
8/28	Modality Review	Modality Check-Off
9/2	LABOR DAY- NO CLASS	
9/4	Core Stability, Neuromuscular Control, Postural Stability and Balance	Prentice: Chapter 5-7
9/9	ROM and Flexibility; Regaining strength, Endurance, and Power; Maintaining Cardio Fitness Activity #1	Prentice: Chapter 8-10 ROM/Flexibility Video
9/11	OKC vs. CKC; Joint Mobilization, Traction, and other interventions	Prentice: Chapter 12, 13
9/16	Clinical Techniques – Foot, Ankle & Lower Leg Activity #2	Prentice: Chapter 22, 23 Ankle Intervention Video
9/18	Clinical Techniques – Foot, Ankle & Lower Leg	Prentice: Chapter 22, 23
9/23	Video Presentation Exam 1 Review	
9/25	<b>Exam 1: Foot, Ankle, &amp; Lower Leg</b>	
9/30	Clinical techniques – Knee Class Activity #3	Prentice: Chapter 21 Knee Intervention Video
10/2	Clinical techniques – Knee	Prentice: Chapter 21
10/7	Clinical techniques – Knee	Prentice: Chapter 21

<b>10/9</b>	Video Presentation Exam 2 Review	
<b>10/14</b>	<b>Exam 2: Knee</b>	
<b>10/16</b>	Clinical techniques – Hip, Pelvis, and Thigh Class Activity # 4	Prentice: Chapter 20 Hip, Pelvis, and Thigh Video
<b>10/21</b>	Clinical techniques – Hip, Pelvis, and Thigh	Prentice: Chapter 20
<b>10/23</b>	Clinical Techniques – Hip, Pelvis and Thigh	Prentice: Chapter 20
<b>10/28</b>	Video Presentation Exam 3 Review	
<b>10/30</b>	<b>Exam 3: Hip, Pelvis, and Thigh</b>	
<b>11/4</b>	Clinical techniques – Thoracic & Lumbar Spine Activity #5	Prentice: Chapter 24 Thoracic & Lumber Video
<b>11/6</b>	Clinical techniques – Thoracic & Lumbar Spine	Prentice: Chapter 24
<b>11/11</b>	Video Presentation Exam 4 Review	
<b>11/13</b>	<b>Exam 4: Lumber Spine</b>	
<b>11/18</b>	Strength, Endurance, and Power	Prentice: Chapter 9
<b>11/20</b>	Aquatic Therapy	Prentice: Chapter 15
<b>12/2</b>	Therapeutic Intervention Video Activity	

12/4	Final Exam Review	
12/16	<b>Final Exam (7:30-10:15)</b>	

*Note: Faculty reserves the right to alter the schedule as necessary, with notification to 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 (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 the same day of the absence. At the next attended class meeting the student will discuss material that is to be completed with the instructor. *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 lecture and laboratory class meeting times. Additionally, no laptop computers or tablets 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; thus your e-mail address must end in gm.u.edu. The instructor will not read e-mail messages not originating from a GMU account. Also, when corresponding with any professional at GMU or off campus via e-mail, use the following, appropriate professional format; any e-mail not using this format will be returned to the students for revision before a response will be issued:

Dear Mr. Mathis

(Beginning salutation)

I am looking forward to your class.

(Text body) Regards, (Ending

Salutation)

(Your name)

### Student Acknowledgement of Syllabus

I, \_\_\_\_\_, by signing below, attest to the following:  
(Print First and Last Name)

- \*I have read the course syllabus for ATEP 345 in its entirety, and I understand the policies contained therein. This syllabus serves as an agreement for ATEP 345 between me and the instructor.
- \*I have a clear understanding of the due dates for assignments and examinations, and I accept responsibility for the material.
- \*I am aware that failure to submit assignments by the dates assigned will result in no points awarded as late work will not be accepted.
- \*I understand the instructor reserves the right to alter the provided schedules as necessary and I am responsible for the assignments and examination dates for the most current version of the syllabus schedule.
- \*I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard; it is my responsibility to access Blackboard e-mail for announcements and assignments.

\_\_\_\_\_  
(Signature) (Date)

*(Student Copy: This copy should remain attached to your syllabus)*



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(Print First and Last Name)

- \*I have read the course syllabus for ATEP 345 in its entirety, and I understand the policies contained therein. This syllabus serves as an agreement for ATEP 345 between me and the instructor.
- \*I have a clear understanding of the due dates for assignments and examinations, and I accept responsibility for the material.
- \*I am aware that failure to submit assignments by the dates assigned will result in no points awarded as late work will not be accepted.
- \*I understand the instructor reserves the right to alter the provided schedules as necessary and I am responsible for the assignments and examination dates for the most current version of the syllabus schedule.
- \*I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard; it is my responsibility to access my Blackboard e-mail for announcements and assignments.

\_\_\_\_\_  
(Signature) (Date)

*(Instructor Copy: Submit to the instructor at the end of the first class meeting)*