

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

ATEP 520 002—Therapeutic Interventions Foundations (3) Summer 2024

Meeting Days: Synchronous Wednesday 9:30-11:00 AM via Zoom

**Face to Face: 6/10 & 6/11 Monday 9:00-3:00 PM/ Tuesday 9-12:00 pm
6/17 & 6/18 Monday 9:00-3:00 PM/ Tuesday 9-12:00 pm
6/24 & 6/25 Monday 9:00-3:00 PM/ Tuesday 9-12:00 pm
7/1/ & 7/2 Monday 9:00-3:00 PM/ Tuesday 9-12:00 pm**

Location: 318 Colgan Hall Science & Technology Campus

Faculty

Name: Dr. Fyock-Martin, DAT, VLAT, ATC
Office Hours: By Appointment
Office Location: 201E Katherine Johnson Hall
Office Phone: 703-993-7118
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Prerequisites/Corequisites

Prerequisites: Basic human anatomy and physiology and functional anatomy knowledge.
Coreq: ATEP 510, ATEP 525

University Catalog Course Description

Explores foundational knowledge and skills necessary for the safe, effective, and evidence-based application of therapeutic interventions. Investigates physiologic response to injury and healing, physiologic cause of pain, physiologic response of tissue to therapeutic intervention including modalities and exercise.

Course Overview

Not Applicable

Course Delivery Method

Hybrid- the majority of lecture material will be delivered via Blackboard. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on May 13, 2024.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox is required (note: Opera and Safari are not compatible with Blackboard).
- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool. [Delete this sentence if not applicable.]
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
 - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
 - Windows Media Player: <https://windows.microsoft.com/en-us/windows/downloads/windows-media-player/>
 - Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

- Course Week:
Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday, and finish on Sunday unless otherwise indicated on the course schedule.
- Log-in Frequency:
Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least [#5] times per week. In addition, students must log-in for any scheduled online synchronous meetings.
- Participation:
Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence:
Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues:
Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:
Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student’s responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

- **Instructor Support:**
Students may schedule a one-on-one meeting via Zoom to discuss course requirements, content or other course-related issues. Students should email the instructor to schedule a one-on-one session, including suggested dates/times.
- **Netiquette:**
The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- **Accommodations:**
Online learners who require effective accommodations to ensure accessibility must be registered with George Mason University Disability Services.

Learner Outcomes or Objectives

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

1. Compare physiological effects of various therapeutic modalities used in athletic training;
2. Verbalize the effects of electricity on the muscular, skeletal, circulatory and nervous system;
3. Describe the therapeutic effects on body systems of various therapeutic modalities used in athletic training;
4. Describe the effects of mechanical and manual therapy techniques on the muscular, skeletal, circulatory and nervous system;
5. Describe the therapeutic effects of mechanical and manual therapy on soft tissue injuries;
6. Identify the indications and contraindications of therapeutic modalities;
7. Apply evidence-based clinical practices to therapeutic intervention decisions;
8. Identify goals of the rehabilitation process; and
9. Apply appropriate administrative procedures.

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.

Required Texts

Draper, D. (2021) *Therapeutic Modalities-The Art and Science* 3rd ed. Philadelphia, PA: Wolters Kluwer.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

- **Evidence-Based Medicine Assignment**
 - Article Synopsis & Presentation- Students will continue to develop the therapeutic intervention PICO question from ATEP 525. Students will select a current evidence-based article (within the past 3 years) on the PICO topic. The students will write a professional and scholarly synopsis and record a 6-minute presentation (via youtube/Zoom). Further details will be provided with the assignment on BB. These will be uploaded via BB.
- **Lab Activities & Competency Assessment**
 - Students will complete lab activities that correspond with the content presented over the course of the class. Students will demonstrate competency of skill. This will take place during the face-to-face class meeting week.
- **Quizzes**
 - Quizzes will be given through Blackboard and will be on topics covered in the lectures, PPT, and supplemental materials provided (i.e., quiz on pain theories after the lecture). These quizzes will be timed and you will only have one chance at completing them. All efforts for academic honesty must be taken. **NO use of outside resources is permitted.** Quiz due dates are identified on Blackboard module at 11:59 PM via BB.
- **Examinations**
 - Three examinations, not including a comprehensive final exam, will be administered via Blackboard. The format of these examinations may be multiple choice, true/false, short answer, matching, essay and fill in the blank type questions. Each of the examinations will test the material covered in lecture and assigned readings. These will be timed and you will only have one chance at completing them. All efforts for academic honesty must be taken. **NO use of outside resources is permitted.** Exam due dates are identified on Blackboard module at 11:59 pm via BB.
- **Attendance & Professional Participation**

Attendance

Attending, being on-time for class, active participation and respect for peers and instructor are important components of this course both in the face to face and synchronous online portion. Therefore, students will lose credit for not attending and contributing to the class. Attendance will be recorded at the beginning of class. If a student arrives more than 20 minutes after the beginning of class, it will be recorded as an unexcused absent even if the student attends the class. ***Each late arrival will result in 1-point reduction of the student's final grade.***

Absences

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. It is the student's obligation to pursue any make-up work.

Students will have one week from the excused absence to complete any missed assignments.

In the case of illness or some other unforeseen absence, the student must contact the instructor before the course meeting via e-mail. Within 36 hours the student will discuss material that is to be completed.

An unexcused absence will result in a 1- point reduction of the student's final grade. A laboratory class, any in-class exams, assignments or activities may not be available for make-up. This is at the discretion of the instructor.

For known upcoming absences, students must contact the instructor at least one week in advance of the missed class.

Professionalism

Any violation of professionalism will result in a 1-point deduction from the students overall grade. Students are expected to exhibit professional behaviors and dispositions at all times. It is critical that each student conduct himself/herself in an appropriate manner and decorum fitting of a health care provider. Making light of injuries, conditions, or illnesses or any action that is not respectful to the class, instructor, or patient study will not be tolerated. Submission of documents or assignments should not include personal information and should comply with Health Insurance Portability & Accountability Act (HIPAA) regulations. Interactions and behaviors in the classroom should be appropriate and respectful.

Communication – When communicating with the instructor and classmates, either face-to-face or via email, students should address the other person appropriately, use appropriate language and maintain a civil demeanor.

Responsibility/Accountability/ Honesty/Integrity– Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of being on time, completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes. Students are expected to interact with the instructor and classmates in appropriate, respectful and civil behaviors. Professionals keep their word when committing to something and act in an ethical and respectful manner. See George Mason University policy for further guidance.

Professionalism evaluation – Any professionalism violation will be documented by the instructor. Violations will result in a 1-point deduction per episode from the final point total.

Online Demeanor- students are expected to utilize professional and civil language in writing and verbal discussion. Video must be ON during synchronous class meeting times. Professional background and surroundings as well as professional personal appearance is expected.

Professional Personal Presentation

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. Tank tops and 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.

For practical examinations, students are expected to wear professional attire and appearance.

For further description please refer to the MSAT Professional Disposition document:

If there is a concern, please speak with the instructor prior to class in order for accommodations to be made.

- **Evaluation**

ASSESSMENT METHOD	NUMBER	% of Total Grade
Professional & Participation		10
Lab Activities & Competency Assessment	1	10
EB Medicine Article Synopsis & Presentation	1	15
Quizzes	8	20
Written Examinations	3	30
Comprehensive Final Exam	1	15
TOTAL	----	100%

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

Grade	Percentage
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A	94 – 100%
A-	90 – 93%
B+	88 – 89%
B	84 – 87%
B-	80 – 83%
C	70 – 79%
F	0 – 69%

- **The MSAT requires all courses must be passed with a B or higher before progressing in the sequence. In the first nine credits of the program, one course with a grade of B- or C may be allowed.**
 - 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 during online office hours. 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.
 - MAKE UP WORK Students who do not complete work (i.e., quizzes, discussion board, etc.) without an official university or a medical doctor's excuse will not be permitted to make up the work. There will be no make-up quizzes or exams unless an excused absence has been warranted. Students who miss an examination, quiz or other 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 as assigned via syllabi and noted on BB assignment/assessment or otherwise specified, after the due date the assignments will be locked on Blackboard. **NO LATE WORK WILL BE ACCEPTED AND WILL RESULT IN A 0 GRADE!!!**
- **Statement on Progression of Course**
 - **Being a hybrid course, you as the student must take responsibility in taking the time to be an active participant and learner. You must complete the assigned readings; watch the video lectures with included PowerPoint and study.** This may require up to 10+ hours of outside class time. Please take note of due dates for required assessments on the course outline. Every effort will be made to answer questions, grade fairly and for both you as a student and myself as the professor, to be an active participant. Please contact me with any questions or concerns.

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.

Dear Dr. Fyock (Beginning salutation)

I am looking forward to your class. (Text body)

Regards, (Ending Salutation)
(Your name)

Tentative Class Schedule

Week	Topic and Assigned Readings/Videos/Articles	Assignments Due
5/13 – 5/19	In Perspective: Chapters 1-3 Orthopedic Injury, Immediate Care & Healing: Chapters 4,5	Quiz 1 Due 5/15 11:59 pm EST Exam 1 Due 5/17 11:59 pm EST Discussion board 1 Due Tuesday 11:59 pm EST
5/15	Synchronous Class via Zoom	
5/20-5/26	Orthopedic Injury, Immediate Care & Healing: Chapters 4-6	Quiz 2 Due 5/20 11:59 pm EST Quiz 3 Due 5/25 11:59 pm EST
5/22	Synchronous Class via Zoom	
5/27-6/2	Pain & Orthopedic Injuries: Chapters 7,8	Quiz 4 Due 6/1 11:59 pm EST Exam 2 Due 6/2 11:59 pm EST Discussion board 2

5/29	Synchronous Class via Zoom	
6/3-6/9	Therapeutic Heat & Cold: Chapters 11-14	Quiz 5 Due 6/8 11:59 pm EST
6/5	Synchronous Class via Zoom	
6/10-6/16	FACE to FACE Meeting Therapeutic Heat & Cold: Chapters 15, 16	Quiz 6 Due 6/15 11:59 pm EST Discussion board 3
6/12	Synchronous Class via Zoom	
6/17-6/23	Electrotherapy: Chapters 9,10	Quiz 7 Due 6/22 11:59 pm EST Exam 3 Due 6/23 11:59 pm EST Discussion board 4
6/19	Synchronous Class via Zoom	
6/24-6/30	Manual Modalities: Chapters 17, 18, 19	Quiz 8 Due 6/29 11:59 pm EST Discussion board 5
6/26	Synchronous Class via Zoom	
7/1-7/7	Other Modalities/ Clinical Review: Chapters 20, 21	Quiz 9 Due 7/6 11:59 pm EST Discussion board 6 Exam 4 Due 7/7 11:59 pm EST
7/8-7/14	Finals Week	Discussion Board 7

		Final Exam- Cumulative Due 7/12 11:59 pm EST Article Review/Presentation Due 7/12 11:59 pm EST
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Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Reminder- Always check the due date/time for assignments and assessments- this is your responsibility.

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://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/> .
 - **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:**
As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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, smart phones, iPad* 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 (without prior discussion with professor) will be asked to leave class and will not be permitted to complete course work or receive any points for assignments that day.

Dress

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 emergency medical procedures. 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.