

**ATTR 4169 – THERAPEUTIC INTERVENTIONS II LAB
FALL 2017**

ATTR 4169 is a required laboratory course for the Bachelor of Science in Athletic Training Program which should be taken concurrently with ATTR 4369.

**College of Health Sciences
Department of Kinesiology**

Instructor: Patrick St. Louis MS, ATC, LAT, CKTF, CCT, GT, NASM-CPT
Office: HKC 207
Office Phone: 936-294-2266 Department of Kinesiology Front Desk
Office Hours: Wednesday 10:50am – 12:00pm
Class Meeting Time: Wednesday 8:00am-10:50am
Class Meeting Location: HKC 248C Athletic Training Lab
E-mail: pds012@shsu.edu

Text/Readings: Hoogenboom, B.J., Voight, M.L., & Prentice, W.E. (2014). Musculoskeletal Interventions: Techniques for Therapeutic Exercise (3rd edition). **ISBN-13: 978-0071793698**

Other Resources:

Kisner, C. & Colby, L.A. (2007). Therapeutic Exercise 5th ed. Philadelphia, PA: F.A. Davis. ISBN: 978-0-8036-1584-7

Kettenbach, G. (2004). Writing SOAP Notes. 3rd ed. Philadelphia, PA: F.A. Davis Company.

Konin, J.G. & Frederick, M.A. (2005). Documentation for Athletic Training. Thorofare, NJ: SLACK inc.

Magee, D.J., Zachazewski, J.E., Quilen, W.S. (2009). Pathology and Intervention in Musculoskeletal Rehabilitation. St. Louis, MO: Saunders Elsevier.

Magee, D.J., Zachazewski, J.E., Quilen, W.S. (2007). Scientific Foundations and Principles of Practice in Musculoskeletal Rehabilitation. St. Louis, MO: Saunders Elsevier.

Prentice, W.E. (2004). *Rehabilitation Techniques for Sports Medicine and Athletic Training*. McGraw-Hill

Course Description: This course will include hands-on application of skills in the areas of therapeutic exercise and therapeutic medications used to treat impairments due to injury or illness. This laboratory includes instruction, practice, and evaluation of clinical skills related therapeutic interventions in the treatment of pain, and deficiencies in movement, strength, endurance, speed, neuromuscular control, coordination, agility, cardiorespiratory fitness, and activity specific skills. Commission on Accreditation of Athletic Training Education (CAATE) 5th edition competencies in the domain areas of Evidence-Based Practice, Therapeutic Interventions, and Healthcare Administration will be included in this course. Concurrent enrollment with ATTR 4369. Credit 1. Prerequisites: Admission to the Athletic Training Program, ATTR 3370, ATTR 3170, ATTR 3369, and ATTR 3169. Credit 1.

This course meets from 8:00 – 10:50am Wednesdays in HKC 248C (Aug 23 – Dec 6, 2017)

Athletic Training Competencies (CAATE 5th Ed):

Objectives/Learning Outcomes Upon completion of this course, the student will be able to:	Activities (* indicates hands-on laboratory experience)	Performance Assessment	Standards: • <i>CAATE Competencies</i>
Explain the role of function and functional outcomes by using the disablement model to enhance quality of life.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	CE-8, CE-9
Identify patient- and clinician-oriented outcomes measures common used to recommend activity level, make return to play decisions, and maximize patient outcomes and progress in the treatment plan.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	TI-7, CE-8, CE-9
Explain the theory and principles relating to expected physiological responses during and following therapeutic interventions.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	TI-8
Integrate self-treatment into the intervention when appropriate, including instructing the patient regarding self-treatment plans.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	TI-10
Design therapeutic	Classroom Discussion	Lab Activities	TI-11a-f

interventions to meet specific treatment goals.	Skills Lab	Practical Exams	
Appraise the results of on-going clinical examinations to determine when a therapeutic intervention should be progressed, regressed, or discontinued.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	<i>TI-12</i>
Describe the relationship between application of therapeutic modalities and the incorporation of active and passive exercise.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	<i>TI-13</i>
Inspect therapeutic equipment and the treatment environment for potential safety hazards.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	<i>TI-11</i>
Perform manual therapy techniques including joint mobilizations which are indicated by examination findings.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	<i>TI-15</i>
Analyze gait and select appropriate instruction and correction strategies to facilitate safe progression to function.	Classroom Discussion Skills Lab	Lab Activities Practical Exams	<i>TI-17, TI-18</i>

Course Format:

The content of this course is delivered in a traditional classroom setting, with Blackboard serving as an ancillary resource. In addition, course concepts are learned through self-study, classroom discussions, laboratory activities, and assignments. Evaluation consists of professor assessments of examinations, quizzes, and assignments.

In this course our focus will be on these major objectives (as assessed by the IDEA course evaluation system):

Essential:

1. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.
2. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories).

Teaching Strategies:

This course will utilize mainly lab exercises with guided instructions from both in class and online lectures.

Course Content (Tentative Course Schedule):**UNIT 1: FOUNDATIONS OF REHABILITATION AND MUSCULAR IMPAIRMENTS**

August 23	Introduction, Review the Course Syllabus, and Review Assignments. Review Healing and Physiological Processes through Rehabilitation, Disablement Model, and Evidence-Based Practice.
August 30	Managing Impairments of Pain, Posture, and Function, Pain Scoring Systems, Clinical Reasoning to Rehabilitation 8 Goals of Rehab– Intervention Demonstration
September 6	Postural Assessment and Ergodynamics , Postural Chart/ Plumb Line/ Coaches Eye /FMS/SFMA - Assessment Demonstration
September 13	Demonstrate and Practice Interventions to Address Muscular Strength, Power, and Endurance, Plyometric - Upper Extremity
September 20	Demonstrate and Practice Interventions to Address Muscular Strength, Power, and Endurance, Plyometric - Lower Extremity - Interventions Demonstration
September 27	Practical Exam

UNIT 2: IMPAIRED MOBILITY, AEROBIC CAPACITY, AND CORE STABILITY

October 4	Demonstrate and Practice Interventions to Address Impaired Mobility, Assessment of Mobility – Interventions Demonstration
October 11	Assessment of Aerobic Capacity and Endurance. Interventions for Maintaining Aerobic Capacity and Endurance.
October 18	Interventions to Improve Balance and Core Stability, OKC/CKC Exercises., Functional Rehab/Return to Play Criteria - Interventions Demonstration
October 25	Practical Exam

UNIT 3: NEUROMUSCULAR FUNCTIONING AND ALTERNATIVE TECHNIQUES

November 1	Interventions to Improve Neuromuscular Functioning, Proprioception Neuromuscular Scan, Neurodynamics, Nerve Flossing– Interventions Demonstration
November 8	Alternative Rehabilitation Techniques: Aquatic Therapy & Manual Therapies.
November 15	Rehabilitation Case Study Scenarios
November 22	NO CLASS HAPPY THANKSGIVING
November 29	Rehabilitation Case Study Scenarios
December 6	Practical Exam

Course Requirements and Expectations:

1. **Technical Requirements:** Students must have access to the Internet, Blackboard, and e-mail. Additional information about Blackboard can be found <http://distance.shsu.edu/current-students/> . Although not required, it is recommended that you install the Blackboard Learn

App to your phone or tablet. This app will enable you to get notifications directly to your phone or tablet when announcements or assignments are posted, and when grades are made available. It is recommended that you log in and check Blackboard daily for updates. For any technical support issues with Blackboard, call 936-294-2780 or e-mail blackboard@shsu.edu.

2. **Communication and E-mail Etiquette.** Questions about the course should be asked during or after class as appropriate. However, if a question does arise outside of class, it is advised that the student e-mail the instructor directly at pds012@shsu.edu. When e-mailing the course instructor, provide the following:
 - Include the course number in the subject line of your e-mail (please remember that the instructor may be teaching multiple courses during any given semester).
 - Following the course number, provide a meaningful subject to your e-mail. This helps to clarify what your message is about or pertaining to, and can help the instructor prioritize e-mails in an appropriate order.
 - Address your instructor professionally such as Mr. St. Louis . . . Beginning e-mail correspondence with phrases such as “Hey” is not professional, and will likely be returned to the sender.
 - Use standard spelling, punctuation, and capitalization. Do not write a professional e-mail in the same manner in which you would send a text message. Remember, this is professional correspondence. Avoid using all caps, abbreviations, and emoticons.
 - Write clear paragraphs that provide context and details so that the instructor has a clear picture of the question you are asking.
3. **Class Behavior:** Disruptive behavior will result in the student being asked to leave the classroom and will count as a class absence. A second violation and the student will be dropped from the class. Any distractive or disruptive behavior such as sleeping during class, use of cell phones or other devices, and side conversations disrupt those around you. Remember, this is a professional learning environment.
4. **Usage of Electronic Devices in Class:** Telephones, computers, and similar devices are part of everyday life. In the academic classroom, however, during class these devices can be a serious distraction and during tests they can be a serious problem. The use by students of electronic devices that perform the function of a telephone or text messages during class-time is prohibited as it is disruptive to the conduct of class. Laptop computers and other such note-taking devices are allowed provided they are being used for the purpose of taking notes or engaging in interactive content in class as a part of an exercise. If you are found to be using your computer for other purposes, you will be asked to discontinue use of your computer and/or leave the classroom. If you have a potential emergency situation that requires you to be available via text message or phone, you must notify the course instructor at the beginning of class. Failure to comply with this policy could result in confiscation of your device for the duration of class, expulsion from the classroom, or, with multiple offenses, failure of the course.

Any use of a telephone, text messaging device, or any other electronic device that performs these functions during a test period is **prohibited**. These devices should not be present during a test and should be stored securely in such a way that they cannot be seen or used by the student. Even the visible presence of such a device during the test period will result in a zero for that test. Use of these devices during a test is considered de facto evidence of cheating and could result in a charge of academic dishonesty ([Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728](#)).

5. **Class Materials:** You are responsible for reading the materials assigned in class. This can include readings from the book and handouts distributed in class or on Blackboard. In addition, material covered by any invited guest speakers may be included on an exam as well. *Make sure you keep up with the readings!*
6. **Intellectual Property:** All materials distributed by the instructor of this course including but not limited to class notes, handouts, assignments, exam reviews, quizzes, and exams are given to the student to facilitate and enhance the learning process. However, all course materials distributed to students either in person or electronically is the property of the course instructor, a collaborative group of faculty, the textbook publisher, and/or Sam Houston State University. Therefore, any sharing, selling, or reproduction of course content will be considered a violation of intellectual property use, and could be considered academic dishonesty. Sharing course material includes but is not limited to the posting of course information on-line via YouTube, social media sites, and blogs. Course materials may only be shared, sold, or reproduced with the written permission of the faculty member teaching this course or the publisher of the textbook (whichever applies).

Recording any or part of the class presentation, discussion, or activities either in person or on-line is strictly prohibited in this class. Like course materials, presentations are the property of the presenter and should not be shared, sold, or reproduced. There will be zero tolerance for taking photos, screenshots, or video of class lecture, presentations, discussions, or course materials unless it is allowed in writing by the course instructor.

7. **Self-Plagiarism [Department Policy]:** “Self-plagiarism represents a significant problem in academia as it serves to undermine the learning process and outcomes that are a key feature of each course that is offered as a part of a student’s curriculum. As a result, the Department of Kinesiology has a strict policy in place to prevent self-plagiarism in the classroom. Self-plagiarism is defined as the submission of any type of assignment that contains content that is recycled from other assignments or a prior publication that one submits for course credit in another course.

Each instructor is provided the discretion to evaluate whether a student has engaged in self-plagiarism on a course assignment. If a student is unsure whether use of prior content would constitute self-plagiarism, they must consult with the instructor of the course within a reasonable period of time prior to the due date of the assignment. In most cases, this consultation should take place a minimum of 10 business days prior to submission. Following submission of the assignment, if the instructor deems that the student has engaged in self-plagiarism, he or she has the right to state that the student has violated Section 5.3 of The Texas State University Rules and Regulations dealing with Academic Honesty and the student is thereafter subject to any and all penalties and punishments present in the policy. This may include failure of the assignment and/or failure of the course. Additionally, the student may be referred to the Department Chair of Health and Kinesiology, the Dean of the College of Health Sciences, the Dean of Students, and/or the Provost and Vice-President for Academic Affairs for further academic review.”

8. **Attendance** is expected in this course. Moreover, it is imperative that you not only attend, but also participate. Attendance will be taken on a regular basis. It is your, *the student's, responsibility to sign in each class day*. Signing in another classmate will not be tolerated

and will result in 0 attendance points earned in the course. If you have an excused absence, it is your, the student's, responsibility to provide written documentation to the instructor. In addition to being in attendance and participating, it is equally important to be on-time. In this course, a tardy will be entering the class once the course instruction has begun. Two tardy days will be equivalent to an absence in the course. Please notice that this lab class meets only one day per week, so it is critically that you are in class every scheduled day.

If you receive more than one absence and/or two tardy days, you will receive a five percentage point (5%) reduction in your final course grade. For example, if you have a 90% final grade in the class, and you have exceeded one absence and/or two tardy days, you will receive a final course grade of 85%.

Students who miss class will receive a 0% on in-class coursework, quizzes, and other assignments completed during class with no chance of making up the work. It is your responsibility to obtain notes, readings, and information about upcoming assignments/quizzes/tests that you may have missed due to any absences. If you miss class because of what you believe should be an excused absence (i.e. illness), it is your responsibility to provide the instructor with evidence for consideration of an excused absence. Whether an absence is excused or unexcused is solely the judgment of the professor.

Make-up exams, assignments, and quizzes will not be allowed unless you, the student, provide sufficient documentation to excuse the absence. If you, the student, know you are going to miss an exam, assignment, quiz or any other course work for an excusable reason, notification to the instructor is required via e-mail, voice mail, or other acceptable method. Students who do not communicate with the instructor prior to the exam and provide sufficient documentation, will not be allowed to make up the work.

9. **Three Practical Examinations** will be given during the semester. Throughout the course, there will be no less than three (3) lab practical exams. The format will be in person with a patient model and a faculty evaluator. The students will conduct any required assessments and determine an appropriate rehabilitation plan of the desired body area. The student will need to provide the faculty evaluator with rehabilitation exercises, including progressions and regressions relevant to the and patient case. Students will be evaluated on these exams using a rubric to assess the student's clinical examination skills. There will be a debriefing period following each exam where the instructor also provides the student with feedback on their performance.
10. **Clinical Skills (AT Student Handbook):** are taught and evaluated in laboratory courses. Students are to practice their skills with peers and preceptors prior to being evaluated via a practical exam. It is up to each individual student to inform their preceptors of the clinical skills they are learning and practicing, and asking their preceptor to assist them with mock practice of those skills prior to exam. It is the student's responsibility to come prepared to their assigned lab practical exams. All students must pass their practical exam with a grade of 75% or higher to be deemed proficient. If a student scores below 75%, they must retake the practical exam until they meet this mark, keeping in mind that their subsequent practical exam may include a different patient case/scenario.
11. **Intervention Demonstrations** will align with topics presented in class, and will ask the student to *apply* and *demonstrate* the information learned in the course readings, discussion,

and lecture. Application of knowledge is an important skill, and is the aim of these assignments. Students are expected to read and reference appropriate textbooks when completing Intervention Demonstrations.

12. **Rehabilitation Case Scenarios.** Clinical scenario days will give students the opportunity to utilize all resources to solve simulated clinical scenarios. Students are encouraged to work together in groups for these assignments. Points will be given based on a rubric which includes individual participation.

Note: Make-up exams, assignments, or laboratories, will not be allowed unless you, the student, provide sufficient documentation to excuse the absence. If you, the student, know you are going to miss an exam, assignment, quiz or any other course work for an excusable reason, notification to the instructor is required via e-mail, voice mail, or other acceptable method. Students who do not communicate with the instructor *prior* to the exam and provide sufficient documentation, will not be allowed to make up the work. It is the ultimate decision of the course instructor to excuse the absence.

Assessment and Evaluation:

Attendance:

- Attendance is expected! Missing one day in this course equates to three hours of instruction and practice. It is the student's responsibility to sign in each day.
- **If you, the student, feel that you have an excusable absence, you must submit written documentation to the instructor within 1 week of the absence for it to be considered excused.**
- **More than one absence or two tardy days, you will receive a five percentage point (5%) reduction in your final course grade.**

Syllabus Acknowledgement Assignment: 10 points

- There is one syllabus acknowledgement assignment which is 10 points. This includes reading the syllabus, noting important dates, and submitting a signed syllabus acknowledgement form.

Practical Exams: 300 Points

- There are 3 unit exams, which will be 100 points each.
- The format of the exams is practical in nature. Each individual student will be presented with a mock clinical situation using a model patient.
- Any form of cheating or dishonesty will result in an automatic 0 points on the exam. For students in the BS in Athletic Training Program, documentation will be sent to the Athletic Training Program Director and placed in your permanent student file.

Lab Activities: 120 points

- There will be 6 lab activity assignments.
- All assignments must be turned in either in class or on Blackboard no later than the assigned due date. **Late assignments will not be accepted without proper documentation, and with the permission of the course instructor.**
- All assignments must have page number citations from assigned textbook reading (p. #).

Clinical Scenarios: 100 Points

- There will be 2 Clinical Scenarios (50 points each).
- Students are encouraged to use class resources and working groups to solve clinical scenarios.
- Individual participation and contribution will be graded using a rubric.

Total Course Points = 530 (Subject to change at Instructors discretion.)

Final Grade: (grades will not be curved)

100% to 90%	=	A
80% to 89.99%	=	B
70% to 79.99%	=	C
60% to 69.99%	=	D
59.99% and below	=	F

SHSU Academic Policies:

- a. Class attendance policy (see [SHSU Class Attendance policy AP 800401](#)) – each faculty member is obligated to clarify her/his classroom policy regarding absences in writing to each student enrolled in class.
- b. [Procedures in cases of Academic Dishonesty AP 810213](#) (be sure to include statement regarding plagiarism)
- c. [Academic Grievance Procedures for Students AP 900823](#)
- d. [Students with Disabilities AP 811006](#)
- e. [Student Absences on Religious Holy Days AP 861001](#)
- f. [Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728](#)