

**ATTR 3169 – THERAPEUTIC INTERVENTIONS I LAB**  
**SPRING 2018**

*ATTR 3169 is a required course for the Bachelor of Science in Athletic Training Program.*

*ATTR 3169 is a restricted elective for the Bachelor of Science in Kinesiology.*

**College of Health Sciences**  
**Department of Kinesiology**

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**Text/Readings:** Starkey, C. (2013). *Therapeutic Modalities* (4<sup>th</sup> ed.). F.A. Davis, ISBN: 9780803625938

**Course Description:** This course will include hands-on application of skills in the areas of therapeutic modalities and manual therapies used to treat impairments due to injury of illness. This course will include practice of skills related to cryotherapy, thermotherapy, electrical stimulation, ultrasound, diathermy, light therapy, low level laser, traction, intermittent compression, and manual therapies. Concurrent enrollment with ATTR 3369. Credit 1.

Students in the BS in Athletic Training Program must make a grade of “C” or better in this course to meet the program retention criteria. A complete list of program retention criteria can be found: <http://www.shsu.edu/academics/health-sciences/kinesiology/undergraduate/athletic-training-admission-requirements.html>

**This course meets from 9:00am-11:50pm on Thursday in HKC 248C (January 18, 2016 – May 5, 2017)**

**Athletic Training Competencies (CAATE 5<sup>th</sup> ed):**

<b>Objectives/Learning Outcomes</b>  Upon completion of this course, the student will be able to:	<b>Activities (* indicates field-based activity)</b>	<b>Performance Assessment</b>	<b>Standards:</b> • CAATE Competencies
Demonstrate the application of thermal modalities including cryotherapy and heat therapy to meet specified treatment goals and determine the effectiveness and efficacy of those therapeutic interventions utilizing evidence-based concepts.	Skills Lab	Lab Write-Up Practical Exam 1 Final Practical Exam	TI-11, EBP-10
Demonstrate the application of therapeutic ultrasound and electrical stimulation to meet specified treatment goals and determine the effectiveness and efficacy of those therapeutic interventions utilizing evidence-based concepts.	Skills Lab	Lab Write-Up Practical Exam 2 Final Practical Exam	TI-11, EBP-10
Demonstrate the application of mechanical modalities to meet specified treatment goals and determine the effectiveness and efficacy of those therapeutic	Skills Lab	Lab Write-Up Final Practical Exam	TI-11, EBP-10

interventions utilizing evidence-based concepts.			
Integrate self-treatment protocol into the intervention when appropriate, including instructing the patient regarding self-treatment plans.	Skills Lab	Lab Write-Up Practical Exams 1-2 Final Practical Exam	<b>TI-10</b>
Use the results of on-going clinical examinations to determine when a therapeutic intervention should be progressed, regressed or discontinued using common patient- and clinician-oriented outcomes and theory and principles.	Skills Lab	Lab Write-Up Practical Exams 1-2 Final Practical Exam	<b>TI-7, TI-8, TI-12</b>
Demonstrate the utilization of active and passive exercise and/or manual therapies, including joint mobilization, therapeutic massage, myofascial techniques, and muscle energy technique to meet specified treatment goals and determine the effectiveness and efficacy of those therapeutic interventions utilizing evidence-based concepts.	Skills Lab	Lab Write-Up Final Practical Exam	<b>TI-13, TI-14, TI-15</b>
Identify manufacturer, institutional, state, and/or federal standards that influence approval, operation, inspection, maintenance and safe application of therapeutic modalities and rehabilitation equipment and inspect for potential safety hazards.	Skills Lab	Lab Write-Up Practical Exam 1-2 Final Practical Exam	<b>TI-19, TI-20</b>

Web address for **CAATE competencies**: <http://caate.net/wp-content/uploads/2014/06/5th-Edition-Competencies.pdf>

### Course Format:

The content of this course is delivered in a laboratory setting. Blackboard will be used regularly to post readings, lectures and assignments, and to communicate via e-mail. It is the student's responsibility to be registered and to become familiar with the system. In addition, course concepts are learned through self-study, classroom discussions, and assignments. Evaluation consists of professor assessments of practical examinations, and skills lab activity participation.

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.

#### Important:

2. Learning to *apply* course material (to improve thinking, problem solving, and decisions).
3. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories).

**Course Content (Tentative Course Schedule):**

<b>Date</b>	<b>Topics/Content</b>	<b>Assigned Readings</b>	<b>Assignments Due</b>
1/18/2018	Course Overview Safety Considerations, Guidelines, & Laws		
1/25/2018	Healing and Physiological Processes Disablement Model and Clinical Outcomes	Starkey Chapter 1, 2 Blackboard Articles	Lab Write-Up 1
2/1/2018	Cold Modalities	Starkey Chapter 5,6 Blackboard Articles	
2/8/2018	Cold Modalities		Lab Write-Up 2
2/15/2018	Superficial Heat Modalities	Starkey Chapter 5,6 Blackboard Articles	
2/22/2018	Superficial Heat Modalities		Lab Write-Up 3
3/1/2018	<b>Practical Exam 1</b>		
3/8/2018	Deep Heat Modalities	Starkey Chapter 7,8 Blackboard Articles	
3/15/2018	<b>Spring Break</b>		
3/22/2018	Deep Heat Modalities		Lab Write-Up 4
3/29/2018	Electrical Stimulation	Starkey Chapter 11,12, 13 Blackboard Articles	
4/5/2018	Electrical Stimulation		Lab Write-Up 5
4/12/2018	<b>Practical Exam 2</b>		
4/19/2018	Light Therapy, Low-Level Laser	Starkey Chapter 19 Blackboard Articles	
4/26/2018	Joint Mobilization, MET, Traction Massage, Myofascial Release, IASTM	Starkey Chapter 16 Blackboard Articles	Lab Write-Up 7
TBD	<b>Final Practical Exam (Cumulative)</b>		

**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](mailto: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 kcr019@shsu.edu. When e-mailing the course instructor, provide the following:
  - i. 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).
  - ii. 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.
  - iii. Address your instructor professionally such as Ms. Ryan . . . Beginning e-mail correspondence with phrases such as “Hey” is not professional, and will likely be returned to the sender.
  - iv. 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.
  - v. 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. 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, 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 or 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 (see student code of conduct; <http://www.shsu.edu/students/guide/StudentGuidelines2010-2012.pdf#page=29>).
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.

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 be 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 note that this lab class meets only one day per week, so it is critical 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 two absent 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 conducted during the semester. Each student will be responsible for learning and applying practical skills learned in the lab sessions. These skills will be demonstrated during the practical examination. The three practical examinations will be timed and cover the following:
- Cold Modalities; Superficial Heat Modalities; Other Thermal Modalities
  - Ultrasound; Electrical Stimulation; Combination Techniques
  - Mechanical Modalities; Manual Interventions; Cumulative Practical Examination

Students will be graded on correct name, demonstration of skill, and purpose of skill (when applicable). Students will have to bring their own subject unless one is provided for you.

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. **Seven Lab Write-Ups** will be due during the semester. These lab assignments will consist of the instruction and application of skills highlighted during the lab sessions.

Remember: **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.**

#### **Assessment and Evaluation:**

##### ***Attendance:***

- Attendance is expected!
- 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.**
- Please understand that 2 tardy days will count as 1 absent day.**
- More than two absent and/or tardy days, you will receive a five percentage point (5%) reduction in your final course grade.**

##### ***Syllabus Assignment: 5 points***

- There is one syllabus acknowledgement assignment which is 5 points. This includes reading and understanding the syllabus and completing the syllabus acknowledgement form via Blackboard.

##### ***Practical Exams: 220 Points***

- There are 3 practical exams. Practical exams 1 and 2 will be 60 points each. One of these will be a cumulative final exam which will be held on the final exam day per the SHSU final exam schedule and will be 100 points.
- The format of the practical exam may vary depending on the content. The course instructor will notify students of the exam format prior to the exam either in class or via Blackboard.
- Students will have to provide their own subject that is not in the course unless instructed otherwise.

**Lab Write-Ups: 140 points**

- There will be 7 lab write-ups.
- All assignments must be turned in 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. #).

**Total Course Points** = 365

**Final Grade:** (grades will not be curved)

100% to 90%	=	365	-	328.5	=	<b>A</b>
89.99% to 80%	=	328.5	-	292	=	<b>B</b>
79.99% to 70%	=	292.0	-	255.5	=	<b>C</b>
69.99% to 60%	=	255.5	-	219	=	<b>D</b>
59.99% and below	=	219.0	-	0	=	<b>F</b>

**SHSU Academic Policies** (<http://www.shsu.edu/dept/academic-affairs/aps/aps-students.html>) :

- [SHSU Class Attendance policy AP 800401](#)
- [Procedures in cases of Academic Dishonesty AP 810213](#)
- [Academic Grievance Procedures for Students AP 900823](#)
- [Students with Disabilities AP 811006](#)
- [Student Absences on Religious Holy Days AP 861001](#)
- [Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728](#)

**Academic Dishonesty:**

5.3 Academic Honesty. The University expects all students to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action.

5.31 The University and its official representatives, acting in accordance with Subsection 5.32, may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating, plagiarism, collusion, and the abuse of resource materials.

"Cheating" includes the following and similar actions:

- (1) Copying from another student's test paper, laboratory report, other report, or computer files, data listings, and/or programs.
- (2) Using, during a test, materials not authorized by the person giving the test.
- (3) Collaborating, without authorization, with another student during an examination or in preparing academic work.
- (4) Knowingly, and without authorization, using, buying, selling, stealing, transporting, soliciting, copying, or possessing, in whole or in part, the contents of an unadministered test.
- (5) Substituting for another student, permitting any other person, or otherwise assisting any other person to substitute for oneself or for another student in the taking of an

examination or test or the preparation of academic work to be submitted for academic credit.

- (6) Bribing another person to obtain an unadministered test or information about an unadministered test.
- (7) Purchasing, or otherwise acquiring and submitting as one's own work any research paper or other writing assignment prepared by an individual or firm. This section does not apply to the typing of the rough and/or final versions of an assignment by a professional typist.

5.32 "Plagiarism" means the appropriation and the unacknowledged incorporation of another's work or idea into one's own work offered for credit.

5.33 "Collusion" means the unauthorized collaboration with another person in preparing work offered for credit.

5.34 "Abuse of resource materials" means the mutilation, destruction, concealment, theft or alteration of materials provided to assist students in the mastery of course materials.

5.35 "Academic work" means the preparation of an essay, dissertation, thesis, report, problem, assignment, or other project that the student submits as a course requirement or for a grade.

#### **Procedures in Cases of Alleged Academic Dishonesty:**

2.01 Procedures for discipline due to academic dishonesty shall be the same as in disciplinary actions specified in The Texas State University System *Rules and Regulations* and Sam Houston State University *Student Guidelines* except that all academic dishonesty actions shall be first considered and reviewed by the faculty member teaching the class. The faculty member may impose failure or reduction of a grade in a test or the course, and/or performing additional academic work not required of other students in the course. If the faculty member believes that additional disciplinary action is necessary, as in the case of flagrant or repeated violations, the case may be referred to the Dean of Student Life or a designated appointee for further action. If the student involved does not accept the decision of the faculty member, the student may appeal to the chair of the appropriate academic department/school, seeking reversal of the faculty member's decision. Sam Houston State University Academic Policy Statement 810213 Procedures in Cases of Academic Dishonesty Page 3 of 3 Revised January 16, 2006

2.02 If the student does not accept the decision of the chair of the academic department/school, he/she may appeal to the appropriate academic dean. The chair of the academic department/school may also refer the case directly to the academic dean if the case so warrants.