COLLEGE OF CHARLESTON
ATEP 430L: THERAPEUTIC EXERCISE LABORATORY
Spring 2015

Instructor: Susanne Harter Truesdale MAT, PT, ATC, CSCS
Office Location: ATEP Training Lab
Office Hours: By appointment
Cell Phone: 843-345-6374- work phone: 884-7880
Email: suetru@comcast.net
Co-requisites: ATEP 430
Lab Meeting Time: 3:05- 5:45 Tuesdays
Lab Meeting Location: 146 Silcox Center and ATEP Training Lab

Course Description: This course provides information on planning and implementing a comprehensive rehabilitation/reconditioning program for injuries/illnesses sustained during physical activity. Emphasis will be placed on the didactic and psychomotor development of the following comprehensive rehabilitation program components: determination of therapeutic goals and objectives, selection of therapeutic treatment and exercise, methods of evaluating and recording rehabilitation progress, and the development of criteria and progression for return to physical activity.

Laboratory Objectives: Upon successful completion of this course the student should be able to (taken from NATA Educational Competencies):

1. Assess a patient to determine specific therapeutic exercise indications, contraindications, and precautions
2. Obtain and interpret baseline and post-exercise objective physical measurements to evaluate therapeutic exercise progression and interpret results
3. Demonstrate the appropriate application of contemporary therapeutic exercises according to evidence-based guidelines
4. Instruct the patient in proper techniques of commonly prescribed therapeutic exercises
5. Document rehabilitation goals, progression, and functional outcomes
6. Perform a functional assessment for safe return to physical activity
7. Inspect therapeutic exercise equipment to ensure safe operating condition
8. Improve [sic] joint range of motion, muscular strength, muscular endurance, muscular speed, muscular power, balance, neuromuscular control, and coordination, agility, cardiorespiratory endurance, and activity-specific skills

Required Text:
2. Supplemental Readings on WebCT or per assignment

Policies:
Attendance: CLASS ATTENDANCE IS REQUIRED FOR EVERY LAB!! If extreme circumstances necessitate an absence, you will be held responsible for the class material covered during your absence.

Excused absences will be considered for the following: serious illness, hospitalization, death of a loved one, and attendance at an event representing the College of Charleston. Appropriate documentation must be provided from the Office of the Associate Dean of Students for an excused absence. However, it is ultimately the professor's judgment about whether absences are excused, independent of documentation. Any assignments missed due to an excused absence must be made up within one week to receive full credit.

Unexcused absences are those absences which do not fall under the criteria for excused absences. In addition, if you arrive for class 10 minutes or more after it has begun or leave class early you
**Laboratory attendance is tied to your laboratory grade. To achieve full credit for each lab session you must 1) complete the laboratory assignment and 2) attend the entire lab session. Failure to attend your laboratory session will result in a 100% deduction in the grade of your laboratory assignment.**

**Late Work Policy:** All assigned work should be turned in by the time deadline on the respective due date. Work submitted past this time will only receive 25% of the full credit.

**Honor Code and Academic Integrity:** Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each instance is examined to determine the degree of deception involved.

Cases of suspected academic dishonesty will be reported directly to the Dean of Students. A student found responsible for academic dishonesty will receive a "X" in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student's transcript for two years, after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.

It is important for students to remember that unauthorized collaboration—working together without permission—is a form of cheating. Unless I specify that students can work together on an assignment and/or test, no collaboration is permitted. Other forms of cheating include possessing or using an unauthorized study aid (such as a PDA), copying from another's exam, fabricating data, and giving unauthorized assistance.

**Electronic Device Policy:** Devices that are prohibited in class at any time are: pagers, cell phones, radios, PDAs, MP3 players, and similar devices. Keep these devices off and out of sight. If your electronic device is seen during a laboratory session you will be asked to leave the class and you will be assigned a zero for the day’s laboratory assignment and attendance.

**Disability:** This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education "solely by reason of a handicap." Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged. If there is a student in this class who has a documented disability and has been approved to receive accommodations through SNAP Services, please feel free to come and discuss this with me during my office hours.

**Grading:**

Your lab grade is a separate grade from your class grade and will be based off of a 500 point scale.

- First lab practical: 75pts
- Second lab practical: 75pts
- Comprehensive lab practical final: 200pts
- Lab assignments: 10 pts each x 10 : 100 pts
- Shadowing Project: 50 pts

**Grading policy by percentage:**

- 63-70%: D- to D+
- 71-80%: C- to C+
- 81-90%: B- to B+
- 91-100%: A- to A+

**Graded Items:**

**Lab Assignments:** For each lab session a laboratory assignment will be provided to you. During and after the
laboratory session you will complete the laboratory assignment and it will be turned in for credit. The assignments will consist of practical application, critical thinking, and demonstration of skills in the lab. Please note that your laboratory attendance is tied to your laboratory grade. To achieve full credit for each lab session you must 1) complete the associated laboratory assignment and 2) attend the entire lab session. Failure to attend your laboratory session will result in an automatic zero for the grade of your laboratory assignment.

Shadowing Project: You will be required to complete 3 clinical hours shadowing an approved rehabilitation therapist. This may include any of the following: Certified athletic trainers, physical therapists and occupational therapists. You also have the option of shadowing a certified personal trainer. The purpose of this assignment is to partake in a real life therapeutic exercise experience of your choice and help facilitate understanding and implication of what we learn in lab. You will be responsible for writing up a synopsis of your experience and answering questions- this will be further discussed in class. This observation time needs to be set up per the student and approved by the instructor prior to the assigned observation time.

Practical Examinations: You will have two practical lab examinations and one final comprehensive lab examination. You will be asked to demonstrate and explain how to use clinical techniques that you learned in laboratory sessions throughout the term. This exam will cover the information contained in all of the lab sessions.

**Tentative Topic Schedule**

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<th>Laboratory Topics</th>
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<td>Tue 1/20</td>
<td>Introduction: Course syllabus/ Anatomy review/ Record keeping/ Terminology</td>
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<td>Tue 1/27</td>
<td>Stretching Techniques/ Joint Mobilization Techniques</td>
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<td>Tue 2/3</td>
<td>Proprioceptive Neuromuscular Fascilitation Techniques Stretch/ Strength</td>
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<td>2/10</td>
<td>Lab Practical #1</td>
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<td>Tue 2/17</td>
<td>Test review/ PNF Strength/ Plyometrics, Speed and Agility</td>
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<td>Tue 2/24</td>
<td>Functional Progressions/ Aquatic Therapy</td>
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<tr>
<td>Tue 3/3</td>
<td>No Class- Spring Break</td>
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<tr>
<td>Tue 3/10</td>
<td>Cervical spine/ Thoracic spine Techniques</td>
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<td>Tue 3/17</td>
<td>Lumbar spine techniques/ Core stabilization therapeutic exercises/ SI</td>
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<td>Tue 3/24</td>
<td>Lab Practical #2</td>
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<tr>
<td>Tue 3/31</td>
<td>Shoulder and UE Rehabilitation Techniques</td>
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<td>Tue 4/7</td>
<td>Hip and Knee Rehabilitation Techniques</td>
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<td>Tue 4/14</td>
<td>Lower Leg, Ankle, and Foot Rehabilitation Techniques</td>
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<td>Tue 4/21</td>
<td>Review of all Therapeutic Exercise Techniques/ Shadow Project Presentations/ Extra Credit Presentations</td>
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<td>Tues 4/28</td>
<td>Cumulative Lab Practical Final Exam</td>
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