Meeting Time: T 3:30pm-6:10pm
Meeting Location: Silcox Center- Room 150
Instructor: Susan L. Rozzi, PhD, ATC, SCAT, Associate Professor, Department of Health and Human Performance
Office Location: 317 Silcox Physical Education & Health Center
Office Hours: Posted on office door. If you are unable to meet during my regularly scheduled office hours please contact me to set up an appointment. Note: Office hours are tentative.
Office Phone: (843) 953-7163
Cell Phone: 843-327-7169 (Please do not text or call between 9pm and 7am)
Email: rozzis@cofc.edu

Please note: I read and respond to e-mail messages only once each day. You should not expect a response to your e-mail message for at least 48 hours. For emergency situations please call my office phone or send a text to my cell phone number.

Class On-line Management System: Hosted by OAKS
Pre-requisites: The prerequisite course for ATEP 430, the co-requisite course for this laboratory course are the following: BIOL 201/202, ATEP 245, ATEP 345, and EXSC 330 (AT students) BIOL 201/202, EXSC 330 (non-AT students). Non-AT students are requested to confer with the instructor prior to enrolling in this course.
Co-requisite: ATEP 430

Course Description: This laboratory course is a co-requisite to ATEP 430 and is designed to develop the student’s psychomotor skills in planning and implementing therapeutic exercise programs.

Additional Information: This course is a required course for students majoring in athletic training and is a directed elective course for students majoring in exercise science. This course is well integrated into the athletic training curriculum, but is substantially different from most other classes in the exercise science curriculum. Exercise science students may lack a comprehensive understanding of musculoskeletal injuries. Therefore, all students are encouraged to complete all out-of-class readings and assignments and to seek assistance from the course instructor and/or student teaching assistant as soon as needed.

Student Learning Outcomes:
1. As a result of participating in ATEP 430L04 lab, all students will be able to appropriately instruct a patient in the proper technique of commonly prescribed therapeutic exercises for restoring range of motion and strength as indicated by earning a B or higher on Video Project I grading rubric.
2. As a result of participating in ATEP 430L04 lab, all students will be able to assess patient limitations to determine specific therapeutic exercise indications, contraindications, and precautions as indicated by earning a B or higher average on Laboratory Assignments 2,3,6,8, and 10.
3. As a result of participating in ATEP 430L04 lab, all students will be able to appropriately instruct a patient in exercises designed to restore full physical activity status as indicated by earning a B or higher average on Laboratory Assignments 2-11.

Laboratory Course 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 (EX-P1).
2. Obtain and interpret baseline and post-exercise objective physical measurements to evaluate therapeutic exercise progression and interpret results (EX-P2).
3. Demonstrate the appropriate application of contemporary therapeutic exercises according to evidence-based guidelines (EX-P4)
4. Instruct the patient in proper techniques of commonly prescribed therapeutic exercises (EX-P5)
5. Document rehabilitation goals, progression, and functional outcomes (EX-P6)
6. Perform a functional assessment for safe return to physical activity (EX-P7)
7. Inspect therapeutic exercise equipment to ensure safe operating condition (EX-P3)
8. Instruct the patient how to properly perform fitness tests to assess his or her physical status and readiness for physical activity. Interpret the results of these tests according to requirements established by appropriate governing agencies and/or a physician. These tests should assess: Flexibility (RM-P1.1), Strength (RM-P1.2), Power (RM-P1.3), Muscular Endurance (RM-P1.4), Agility (RM-P1.5), Cardiovascular Endurance (RM-P1.6), Speed (RM-P1.7)
9. Develop a fitness program appropriate to the patient’s needs and selected activity or activities that meet the requirements established by the appropriate governing agency and/or physician for enhancing: Flexibility (RM-P2.1), Strength (RM-P2.2), Power (RM-P2.3), Muscular Endurance (RM-P2.4), Agility (RM-P2.5), Cardiovascular Endurance (RM-P2.6), Speed (RM-P2.7)
10. Instruct a patient regarding fitness exercises and the use of weight training equipment to include correction or modification of inappropriate, unsafe, or dangerous lifting techniques. (RM-P3)

Required Text:

Grading:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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<tbody>
<tr>
<td>Lab Preparation Assignments</td>
<td>10 x 15pts = 150 points (30%)</td>
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<tr>
<td>Laboratory Work/Assignments</td>
<td>10 x 20pts = 200 points (40%)</td>
</tr>
<tr>
<td>Video I Project</td>
<td>1 x 75pts = 75 points (15%)</td>
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<tr>
<td>Video II Project</td>
<td>1 x 75pts = 75 points (15%)</td>
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Total Points = 500 points

Graded Items:

- **Lab Preparation Assignments**: Prior to each scheduled laboratory class students must complete a laboratory preparation assignment in order to receive credit for attending the associated laboratory class. The purpose of completing these laboratory preparation assignments is to ensure students have completed textbook and/or additional assigned readings prior to the laboratory session so that the topic content can be applied during the laboratory session. These assignments are due by 9:00am the day prior to the scheduled lab (see Course Tentative Agenda for dates) and will be collected using the OAKS dropbox feature. Assignments will not be accepted after the due date and time. Only students who submit the laboratory preparation assignment by the due date/time will be eligible for all available points on the associated laboratory work/assignments.

- **Laboratory Work/Assignments**: During each laboratory session students will work in pairs to complete a written laboratory assignments. Working partners will be assigned at the beginning of each laboratory session. Assignments must be completed during the laboratory session turned in by the end of the laboratory session. Working partners need only submit one completed assignment and will receive the same grade for the assignment.

- **Video Projects (I and II)**: In order to demonstrate knowledge and skill in assessing patients and instructing patients in completing rehabilitation exercises each student will produce two video projects. Each video project requires the student to demonstrate 15 assessment techniques or patient rehabilitation exercises. The first video project will address content from laboratory sessions two through six while the second will address content from laboratory sessions seven through eleven. Students will be graded on the quality of their demonstrations, the explanations provided to the patient, and the feedback provided to the patient while the patient is performing the exercises. Please see provided handout for detailed information on these two video assignments.
Final Course Grade:
The final percentage grade for this course will be calculated based upon the total number of points earned and the total number of available points. A final course letter grade will be assigned based on the Department of Health and Human Performance grading system as seen in the table below. No other factors will be considered in the assigning of the final grade.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade Earned</th>
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<tbody>
<tr>
<td>90-100 %</td>
<td>A</td>
</tr>
<tr>
<td>88-89 %</td>
<td>A-</td>
</tr>
<tr>
<td>85-87 %</td>
<td>B+</td>
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<tr>
<td>80-84%</td>
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<td>75-77 %</td>
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<tr>
<td>70-74 %</td>
<td>C</td>
</tr>
<tr>
<td>68-69%</td>
<td>C-</td>
</tr>
<tr>
<td>66-67%</td>
<td>C+</td>
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<tr>
<td>64-65%</td>
<td>D</td>
</tr>
<tr>
<td>62-63%</td>
<td>D-</td>
</tr>
<tr>
<td>&lt;62%</td>
<td>F</td>
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Policies:
Attendance: Class attendance is vital to success in this course. Therefore, it is your responsibility as the student to attend all class meetings. If extreme circumstances necessitate an absence, you will be held responsible for the class material covered during your absence. You are allowed one (1) unexcused absence. Any additional unexcused absences will result in a five percentage-point deduction from your course final point percentage. Three (3) tardies equals one unexcused absence. Being tardy is considered reporting to class after the ten (10) minute grace period. It is your responsibility to see the instructor after class to ensure the absence is changed to a tardy from the initial absence notation. If you enter class late and miss any graded quiz or assignment your ability to complete the assignment will be at the discretion of the instructor.

Excused Absences: Absences will be considered for excusal for the following: serious illness, hospitalization, death of a family member or close friend, or attendance at an event representing the College of Charleston (i.e. athletic team, travel, gospel choir, WAVE, etc.). Appropriate documentation must be provided from the Undergraduate Dean’s Office for an absence to be considered for excusal. However, it is ultimately the professor’s judgment about whether absences are excused, independent of documentation. You are responsible for any class content/assignments you miss due to an absence. Any assignment/exam missed due to an excused absence must be made up within one week to receive full credit. It is your responsibility to schedule make-up work with the instructor.

Unexcused absences: Unexcused absences are those absences that 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 will be assigned an unexcused absence. A student accumulates 4 unexcused absences at any point during the semester will be dropped from the class and assigned a grade of WA.

Attire: This is a laboratory class in which you will be serving in the roles of both a patient and a therapist. As such, you need to dress so you can participate in physical activity. This means you should wear athletic type apparel and sports footwear. Examples include: sport shorts, sport tops, sweat or yoga pants, sox, sneakers, bathing suits. Students unable to participate in a laboratory class due to their clothing limitations will be marked absent for the entire laboratory class meeting.

Late Work Policy: All assigned work should be turned in by the respective due date. Work submitted past this time (even on the due date) will have 20% of the available points deducted for each calendar day, including weekend and holiday days after the due date. For example: an assignment worth 50 points which is turned in one day late will be graded based on 40 available points.
Honor Code and Academic Integrity: It is expected that each student in this class will conduct him or herself within the guidelines of the honor system. All academic work should be done with the highest level of honor and integrity that this institution demands. Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XF 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.

Students can find the complete Honor Code and all related processes in the Student Handbook at http://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php

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, copying from another’s exam, fabricating data, and giving unauthorized assistance.

Electronic Device Policy: For select laboratory meetings personal electronic devices such as laptops, tablets, and smart phones may be used. Students will be informed of these particular laboratory meetings. When not being used for class purposes electronic devices are not permitted in class. Students needing to bring such devices to class must be sure the device is TURNED OFF (not set to vibrate) and secured inside a book-bag, purse, or pocket for the entire class time. A student using an unapproved electronic device during class time will be asked to leave the class and will be assigned a zero for the day’s laboratory assignment(s) and will be assigned an unexcused absence for that class.

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.