COLLEGE OF CHARLESTON
ATEP 430L: Therapeutic Exercise Laboratory Course (1 credit)
Spring 2017 Academic Semester

Meeting Time: Tuesday and Thursday, 7:30am-8:45am
Meeting Location: Silcox Center-Room 150
Instructor: Jenny Hunnicutt, MS, ATC, SCAT
Office Hours: By appointment. Contact me by email to schedule a meeting time and place.
Email: jlhunnic@cofc.edu

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


Required Text:
2. Supplemental Readings on OAKS

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 430 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.
2. As a result of participating in ATEP 430 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.
3. As a result of participating in ATEP 430 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.

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)

Grading

<table>
<thead>
<tr>
<th></th>
<th>Points</th>
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<tbody>
<tr>
<td>Attendance/Participation</td>
<td>30 points</td>
</tr>
<tr>
<td>Lab Preparation Assignments</td>
<td>12 x 10pts = 120 points</td>
</tr>
<tr>
<td>Laboratory Work/Assignments</td>
<td>10 x 10pts = 100 points</td>
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<tr>
<td>Video I Project</td>
<td>1 x 75pts = 75 points</td>
</tr>
<tr>
<td>Video II Project</td>
<td>1 x 75pts = 75 points</td>
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<tr>
<td><strong>Total Points</strong></td>
<td><strong>400 points</strong></td>
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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>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>&gt;90%</td>
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<tr>
<td>A-</td>
<td>89 – 88%</td>
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<tr>
<td>B+</td>
<td>87 – 85%</td>
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<tr>
<td>B</td>
<td>84 – 80%</td>
</tr>
<tr>
<td>B-</td>
<td>79 – 78%</td>
</tr>
<tr>
<td>C+</td>
<td>77 – 75%</td>
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<tr>
<td>C</td>
<td>74 – 70%</td>
</tr>
<tr>
<td>C-</td>
<td>69 – 68%</td>
</tr>
<tr>
<td>D+</td>
<td>67 – 66%</td>
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<tr>
<td>D</td>
<td>65 – 64%</td>
</tr>
<tr>
<td>D-</td>
<td>63 – 62%</td>
</tr>
<tr>
<td>F</td>
<td>&lt;62%</td>
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Details of Evaluation Criteria
Late work will result in a 10% deduction in points per day. Assignments that are not turned in will receive a grade of zero.

**Attendance/Participation**
Attendance AND participation will be integral components in learning and application of therapeutic exercise. Students are not only required to attend all lab sessions, but also participate in all lab activities. Points can be deducted at the instructor’s discretion for lack of participation, even when student is in attendance.

**Lab Worksheets**
Students will complete lab worksheets during lab. Many worksheets will contain sections that must be completed prior to lab. Each worksheet will contain lab procedures of the day, in addition to sections that must be completed by the student during and/or after lab. The instructor will collect and grade worksheets for completion at the end of lab or at the beginning of the next lab session.

**Lab Preparation Assignments**
Each week students will be required to post in the OAKS discussion board answering questions about the therapeutic exercises to prepare for lab that week. Students will only be able to see their classmates’ responses after they have submitted their own response. Discussion among students is encouraged. Posts will be due on OAKS on **Mondays by 11:59 pm**.

**Video Projects (I and II)**
In order to demonstrate knowledge and skill in assessing 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 the first half of the laboratory, while the second will address content from the second half. 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.

**Professional Behavior:** Students are expected to conduct themselves as professionals and to demonstrate respect for the course instructor and peers with behavior that is conducive to a positive learning environment. Students are expected to be on time and present for each class session. Cell phones and other electronic devices must be silenced prior to the beginning of class and stored away unless being utilized during class to complete an assignment as directed by the instructor.

**Lab Attire:** Appropriate attire that allows exposure of body regions is required for lab sessions (e.g. shorts, tank tops, etc.). Please be mindful and chose clothing conservatively. Weather conditions are not an excuse to be unprepared with proper class attire, so dress in layers if necessary.

**Attendance:** Class attendance is an individual student responsibility and will be recorded on a REGULAR basis. Students are expected to be present and on time to every class. Excused absences will be permitted for personal emergencies (personal and family related illness or death, documented with a note from a health care provider), religious observances, participation in University-sponsored activities (athletics or artistic performances), or government-required activities (military service or jury duty). It is the student’s responsibility to communicate to the instructor in advance about missing class via e-mail or in person. Missed work must be made up and it is the student’s responsibility to arrange a make-up time. Missed exams and quizzes can only be made up if there is documentation for an illness or conflict. Make-up quizzes and exams must be scheduled in advance; otherwise the student will receive a zero. Repeated tardiness and/or absences may result in a lowered grade.

**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. (See 2015-2016 Student Handbook) All academic work should be done with the high level of honesty and integrity that this institution demands. The student handbook is a guide to your responsibilities and rights as a student. If you are not familiar with the document, please take the time to review the information contained within the handbook.
Incidents where the instructor determines the student’s actions are related more to a misunderstanding rather than misjudgment will be handled by the instructor as a Class 3 Honor Code Violation. An intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed both by the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

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 as a Class 1 or Class 2 Honor Code Violation. 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 should be aware that unauthorized collaboration—working together without permission—is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information via a cell phone or computer, or using unauthorized resources during quizzes or exams), copying from others’ exams, plagiarism, and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.

Disability Statement: 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 the Center for Disability Services/SNAP (Students Needing Access Parity), please set up an appointment to discuss accommodations with me.