Course Name: Therapeutic Modalities for Athletic Therapy majors
Course Prefix: AT
Course Number: 4150
Submitted by: Valerie Herzog, valerieherzog@weber.edu

Current Date: 11/5/2014

College: Education
Department: HP&HP
From Term: Fall 2015

Substantive

new
Current Course Subject: N/A
Current Course Number:

### New/Revised Course Information:

Subject: AT
Course Number: 4150

Check all that apply: *This is for courses already approved for gen ed. Use a* [*different form*](http://documents.weber.edu/catalog/forms.htm) *for proposing a new gen ed designation.*

* DV
* CA
* HU
* LS
* PS
* SS
* EN
* AI
* QL
* TA
* TB
* TC
* TD
* TE

Course Title: Therapeutic Modalities for Athletic Therapy majors
Abbreviated Course Title: Modalities - Athletic Therapy
Course Type: LEL
Credit Hours: 3
**or** if variable hours: to

Contact Hours per week: Lecture: 2
Lab: 1
Other:

Repeat Information: Limit: 0
Max Hrs: 0
Grading Mode: standard

This course is/will be:

a required course in a major program
a required course in a minor program
a required course in a 1- or 2- year program
elective

Prerequisites/Co-requisites: Prerequisites: AT 3300, AT 3301, Admission to the Athletic Therapy major.

Course description (exactly as it will appear in the catalog, including prerequisites):

AT 4150 Therapeutic Modalities for Athletic Therapy majors
Credits: (3)
Typically taught:
Fall [Full Sem]
Spring [Full Sem]

Specifically designed for the pre-professional student, the course will introduce the student to contemporary usage and basic foundation of therapeutic modalities. Through lecture, discussion, and laboratory experience, the scientific basis of musculoskeletal rehabilitation involving therapeutic modalities will be examined. Emphasis will be placed on fundamental concepts of tissue healing and pain control techniques, as well as an introduction to cryo/thermotherapy, massage, traction, ultrasound and electrical stimulation. Prerequisites: AT 3300, AT 3301, Admission to the Athletic Therapy major.

Justification for the new course or for changes to an existing course. (Note: Justification should emphasize academic rationale for the change or new course. This is particularly important for courses requesting upper-division status.) We are de-coupling the Athletic Therapy major from the Athletic Training major to give Athletic Therapy a broader perspective of the content. For example, in the previous curriculum plan, the Athletic Therapy majors took Basic Rehabilitation and Basic Modalities with the advanced courses for each of those as electives. Most students did not take the advanced versions of both courses, so they missed large sections of content from the advanced courses. In the modalities class, they would learn about cryotherapy, thermotherapy, traction, compression, and massage, but if they didn’t take the advanced section, they would miss learning anything about advanced modalities such as electrical stimulation and ultrasound. In the revised curriculum, we would have the students take a condensed course that gives them an overview of all of the content, so they would be exposed to all of the commonly used modalities. The new overview courses include AT 4150 (Therapeutic Modalities for Athletic Therapy majors) and AT 4250 (Rehabilitation for Athletic Therapy majors).

### INFORMATION PAGE for substantive proposals only

1. Did this course receive unanimous approval within the Department? yes

If not, what are the major concerns raised by the opponents?

2. If this is a new course proposal, could you achieve the desired results by revising an existing course within your department or by requiring an existing course in another department? No. The current therapeutic modalities courses (AT 4100 - Basic Modalities and AT 4101 - Advanced Modalities) include a two-semester course series. The undergraduate Athletic Training majors need the depth of the content contained in the two courses for accreditation purposes and to prepare them for the Board of Certification exam to become Certified Athletic Trainers. This amount of content could not be covered thoroughly for these students in only one semester.

3. How will the proposed course differ from similar offerings by other departments? Comment on any subject overlap between this course and topics generally taught by other departments, even if no similar courses are currently offered by the other departments. Explain any effects that this proposal will have on program requirements or enrollments in other department. Please forward letters (email communication is sufficient) from all departments that you have identified above stating their support or opposition to the proposed course. As mentioned previously, this course will provide a more comprehensive overview of all of the commonly used therapeutic modalities rather than an in-depth analysis of only a portion of these modalities.

4. Is this course required for certification/accreditation of a program? no

If so, a statement to that effect should appear in the justification and supporting documents should accompany this form.

5. For course proposals, e-mail a syllabus to Faculty Senate which should be sufficiently detailed that the committees can determine that the course is at the appropriate level and matches the description. There should be an indication of the amount and type of outside activity required in the course (projects, research papers, homework, etc.).

Please mail a signed [approval page](https://portalapps.weber.edu/lCourseProposal/SignaturePage.PDF) to the Faculty Senate Office, MA 210J, MC 1033.

WEBER STATE UNIVERSITY

Department of Health Promotion and Human Performance

Fall 2015

**Course**: **AT 4150 Therapeutic Modalities for Athletic Therapy majors**

**Credit Hours:** 3 Credit Hours

**Week Schedule:** MWF 8:30-9:20

**Location:**  SB 315

**Required Text:**

Knight, K & Draper, DO (2013). *Therapeutic Modalities: The Art and Science (2nd edition).* Philadelphia, PA:

 Lippincott Williams & Wilkins.

**Additional References:**

Articles and papers from professional journals in allied health/sports medicine.

**Course Description:**

Specifically designed for the pre-professional student, the course will introduce the student to contemporary usage and basic foundation of therapeutic modalities. Through lecture, discussion, and laboratory experience, the scientific basis of musculoskeletal rehabilitation involving therapeutic modalities will be examined. Emphasis will be placed on fundamental concepts of tissue healing and pain control techniques, as well as an introduction to cryo/thermotherapy, massage, traction, ultrasound and electrical stimulation. Prerequisites: AT 3300, AT 3301, Admission to the Athletic Therapy major.

**Learning Objectives**: **At the completion of the course students will be able to:**

1. Identify and discuss contemporary usages of therapeutic modalities in the treatment of musculoskeletal injuries.
2. Identify and discuss legal, moral, and ethical parameters in selecting and applying therapeutic modalities in the treatment of musculoskeletal injuries.
3. Identify and discuss the decision making process used in developing treatments plans using therapeutic modalities.
4. Describe the process and methods of assessing, re-assessing, and documenting the status of patients using standard techniques and documentation strategies to determine appropriate treatment and usage of therapeutic modalities.
5. Document treatment goals, expectations, and treatment outcomes of therapeutic modalities.
6. Describe the physiological and pathological process of trauma, tissue repair and its implications on the selection and application of therapeutic modalities used in a treatment/rehabilitation programs.
7. Explain the theoretical concepts of pain, pain transmission, and pain management as it relates to the use of therapeutic modalities in the treatment of musculoskeletal injuries.
8. Explain the body’s physiological response(s) during and following the application of electromagnetic and mechanical therapeutic modalities.
9. Identify and describe the indications and contraindications of various infrared and mechanical therapeutic modalities.
10. Identify the variables and parameters used in the selection of an appropriate therapeutic modality.
11. Describe and demonstrate the appropriate selection, inspection, safe preparation, and application of various therapeutic modalities.

**Course Evaluation:** The semester grade will be determined by class attendance, homework assignments, quizzes, lab worksheets, lab oral/practical exams, and written exams according to the following scale:

Grading Procedures:

1. Attendance 50 points
2. 7 Lab Worksheets (10 pts) 70 points
3. 4 Lab Oral/Practical Exams (50 pts) 200 points
4. 3 Written Examinations (100 pts) 300 points
5. Evidence-Based Medicine Project 100 points

 **Total Points: 620**

The final course grade will be assigned according to the following percentages of total points possible:

 

**Attendance**: Attendance at all lecture and lab sessions is mandatory. Attendance will be taken daily. Students are allowed one unexcused absence. Each additional unexcused absence will result in a **5-point reduction** in the student’s attendance grade (a total of 50 points are possible). If you must miss a class due to personal or medical reasons, you will need to inform the instructor in advance. If you fail to notify the instructor prior to missing a class, the absence will be treated as unexcused. If you miss class for any reason, excused or unexcused, it is your responsibility to determine what you missed and what you need to do to get caught up. Make-up quizzes and examinations will be available to those with excused absences. **no make-up quizzes or exams will be available to those with unexcused absences.** Tardiness will not be tolerated. Two late arrivals will result in one unexcused absence.

**Lab Assignments (Learning Objectives 5, 7, 8, 9, 10, 11):**

Please come to class on lab days dressed in shorts and a t-shirt/tank-top in order to fully particpate in the day’s lab activities. **You are responsible for checking the course tentative outline (or listening in class!) for information about scheduled lab days.** Failure to dress appropriately will result in an unexcused absence for that lab.

* Be prepared to expose the body part under study in each lab. **Rolling up your pants is not acceptable!** You should have shorts and a t-shirt/tank-top available for each lab.
* You are to bring your books **to every lab session** unless otherwise specified
* Lab sheets will be availale on Canvas. It is your responsibility to have access to this resource and bring them to class. **Please review them beforehand - some labs have pre-labs which must be typed and submitted and the beginning of the lab day.**
* If lab questions are associated with your lab experience, they are due by the next class period.

Quizzes/Examinations (Learning Objectives 1-11): Students will be evaluated through quizzes, written examinations and oral/practical examinations. Dates of quizzes/examinations are listed in the syllabus. An unexcused absence on the day of the quiz/exam will result in a score of 0 for that quiz/exam. A student may reschedule the qiuz/exam date if prior arrangements are made with the instructor.

**Evidence-Based Medicine Project (Learning Objectives 1, 3, 7, 8, 11):** Students will be required to review the research surrounding clinical application of a modality discussed in class. Detailed instructions and a rubric will be provided in class and on Canvas.

**Late Assignments:** All assignments are due at the beginning of class on the day that they are due.Late assignments will result in a grading penalty of 10% **per day**. No assignments will be accepted after November 30, 2015.

**Changes in Syllabus:** Schedules and assignments are subject to change at the discretion of the instructor. Any students not present in class are responsible for finding out about any changes made. Students are also expected to check their WSU email and Course Canvas site regularly.

**Weber State University Policies & Procedures**

### Academic Integrity

Cheating and other forms of academic dishonesty will NOT be tolerated. The policy of the Weber State University Student Code found at <http://weber.edu/ppm/6-22.htm> will be enforced. Any individual caught cheating on examinations and/or assignments or plagiarizing will receive an automatic “E” for their final grade. Furthermore, a letter will go into the student’s file describing the situation and the WSU Dean of Students will be notified.

***Turnitin.com***

WSU subscribes to TurnItIn.com, an electronic service that verifies the originality of student work. Enrollment in this course may require you to submit some or all of your assignments to it this semester, and documents submitted to TurnItIn.com are retained, anonymously, in their databases. Continued enrollment in this course constitutes an understanding of, and agreement with, this policy.

# Students with Disabilities

Any student requiring accommodations or services due to a disability must contact Services for Students with Disabilities (SSD) in Room 181 of the Student Service Center. SSD can also arrange to provide course materials (including this syllabus) in alternative formats if necessary. For more information about the SSD, contact them at 801-626-6413, ssd@weber.edu, or departments.weber.edu/ssd.

**Harassment/Discrimination**

Weber State University is committed to providing an environment free from harassment and other forms of discrimination based upon race, color, ethnic background, national origin, religion, creed, age, lack of American citizenship, disability, status of veteran of the Vietnam era, sexual orientation or preference or gender, including sexual/gender harassment. Such an environment is a necessary part of a healthy learning and working atmosphere because such discrimination undermines the sense of human dignity and sense of belonging of all people in the environment. Thus, students in this class should practice professional deportment, and avoid treating others in a manner that is demeaning or derisive in any respect.

While diverse viewpoints and opinions are welcome in this class, in expressing them, we will practice the mutual deference so important in the world of work. Thus, while I encourage you to share your opinions, when appropriate, you will be expected to do so in a manner that is respectful towards others, even when you disagree with them.

If you have questions regarding the university’s policy against discrimination and harassment you may contact the university’s AA/EO office (626-6239) or visit its website: <http://departments.weber.edu/aaeeo/>

**HPHP Student Code**

<http://www.weber.edu/wsuimages/HPHP/StudentCode/HPHPStudentCode.pdf>

**Campus Closure Policy**

If, for any reason, Weber State University must close the campus for an extended period of time, this course will continue online through Canvas. Course presentations will be posted via Canvas and you will submit your assignments through WSU Online. During this time, quizzes will be taken off campus, still using ChiTester.

**Class Cancellation**

If I need to cancel class unexpectedly, I will inform you via a Canvas announcement. I would recommend that you set these up so that you can receive them as text messages so that you have as much notice as possible about class cancellations.

**Email Policy**

Weber State University is now requiring all faculty and staff to use students' Weber e-mail accounts. If we were to send any personal information or grades to your Hotmail or Yahoo account that is not secure, we would be violating the FERPA Act (Family Educational Rights and Privacy Act), which requires us to keep your personal information and grades secure.

To comply with this requirement, we will now only send students e-mails to their WSU e-mail accounts. You are still free to use whatever account you'd like, but we would suggest that you forward your WSU e-mail to your other account if you are going to do this. Otherwise, you will likely be missing important e-mails from your professors.

To set it up to forward your Weber e-mail to any other account:

Log into your Wildcat mail account (log into the WSU portal and then click on Wildcat Mail at the top).

Click on Options at the top (small box at the top that has little boxes with checkmarks).

Click on the Mailbox Management tab at the top.

Under the statement "Forward all new messages", choose "Yes."

Enter the e-mail address in the box below that "Forward to:".

Click "Save" at the bottom.

**Tech Support for Online Classes (Canvas LMS) Tech Support for email and Password Reset**

**801-626-6499, or 1-800-848-7770, Option 5 then 1 801-626-7777 or 1-800-848-7770, Option 5 then 1**

**Canvas “How to’s”: Support Documents:** [**http://departments.weber.edu/ce/distancelearning/CanvasFAQ.aspx**](http://departments.weber.edu/ce/distancelearning/CanvasFAQ.aspx)

**Navigate through this Demo course to learn how to use Canvas:** [**https://learn-wsu.uen.org/courses/8878**](https://learn-wsu.uen.org/courses/8878)

#### *The instructor reserves the right to make changes/additions to the syllabus and will ensure that students who are present in class have a voice in accepting changes.*

#### *All changes made to the course syllabus will be in favor of the student*

**TENTATIVE COURSE OUTLINE**

|  |  |  |  |
| --- | --- | --- | --- |
| ***Date*** | ***Topic*** | ***Readings\**** | ***In-Class Activities*** |
| Week 1 | Administrative ConcernsMyths of ModalitiesBasic Science of Modalities | Ch 1Ch 11 (193-197) |  |
| Week 2 | The Healing ProcessUse of Therapeutic Modalities in Healing | Ch 4, 6Ch 4 (47-53)Ch 6 (89-93) |  |
| Week 3 | Pain Control Theories Managing Pain with Modalities | Ch 7-8 | **Lab 1: Pain** |
| Week 4 | Problem Solving, TreatmentPlanning, Documentation**Written Exam 1 (Learning Objectives 1-7)** |  | Patient Problems |
| Week 5 | Thermotherapy | CH 11-12 | **Lab 2: Thermotherapy** |
| Week 6 | Cryotherapy | Ch 5, 13, 14 | **Lab 3: Cryotherapy** |
| Week 7 | **Oral/Practical Exam 1** |  |  |
| Week 8 | Massage | Ch 17 | **Lab 4: Massge** |
| Week 9 | Traction | Ch 18 | **Lab 5: Traction** |
| Week 10 | **Written Exam 2 (cryo, thermo, massage, traction)****Oral/Practical Exam 2 (Learning Objectives 5,7-11)** |  |  |
| Week 11 | Ultrasound | Ch 15 | **Lab 6: Ultrasound** |
| Week 12 | Ultrasound**Oral/Practical Exam 3** | Ch 15 |  |
| Week 13 | Electrical Stimulation(Thanksgiving Holiday) | Ch 9-10 | **Lab 7: E-stim** |
| Week 14 | Electrical Stimulation | Ch 9-10 |  |
| Week 15 | **Oral/Practical Exam 4 (Learning Objectives 5,7-11)****Final Exam Review**  |  |  |

**Cumulative Final Exam TBA (Finals Week) (Learning Objectives 1-11)**