Course Name: Rehabilitation for Athletic Therapy majors  
Course Prefix: AT  
Course Number: 4250  
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: 4250

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: Rehabilitation for Athletic Therapy majors  
Abbreviated Course Title: Rehab. - Athletic Therapy  
Course Type: LEC  
Credit Hours: 3  
**or** if variable hours: to

Contact Hours per week: Lecture: 3  
Lab: 0  
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: AT 3300, AT 3301, PEP 3450, Admission to Athletic Therapy major

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

AT 4250 - Rehabilitation for Athletic Therapy majors

Credits: (3)  
Typically taught:  
Fall [Full Sem]  
Spring [Full Sem]  
  
This course provides an overview of therapeutic exercise as it relates to the rehabilitation process of musculoskeletal injuries for Athletic Therapy majors. This course provides instruction and hands-on techniques in basic therapeutic rehabilitation techniques.   
Prerequisites: AT 3300, AT 3301, PEP 3450, Admission to 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 rehabilitation class, students would learn about general rehabilitation techniques in the basic rehabilitation class (AT 4200), but would have have the opportunity to learn about joint and injury-specific rehabilitation protocols unless they also took the advanced rehabilitation class (AT 4201). 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 the basic principles as well as the joint and injury-specific protocols. The new overview courses include both 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 Rehabilitation courses (AT 4200 - Basic Rehabilitation and AT 4201 - Advanced Rehabilitation) 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 both basic rehabilitation principles and injury and joint-specific rehabilitation protocols rather than an in-depth analysis of only one aspect or the other.

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](mailto:kbrown4@weber.edu) 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**

**AT 4250 - Rehabilitation for Athletic Therapy majors**

**Fall 2015**

**Instructo**r: TBD

**Credit**: Three Semester Hours

**Time/Day**: Tuesday/Thursday, 1:00-2:15pm, Swenson Building Room 315

**Course Description**

This course provides an overview of therapeutic exercise as it relates to the rehabilitation process of musculoskeletal injuries for Athletic Therapy majors. This course provides instruction and hands-on techniques in basic therapeutic rehabilitation techniques.

**Prerequisites**: AT 3300, AT 3301, PEP 3450, Admission to Athletic Therapy major

**Learning Objectives**: Upon completion of this course, students will be able to explain and differentiate basic techniques in:

1. Adherence and Motivation Techniques
2. Range of Motion and Strength exercises
3. Aquatic Therapy exercises
4. Gait and Ambulation Aid use
5. Swiss Balls and Foam Rollers use
6. Cardiovascular Endurance
7. Lower extremity rehabilitation exercises
8. Upper extremity rehabilitation exercises
9. Rehabilitation considerations for common injuries and surgical techniques

**Text:**  Therapeutic Exercise for Musculoskeletal Injuries. 3nd ed. Peggy A. Houglum. Human Kinetics. 2010 **Required.**

**Class Attendance:** Attendance and prompt arrival are expected. If you miss class for any reason, it is your responsibility to determine what you missed and what you need to do to get caught up.

**Quizzes/Labs/Homework Assignments:** Several labs and homework assignments will be done in class. Those that are not completed in class must be completed and turned in at the beginning of the next class day. All quizzes, labs and homework assignments will be worth 10 points each unless otherwise explained in class.

**Evidence-Based Rehabilitation Presentation:**

Students will evaluate one type of rehabilitation technique. Groups of two students will do a thorough review of the literature to determine what we, as health care practitioners, should be doing based on the literature. Each student will present his/her findings to the class in a 15-20 minute Power Point presentation.

Students must provide handouts for each member of the class. The HPHP secretary can help you make copies for 5 cents per page.

YOU MUST e-mail me a copy of your power point presentation at least 1 week before it is due so that I can provide you with feedback prior to your presentation in class. **This is worth 20% of the total grade for this assignment.**

**Rough Draft = 20 points**

**Presentation = 80 points**

**TOTAL = 100 points**

**Format for Presentation:**

1. Overview of Technique (BRIEF!!! 1-3 slides maximum)
2. Present each study (minimum of 8 studies)
   1. Purpose
   2. Methods
   3. Results
   4. Conclusions
   5. Critique of the study – see more details below
3. Overall impression of the efficacy of this treatment
   1. Should ATs use this treatment? Why or why not?
   2. What does the body of legitimate research indicate regarding the efficacy of this treatment?
4. Reference List – in AMA format

Critique research articles based on the following:

Was there an intervention?

Was there a control group?

Was it blind/double-blind?

How many subjects were there?

What types of subjects were used?

Is this group similar to our population? Age, sex, activity level, health, etc.

Is it a peer-reviewed journal?

How old is the study?

Were the procedures done well? Does the article give you enough detail on the

procedures used?

Was there random assignment to groups?

Were extraneous variables controlled for? How?

Were the data collection techniques reliable and valid?

If the results were statistically significant, were they also clinically significant?

Does this treatment provide more favorable patient outcomes than other

treatments?

Is this treatment cost-effective compared to other equally-beneficial treatments?

Suggested Databases – Medline, CINAHL, SportDiscus, Cochrane database

Topics: (You will be assigned a topic and presentation day in class)

PNF Diagonals PNF Stretching

Massage Myofascial Release

Muscle Energy Joint Mobilizations

Joint Manipulations Plyometrics

Aquatic Therapy Swiss Balls

McKenzie Extension Exercises Williams Flexion Exercises

Core Strengthening

Neural Tensioning (Neural Mobilization).

Positional Release Therapy (Strain/Counterstrain)

**Late Work:** Any late work including presentations, papers and assignments will lose 5 points per day that they are late (2 points for homework and labs). All assignments are due at the beginning of class on day that they are due.

**Possible Points:**

Labs/Homework (10 pts.each) 60 pts

Written Exams (100 pts.each) 300 pts

Evidence-Based Practice Presentation 100 pts.

**Total possible = 460 pts.**

**Final Grade:** Your final grade is based on the number of points earned divided by the total number of possible points.



### Tentative Class Schedule

\*\*MUST dress appropriately on Lab Days – shorts and t-shirts or tank tops.\*\*

January 13 Course Introduction

Chapter 1 - Concepts of Rehabilitation

January 15 Chapter 2 - Concepts of Healing

January 20 Principles of Self-management & Exercise Instruction

Aerobic Capacity

January 22 Chapter 5 – Static and PNF Stretching Techniques

January 27 Chapter 7 – Muscle Performance & MMT

January 29 Chapter 8 – Proprioception

February 3 \*\*Proprioception Lab

February 5 Chapter 10 – Closed Kinetic Chain Training & Functional Exercise

February 10 Chapter 12 - Ambulation and Ambulation Aids

Chapter 14 - Swiss Balls and Foam Rollers

February 12 Chapter 13 - Aquatic Therapy

February 17 Aquatic Therapy **Lab**

**You MUST wear a bathing suit and get into the pool or it will be   
 considered to be an unexcused absence.**

February 19 Exam #1 – Take on ChiTester in a secure testing center

BRING PHOTO ID – No Class today

(Learning Objectives a-f)

February 24 \*\*Lab - Chapter 22 - Foot, Ankle, and Leg Rehabilitation

February 26 Chapter 22 - Foot, Ankle, and Leg Injuries

March 3 \*\*Lab - Chapter 23 - Knee and Thigh Rehabilitation

March 5 Chapter 23 - Knee and Thigh Injuries

March 9-13 No Classes – Spring Break!

March 17 \*\*Lab - Chapter 24 - Hip & SI Joint Rehab

March 19 Chapter 24 - Hip & SI Joint Injuries

March 24 Student Presentations

March 26 Student Presentations

March 31 Exam #2 - Take in Testing Center on ChiTester

(includes everything after Exam #1 – Lower Extremity Rehabilitation)

(Learning Objectives g,i)

April 2 \*\*Lab - Chapter 19 - Shoulder and Arm Rehabilitation

April 7 Chapter 19 - Shoulder and Arm Injuries

April 9 \*\*Lab - Chapter 20 - Elbow and Forearm Rehabilitation

April 14 Chapter 20 - Elbow and Forearm Injuries

April 16 \*\*Lab - Chapter 21 - Wrist and Hand Rehabilitation

April 21 Chapter 21 - Wrist and Hand Injuries

April 23 Review for Final Written Exam

April 28 **Final Exam – Comprehensive, Open all day on ChiTester**

**Final Exam includes entire semester, including student   
 presentations (Learning Objectives a-i)**

***Campus Closures:***

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.

***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.

### *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.

***Student Conduct:***

Students enrolled in this class will adhere to the Department of Health Promotion and Human Performance (HPHP) “Student Conduct Policy” available online at <http://www.weber.edu/wsuimages/HPHP/StudentCode/HPHPStudentCode.pdf>.

***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 material (including this syllabus) in alternative formats if necessary.

***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/>

***Tech Support:***

Tech Support for Online Classes (Canvas LMS)

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

Tech Support for eMail and Password Reset

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>

Navigate through this Demo course to learn how to use Canvas:

<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.***