



Course Syllabus: Athletic Training Clinical II/Therapeutic Modalities Lab

Gunn College of Health and Human Services

ATRN 2901 Section 201

Spring 2021

Contact Information

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Course Description

The purpose of this course is to provide the prospective athletic trainer with the knowledge and skill necessary to use therapeutic modalities for the health care of the physically active.

General Course Information

1. Prerequisites: a. ATRN 1073
2. Co-Prerequisite ATRN 3801
3. Credit: One semester hours
4. Intended Audience: ATRN majors
5. Days, Times, Place: TH 11:00-12:20 AM, D.L. Ligon Rm 219
6. Texts **Required**:
 - a. Starkey, Chad: Therapeutic Modalities, FA Davis, 4th ed., 2013

Course Objectives

Upon completion of this course the student will be able to:

1. Determine the effectiveness and efficacy of an athletic training intervention utilizing evidence-based practice concepts (EBP-10)
2. Obtain a thorough medical history in order to determine the patient's perceived pain, history, and course of current condition in order to differentiate between initial injury evaluation and follow-up/reassessment as a means to

evaluate the efficacy of the treatment program and to make modifications as needed. (CE-13-14)

3. Apply the appropriate immediate treatment to protect the injured area and to minimize the effects of hypoxic and enzymatic injury. (AC-38)

4. Describe and differentiate the physiological and pathophysiological responses to inflammatory and non-inflammatory conditions and the influence of these response on the design, implementation, and progression of a therapeutic intervention. (TI-1)

5. Be able to compare and contrast contemporary pain-control theory and be able to differentiate between palliative and primary pain-control intervention. (TI 2-3)

6. Describe the laws of physics that (1) underlay the application of thermal, mechanical, electromagnetic, and acoustic energy to the body and (2) form the foundation for the development of therapeutic interventions (eg, stress-strain, leverage, thermodynamics, energy transmission and attenuation, electricity). (TI-9)

7. Design therapeutic intervention to meet specified treatment goals. To include but not limited to: indications, contraindications, and precautions; proper positioning and patient preparation; expected effects and adverse reactions; reassessment to determine impact of intervention; and the use of the results of on-going clinical examination to determine when a therapeutic intervention should be progressed, regressed, or discontinued (TI-11a-f)

8. Perform a comprehensive clinical examination of a patient with an injury or condition. Based on the assessment data and consideration of the patient's goals, provide the appropriate initial care and establish overall treatment goals. Create and implement a therapeutic intervention that targets these treatment goals to include, as appropriate, therapeutic modalities procedures. Integrate and interpret various forms of standardized documentation including both patient-oriented and clinician-oriented outcomes measures to recommend activity level, make return to play decisions, and maximize patient outcomes and progress in the treatment plan. (CIP-4)

Tentative Course Schedule

Week	Activities/Assignments/Exams	Due Date
Week 1	Introduction, Syllabus — terminology notebook--CIPs	Starkey Chapter 3

Week	Activities/Assignments/Exams	Due Date
Week 2	Insulating mediums, Game Day Opens 1/18-1/24 Terms CHPT 1 due 1/20/21 11PM	Chapter 5 and 6
Week 3	Pain During Ice immersion Terms CHPT 2 due 1/27/21 11PM	Chapter 5 and 6
Week 4	RICE immediate care	Chapter 5 and 6
Week 5	Cryotherapy, cryokinetics, cryostretch Terms CHPT 3-4 due 2/10/21 11PM	Chapter 5 and 6
Week 6	Whirlpool	Chapter 6
Week 7	Ultrasound Terms CHPT 5-6 due 2/24/21 11PM	Chapter 7 and 8
Week 8	Paraffin Bath Terms CHPT 7-8 due 3/3/21 11PM	Chapter 6
Week 9	Electrotherapy	Chapter 11 and 12
Week 10	Electrotherapy Terms CHPT 9-10 Due 3/17/21 11 PM	Chapter 11 and 12
Week 11	Electrotherapy	Chapter 11 and 12
Week 12	No Class Easter Break	
Week 13	Electrotherapy Terms CHPT 11-13 Due 04/7/21 11PM	Chapter 11 and 12
Week 14	Shortwave Diathermy	Chapter 9 and 10
Week 15	Traction- Intermittent Compression	Chapter 14 and 16
Week 16	Massage	Chapter 17
TBA	OP Practical Exam, To be given during finals week, sign up will be week before	

Course Evaluation

1. Course Requirements:

- a. Completion oral practical examinations covering material presented in the textbook, lectures, and references materials.
- b. Mandatory attendance and participation in class and lab activities.
- c. Attendance at DLS lectures (1-2)
- d. Completion of clinical experience hours to include one 28 hours Orthopedic/surgical rotation
- e. Completion of written Game day exams
- f. Completion of Terminology notebook (lists)

2. Grading:

Assignments	Points
Lab Write Ups	50 to 100
Terminology Definitions	118
Final Exam Oral	100
Game Day Exam	100
CIPs/Virtual Clinic (THREE CIPs)	75
Clinical Hours	P/F
Total Points	443 to 493

3. Grading Scale:

Grade	Points
A	92 to 100% of total points
B	84 to 91% of total points
C	76 to 83% of total points
D	68 to 75% of total points
F	Less than 67 % of total points

Learning Experiences

1. Each student is required to complete one **28 hour orthopedic/surgical rotation**.
 - a. Students will be complete the rotation at "United Regional Neurosurgery orthopedic surgery and sports medicine center" at 1518 9th street. As part of this rotation students will observe surgery and complete an orientation at United Regional Hospital
 - b. Student will write up a short summary of their experiences both in surgery and while working with the orthopedic MD's
2. **Cumulative Exam "Game Day"**— At the beginning of the semester an exam assessing content from previously delivered athletic training coursework will be given to ATP students. All students must make a "80%" or better on the exam. If a student does not pass the exam, they will be required to complete remediation study hall during. If a student does not achieve an 80% on a second attempt that score will be figured into their grade. The student will required to participate in additional remedial activities. These activities include material specific review, material specific projects and additional testing. These activities will be determined by the program director and will be based on specific material shortcomings of the student. **These activities may include repeating of previously attempted ATRN coursework. Please note all quizzes will be given through the lock down browser in D2L. Please read the instruction sheet on lock down browser before starting a quiz (located in the syllabus tab)**

3. **Laboratory write ups:** Students will complete lab write ups as assigned.
4. **Terminology definitions:** Compilation of a terminology definitions of terms related to the use and application of therapeutic modalities. (see D2-L for complete information)
5. **DLS Attendance:** Attendance at the Allied Health Dignified Lecture Series is mandatory. Students are expected to dress professionally. There will be 1-2 DLS lectures this spring.
After attending a lecture, you will submit a short reflection discussing what you learned, how it applies to athletic training, what you found interesting, if you thought it was worth your time, etc.
6. **Oral Practical Exam**—students will be demonstrate critical thinking skills in the application of therapeutic modalities

Attendance Policy

Class attendance is mandatory. One (1) unexcused absences from lecture/lab periods will serve to lower a student's grade one letter. Attendance at written examinations is mandatory. Absence without prior approval will result in a grade of zero being recorded for the exam. Medical excuses for illness are allowed. However all medical excuses for missed class must be written, dated, and signed by the attending MD on the appropriate stationary or Rx pad. The medical excuse must state that you were not to attend class and **with the specific dates of absences noted.** All medical excuses not received on the second day after you return to class will not be allowed. Do not let tardiness become a habit. Two tardies will be equal to one absence. Plan to be on time for class.

Classroom Etiquette

Student & professor agree that class time will be dedicated to mutual respect and focus. For example, to avoid distraction cell/mobile phones will be on 'vibrate' mode and placed away (e.g., in backpack) so students and professor can focus on class activities/instruction. (This applies to all electronic devices).

What I expect from you:

- Attend every class meeting
- Come to each class prepared, having done the assigned reading
- Participate in class/be dressed properly for the days activity.
- Respect your fellow students and their role in this course

Covid19 Procedures:

- Facemasks must be worn at all times. The mask must cover both your mouth and nose (it is not a chin strap)
- Wash your hands before entering and immediately after leaving the classroom
- Seating is 1 person per table, maintain 6ft social distancing as much as possible

- Make sure you perform the MSU covid19 safety check before coming to class. You must show the instructor your green check mark upon entering, starting the class each day.
- If you are sick **DO NOT COME TO CLASS**. Email your instructor and if you have COVID19 symptoms contact your family physician or Vincent Health Service immediately

ZOOM Classroom Policy

In the event that we have zoom class sessions attendance during zoom streaming sessions is mandatory, make sure you log in to the class on time. When participating in a Zoom class a student must have their webcam on and point towards themselves (not at the ceiling, floor, dog etc. The instructor should be able to see your full face. Zoom class are conducted just as if you were in a classroom. You are not in your pajamas, your pets are not an issue, you are in an isolated, quiet setting so you can participate in class. No hats, sunglasses or other distracting materials. All Zoom class sessions will be conducted during normally scheduled class times. Missed Zoom lecture sessions will count towards the absence policy for the class. If you are quarantined because of Covid19 you will be expected to be in class by zoom unless excused by you physician

Clinical Rotations

As part of a student's participation in athletic training clinical rotations they are expect to complete a minimum of 150 hrs at their clinical assignment. **Failure to do so will cause the student to fail ATRN 2901**. A student must complete all clinical classes in order to complete the ATRN major and the courses are sequential in nature. That is a student cannot progress to the next clinical class until they have completed the previous class. As part of the student's 150 hrs of clinical experiences they will complete a **28 hour orthopedic/surgical rotation**

Students with Disabilities

Midwestern State University is committed to providing equal access for qualified students with disabilities to all university courses and programs, and by law all students with disabilities are guaranteed a learning environment that provides reasonable accommodation of their disability. This guarantee is provided through Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. The ADA reads: "No qualified individual with a disability shall, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of a public entity, or be subject to discrimination by any such entity." The Director of Disability Support Services serves as the ADA Coordinator and may be contacted at (940) 397.4140, TDD (940) 397.4515, or 3410 Taft Blvd., Clark Student Center 168.

Final Exam

Oral Practical final exam to test a student's competency in selecting and using therapeutic modalities. Student will randomly select from a groups of modalities presented and practiced with during the semester.

CIPs

The clinical integration proficiencies (CIPs) represent the synthesis and integration of knowledge, skills, and clinical decision-making into actual client/patient care. Assessment of the CIPs should occur when the student is engaged in real client/patient care and may be necessarily assessed over multiple interactions with the same client/patient.

In a few instances, assessment may require simulated scenarios, as certain circumstances may occur rarely but are nevertheless important to the well-prepared practitioner. Assessment of student competence in the CIPs should reflect the extent to which these principles are integrated. Assessment of students in the use of Foundational Behaviors in the context of real patient care should also occur. Student will perform a comprehensive clinical examination of a patient with an injury or condition. Based on the assessment data and consideration of the patient's goals, provide the appropriate initial care and establish overall treatment goals. Create and implement a therapeutic intervention that targets these treatment goals to include, as appropriate, therapeutic modalities procedures. Integrate and interpret various forms of standardized documentation including both patient-oriented and clinician-oriented outcomes measures to recommend activity level, make return to play decisions, and maximize patient outcomes and progress in the treatment plan. (CIP-4)

College Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of

work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct.

Midwestern State University is built upon a strong foundation of integrity, respect, and trust, All members of the university community have a responsibility to be honest and the right to expect honesty from others. Any form of academic dishonesty is unacceptable to our community and will not be tolerated.

Plagiarism is strictly forbidden on any course assignment. (This includes class notes and fellow students work!) All, work, besides your own, should be cited and a reference given. Do not misrepresent nay of your efforts on any academic task for which you will receive a grade.

Student Honor Creed

“As an MSU Student, I pledge not to lie, cheat, steal, or help anyone else do so.”

As students at MSU, we recognize that any great society must be composed of empowered, responsible citizens. We also recognize universities play an important role in helping mold these responsible citizens. We believe students themselves play an important part in developing responsible citizenship by maintaining a community where integrity and honorable character are the norm, not the exception. Thus, We, the Students of Midwestern State University, resolve to uphold the honor of the University by affirming our commitment to complete academic honesty. We resolve not only to be honest but also to hold our peers accountable for complete honesty in all university matters.

We consider it dishonest to ask for, give, or receive help in examinations or quizzes, to use any unauthorized material in examinations, or to present, as one's own, work or ideas which are not entirely one's own. We recognize that any instructor has the right to expect that all student work is honest, original work. We accept and acknowledge that responsibility for lying, cheating, stealing, plagiarism, and other forms of academic dishonesty fundamentally rests within each individual student.

We expect of ourselves academic integrity, personal professionalism, and ethical character. We appreciate steps taken by University officials to protect the honor of the University against any who would disgrace the MSU student body by violating the spirit of this creed.

Written and adopted by the 2002-2003 MSU Student Senate.

DEFINITIONS.

A. ACADEMIC DISHONESTY. An action attempted or performed that misrepresents one's involvement in an academic endeavor in any way, or assists another student in misrepresenting his or her involvement in an academic endeavor. Examples of academic dishonesty include, but are not limited

- i. Plagiarism: presenting the work (i.e., ideas, data, creations) of another, wholly or in part, as one's own work without customary and proper acknowledgement of sources and extent of use, unless authorized by the instructor
- ii. Cheating: using information, study aids, notes, materials, devices, or collaboration not explicitly approved by the instructor. For example: doing a class assignment for someone else or allowing someone to copy one's assignment; copying from, or assisting, another student during an examination; or stealing, or otherwise improperly obtaining, copies of an examination before or after its administration.
- iii. Fraud: altering or inventing data, research, or citations for an academic endeavor; fabricating, forging or otherwise misrepresenting to an instructor or an institution one's past or current academic or professional activities; impersonating someone or allowing oneself to be

- impersonated for an examination or other academic endeavor; using a ghost writer, commercial or otherwise, for any type of assignment.
- iv. Violation of Standards: violations against ethical and professional standards required by individual University programs, academic courses, and clinical programs that may result in qualification for entry into a profession that maintains standards of conduct.
 - v. Multiple Submissions: submitting, wholly or in part, the same academic endeavor to earn credit in two or more courses without explicit approval by all concerned instructors.
 - vi. Interference/Obstruction: interfering with academic efforts of other students to gain unfair advantage for personal academic advancement. Interference may include but is not limited to, sabotage, harassment, tampering, bribery, or intimidation of another student.
 - vii. Complicity: assisting another person in any act of academic dishonesty as defined above.

B. ACADEMIC ENDEAVOR. Any student activity undertaken to earn University credit or meet some other University program requirement. Examples of academic endeavors include, but are not limited to:

- i. Course assignments (written/oral, projects, research, exhibitions of work)
- ii. Exams (written/oral, quizzes)
- iii. Clinical assignments (internships, rotations, practica)
- iv. Presentations (on and off campus)
- v. Publications
- vi. Independent study coursework
- vii. Plan B papers/projects, theses, dissertations
- viii. Student media associated with academic credit

Students are expected to do their own work at all times. This includes all tests, papers, quizzes, projects, reports, and notebooks. Plagiarism of any authors (even fellow classmates) work will not be tolerated.

Copying of materials using a previous student's work, notebook, etc. will not be tolerated. Students who miss class will need to get notes from other students. **HOWEVER, IT IS EXPECTED THAT THIS WORK WILL BE REDONE IN THEIR OWN WORDS.** Students using computers, word processors, etc. may not share discs or other materials between each other. To do so will be considered the same as copying of materials. In all cases students who allow for the copying of materials will be treated just like the student who does the copying.

STUDENTS WHO ARE FOUND TO BE IN VIOLATION OF THIS POLICY WILL HAVE A GRADE OF ZERO RECORDED FOR THE INVOLVED PAPER, TEST, QUIZ, PROJECT, REPORT OR NOTEBOOK. FURTHERMORE THESE STUDENTS WILL BE REFERRED TO THE APPROPRIATE DEPARTMENT, COLLEGE, OR UNIVERISTY COMMITTEE FOR THE APPROPRIATE DISCIPLINARY ACTION