



## **Course Syllabus: Therapeutic Exercise Lab** **Gunn College of Health and Human Services**

EXPH 3901 Section 101

Fall 2021

### **Contact Information**

Instructor: William Lyons, MS, ATC, LAT

Office: Office Rm 211 D. L. Ligon

Office hours: M-F 2-3 PM; M, W, F, 11-12 PM; During the COVID19 Pandemic all office hours will be conducted by zoom meetings, please contact instructor to make an appointment

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### **Course Description**

The purpose of this course is to provide the prospective rehabilitation clinician with the knowledge and skill necessary to apply and make clinical decisions in use therapeutic exercise for the health care of the physically active.

### **General Course Information**

1. Co-Prerequisite EXPH 3913
2. Credit: One semester hours
3. Intended Audience: EXPH majors
5. Days, Times, Place: W 2:00-3:20, D.L. Ligon, 219/111
6. Texts:

a. Therapeutic Exercise: From Theory to Practice, Higgins, Michael, FA Davis, 2011, **Required**

b. Rehabilitation Techniques: for Sports Medicine and Athletic Training: Prentice, William E., Slack Incorporated, 2015, Recommended

### **Course Objectives**

1. Determine the effectiveness and efficacy of a therapeutic 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. 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)
4. 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)
5. Integrate self-treatment into the intervention when appropriate, including instructing the patient regarding self-treatment plans. (TI-10)
6. Perform joint mobilization techniques as indicated by examination findings. (TI-15)
7. Analyze gait and select appropriate instruction and correction strategies to facilitate safe progression to functional gait pattern. (TI-17)
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 exercise 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

Class	Topic	Chapters
WK 1	Syllabus, Assessment, Rehab Plan	1
WK 2	Assessment	1
WK 3	Assessment	1
WK 4	Range of Motion/Flexibility <b>APA Style quiz – online 09/25/21-09/30/21</b>	4,5
WK 5	Joint Mobs/Manual Therapy	6
WK 6	Muscle Strength <b>Select Rehab Plan Topic</b> <b>Mock Assessments 09/28/21 11PM</b>	7
WK 7	Agility/Plyometrics	9
WK 8	Core Stabilization Posture	8,19
WK 9	Swiss Balls and Foam Rollers	8
WK 10	Muscle Endurance/Speed	11
WK 11	Proprioception	13
WK 12	Specific Joint Applications	TBA
WK 13	No Class Thanksgiving	
WK 14	Specific Joint Applications <b>Rehab Plans Due 11 PM</b> <b>11/23/21</b>	TBA

## Course Evaluation

1. Course Requirements:
  - a. Completion of Rehabilitation Assessment
  - b. Completion of Lab Assignments
  - c. Completion of Rehabilitation Plan
  - d. Completion of APA style quiz
  - e. Completion of Practical Skills examination
2. Grading:

Assignments	Points
APA Style Quiz	25
Mock Assessment	50
Rehabilitation Plan	100
Lab Assignments	40-80
Practical Skill Exam	100
Total Points	315-355

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 74% of total points
F	Less than 67 % of total points

### Lab Assignments

Lab assignments are always due at class time the week following their giving out. **Late work will not be accepted.**

### Exams

There will be an APA style quiz. It will be given on the D2L platform. Quiz will require the Respondus Lockdown browser and webcam. Please note: Chrome books do not work with D2L. You will need to find an appropriate alternative to take exams. Please read the instruction sheet on lock down browser before starting a quiz

### MOC Assessment

Students are to assess a the virtual patient presented in class, noting all the parameters, and factors which could, would affect the rehabilitation of that particular problem. The assessment will be written up in appropriate SOAP note format and submitted to the D2L Drop box. Student should make sure appropriate patient demographics are included in the note. Specifics of the Assessment will be included in the grading rubric. **Late work will not be accepted.**

### **Oral Practical Skill Exams**

During the last week of class students will make an appointment for the practical skill exam. Student will demonstrate skills concepts learned during the semester.

### **Rehabilitation Plan**

The student will develop a rehabilitation plan from a list of topics given to the student by the instructor. Plans will encompass the complete rehabilitation of the injury from onset to complete return to sport. Specifics of the plan will be included in the grading rubric. **Late work will not be accepted.**

### **Attendance Policy**

Class attendance is mandatory. More than 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.

### **ZOOM Classroom Policy**

Class attendance during zoom streaming sessions is mandatory. When participating in a Zoom class a student must have their webcam on and point towards themselves (not at the ceiling, floor, dog etc. Zoom class are conducted just as if you were in a classroom. You are not in your pajamas, you 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. More than two (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.

### **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
- Respect your fellow students and their role in this course

### **Covid19 Procedures:**

- As per Governor Abbott, we cannot require facemasks. However, facemasks are strongly encouraged, vaccinated or unvaccinated. 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.
- The instructor has a seating chart that is designed to promote social distancing and contact tracing. Attendance will be taken from the seating chart.
- 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
- If you become COVID19 positive administration will contact you regarding contact tracing

### **Academic Honesty/Dishonesty**

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 any 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**

### **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.

### **Desire-to-Learn (D2L)**

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor. If you have problems while taking an exam, text me immediately. If it is during normal hours I can fix it quickly or if it is in the evening it may be the next day.

## **Emergency Exit Procedures**

In the event of an emergency please evacuate the room in an orderly fashion through the nearest exit. The nearest exit is either through either set of doors at the front of the room. Follow the exit signs to the nearest available exit.

Once exiting the building, please meet your instructor at: across the street from D. L. Ligon in front of the tennis courts.

The fire extinguisher is located immediately outside of the classroom by the door to the left of the podium

## **MSU Alert**

All students are encouraged to participate in the University's emergency warning system "MSU ALERT". Because of this your cell phone should be set to vibrate. If all of our phones go off at the same time we should take the appropriate action. If your cell phone vibrates by itself please ignore it and continue with class. .

## **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.