



Course Syllabus: Science Behind Injury & Rehabilitation  
College of Health Science & Human Services  
EXPH 5083  
Spring 2024

#### Contact Information

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#### Course Description

This online course is designed to develop knowledge regarding specific noted injuries (i.e., acute, chronic), theory and clinical application of injury rehabilitation and therapeutic exercise used for exercise physiologists to restore patients, clients, athletes and other physically active individuals to their pre-injury levels of fitness, strength, power, endurance and speed.

#### Textbook & Instructional Materials

None. Associated readings from peer-reviewed research

#### Course Objectives

- a. Students will demonstrate through discussion and written evaluations the etiology and mechanisms of physical injury or trauma.
- b. Students will demonstrate through discussion and written evaluations the theoretical concepts, components and phases of a rehabilitation program.
- c. Students will demonstrate through discussion and written evaluations the indications and contraindications of therapeutic exercises, as well as the progress of the rehabilitation protocol.
- d. Students will demonstrate through discussion and written evaluations the process of implementing a therapeutic exercise protocol, assess the patients progress and make changes when needed to progress the recovery and return to activity.
- e. Students will demonstrate through discussion and written evaluation the role of surgery in the repair/modification of bone/tissue to facilitate the return of the patient to activity.

## Student Handbook

Refer to: [Student Handbook 2017-18](#)

### 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Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given).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.

### Format of Class and Grading

**1. Injuries/trauma will be introduced via D2L online message. As an example: ACL rupture. Students will be given an assignment pertaining to ACL ruptures. This might be the etiology (mechanism leading up to the rupture), of ACL ruptures or in addition the rehabilitation of ACL ruptures. The inquiries into the etiology and/or rehab will follow the format of "Assignments" noted below. For this example, the student would find a research article on "mechanisms of ACL rupture" and/or "rehabilitating ACL ruptures" and then provide a one page summary of that paper as noted below. Additionally, the class would engage in "Online Discussions" as noted below.**

**2. Online Discussions: To earn credit for participation, you must respond to the initial post from the Professor. The discussions allow you to engage and interact with other students. All posting must be informative. It is "ok" to disagree, but keep your postings "respectful and polite" and pertaining to the original prompt by the Professor.**

**3. Evaluation in this course will be covered in the following way: Assignments: Assignments will be posted on D2L. All directions and attachments will be listed for the assignment. The following are assignments utilized in this course: a. Summary of research articles on topics given by the Professor (Word document, 1 page, double spaced, 12 point font) Late Submission Policy: Late assignments or discussions will result in a zero for the assignment.**

#### ASSESSMENT

1) Written Assignments (research summaries)	80 pts
2) Discussions	20 pts
<b>Total</b>	<b>100 pts</b>

#### GRADE SCALE

A	90-100	= A
B	80-89	= B
C	70-79	= C

#### Exams

NA

#### Extra Credit

None

#### Late Work

Late work will NOT be accepted.

## Make Up Work/Tests

NA

### Important Dates

Last day for term schedule changes: Check date on Academic Calendar.

Deadline to file for graduation: Check date on Academic Calendar.

Last Day to drop with a grade of "W:" Check date on Academic Calendar.

Refer to: [Drops, Withdrawals & Void](#)

### 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.

### Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the Schedule of Classes each semester.

### Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. HOWEVER, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exist in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

### Services for Students With Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to <http://www.mwsu.edu/student-life/disability>.

## 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 ANYWHERE ON CAMPUS. Tobacco includes dip.

### 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.

### Grade Appeal Process

Update as needed. Students who wish to appeal a grade should consult the Midwestern State University [Undergraduate Catalog](#)

### **Notice**

**Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.**