



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

ATRN/EXPH 3913 Section 101

Fall 2020

Contact Information

Instructor: William Lyons, MS, ATC, LAT

Office: Office Rm 211 D. L. Ligon

Office hours: M, T, TH 2-3 PM; M, W, TH F, 10-11 PM, During the COVID19
Pandemic all office hours will be conducted by **zoom meetings**, please
contact the instructor to make an appointment.

Office phone: (940) 397.4824

Cell Phone: 307-760-4363-text preferred

E-mail: william.lyons@msutexas.edu

Course Description

The purpose of this course is to provide a foundation of appropriate rehabilitation principles and techniques based on current rationale. The scope is inclusive of approaches applicable to common sports medicine problems. The focus will be made to learn why and when to apply specific exercise techniques.

General Course Information

1. Prerequisites: a. ATRN Majors ATRN 3813, EXPH majors EXPH 1983
2. Co-Prerequisite ATRN 3111, EXPH 2901
3. Credit: Three semester hours
4. Intended Audience: ATRN/EXPH majors
5. Days, Times, Place: TTH 8-9:20, D.L. Ligon, 223
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

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 that includes the pertinent past medical history, underlying systemic disease, use of medications, the patient's perceived pain, and the history and course of the present condition. Differentiate between an initial injury evaluation and follow-up/reassessment as a means to evaluate the efficacy of the patient's rehabilitation program and make modifications to the patient's program as needed. (CE-13-14)
3. Understand and apply basic mechanical and physiological theory and principles as they relate to and impact therapeutic interventions, implementation, and progression. To include the effects related to: injury response; patient and lifespan impact; impact of surgical and medical intervention variations; impact of immobilization, inactivity, and mobilization; (TI-1, 4-6, 8)
4. Describe the laws of physics that form the foundation for the development of therapeutic interventions as they apply to flexibility, leverage, force, stress-strain, (TI-9)
5. Interpret the results of medical history and injury assessment and reassessment to determine the impact on planning and implementing therapeutic interventions. To include objective measurements; self-treatment; intervention modifications; functional assessments; and return to activity; (TI-10, 12)
6. Design therapeutic interventions to meet specified therapeutic goals including but not limited to indications, contraindications, precautions for the interventions; positioning and patient preparation for the intervention; describe the expected effects and potential adverse reactions to the patient; proper patient instruction; apply the intervention, using parameters appropriate to the intended outcome; reassess the patient to determine the immediate impact of the intervention. (TI-11a-f)
7. Will be able to describe how manual therapies, joint mobilization, therapeutic massage, and muscle energy techniques impact pain reduction and joint mobility and how they are impacted by the use of therapeutic modalities. (TI13-14)
8. Explain the relationship between posture, biomechanics, and ergo dynamics and the need to address these components in a therapeutic intervention. (TI-18)
9. Provide for patient safety by inspecting therapeutic equipment and treatment environment for hazards, to include identify appropriate recommendations for use, inspection, and maintenance of the rehabilitation equipment. (TI-19-20) conditions. (CIP-4)

Tentative Course Schedule

| Class | Topic | Reading |
|-------------|--|---------------|
| 1 | Introduction –Designing a Rehabilitation Program | Chapter 1 |
| 2 | Introduction –Designing a Rehabilitation Program | Chapter 1 |
| 3 | Tissue Healing— Weekly Quiz | Chapter 2 |
| 4 | Tissue Healing | Chapter 2 |
| 5 | Psychological Aspect of Rehabilitation— Weekly Quiz | Chapter 3 |
| 6 | Range of Motion | Chapter 4 |
| 7 | ROM— Weekly Quiz | Chapter 4 |
| 8 | Stretching | Chapter 5 |
| EXAM | Exam Unit 1 (Chapts 1-4) Opens 6:00 AM 09/20/21 Closes 11:00 PM 09/23/21 | |
| 9 | Stretching— Weekly Quiz | Chapter 5 |
| 10 | Joint mobs | Chapter 6 |
| 11 | Joint mobs— Weekly Quiz | Chapter 6 |
| 12 | Strengthening | Chapter 7 |
| 13 | Strengthening— Weekly Quiz | Chapter 7 |
| 14 | Plyometrics | Chapter 9 |
| EXAM | Exam Unit 2 (Chapts 5-7) Opens 6:00 AM 10/11/21 Closes 11:00 PM 10/14/21 | |
| 15 | Isokinetics— Weekly Quiz | Chapter 10 |
| 16 | Proprioception | Chapter 13 |
| 17 | Proprioception— Weekly Quiz | Chapter 13 |
| 18 | Rehabilitation of the Foot and Ankle Complex | Chapter 14 |
| 19 | Rehabilitation of the Foot and Ankle Complex | Chapter 14 |
| 20 | Rehabilitation of the Tibiofemoral Joint/Patellofemoral joint | Chapter 15/16 |
| 21 | Rehabilitation of the Tibiofemoral Joint/Patellofemoral joint Weekly Quiz | Chapter 15/16 |
| 22 | Rehabilitation of the lumbar spine | Chapter 19 |
| 23 | Rehabilitation of the lumbar spine Weekly Quiz | Chapter 19 |
| 24 | Rehabilitation of the Shoulder | Chapter 21 |
| EXAM | Exam Unit 3 (Chapts 9, 10, 13,14) Opens 6:00 AM 11/15/21 Closes 11:00 PM 11/18/21 | |
| 25 | Rehabilitation of the Shoulder | Chapter 21 |
| 26 | Rehabilitation of the Elbow and Forearm | Chapter 22 |
| 27 | Rehabilitation of the Elbow and Forearm | Chapter 22 |
| 28 | NO CLASS THANKSGIVING BREAK | Chapter 22 |
| 29 | Rehabilitation of the hand and wrist | Chapter 24 |
| 30 | Rehabilitation of the hand and wrist | Chapter 24 |

| Class | Topic | Reading |
|-------|---|---------|
| 31 | Final Exam: Will cover frequently missed questions from the previous exams as well as chapters not previously examined. It will be open from 12/04/21 6:00 AM and close 12/07/21 11PM. | TBA |

Course Evaluation

1. Course Requirements:

- a. **Completion of written exams.** Unit exams will be given on D2L it is the student's responsibility to make sure they have appropriated internet access to be able to successfully complete the exams. Unit exams are timed, there will be a penalty for going past the allotted time.
- b. **Completion of weekly quizzes.** Each week (Tuesday) there will be a short quiz of 10-15 points over the previous week's materials. These quizzes are given in class and mandatory. Missed quizzes cannot be made up without an appropriate university excuse or a written note from an MD on their Rx pad. These quizzes will come from the assigned readings. **You must read the text in order to pass these quizzes.**
- c. **Completion of the comprehensive final exam.** This exam will cover frequently missed questions from the previous exams as well as chapters not previously examined.
- d. **Class attendance:** See attendance policy below.

2. Grading:

| Assignments | Points |
|---------------------------------|------------|
| Chapter Quiz's (10-15 pts each) | 130 to 150 |
| Unit Exams 75 Pts each (3 x 75) | 225 |
| Final Exam | 100 |
| Total Points | 455 to 475 |

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 |

Chapter Quizzes

There will be an in class quiz the next class period after the completion the lectures on that chapter. Each quiz will be from 10-15 points in length. All material for the quizzes will come entirely from assigned readings

Exams

There will be three unit exams as listed on the course syllabus. These exams will be given through D2L learning platform and are timed. The exams will cover the specific material from readings, power points, and course materials related to each unit. The exams are multiple choice, true false type of questions, multiple select questions. **Please Note all exams will be given through the lock down browser in D2L and will require the Respondus LockDown Browser. 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 (located in the syllabus tab).**

Final Exam

The final exam is a semi comprehensive exam. It will cover frequently missed questions from exams 1-3 and chapters not examined past exam 3. **Please Note the final exam will be given through the lock down browser in D2L and will require the Respondus LockDown Browser. 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 (located in the syllabus tab).**

Attendance Policy

Class attendance is mandatory. More than two (2) unexcused absences from lecture 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. A Zoom class functions just like a face-to-face class. 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 classes 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 (2) unexcused absences from lecture 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

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 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 UNIVERSITY 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 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.