

MSU-Billings

**College of Education & Human Services
Department of Health and Physical Education
Fall 2009**

COURSE RUBRIC & TITLE: **HHP 575 Therapeutic Modalities**
INSTRUCTOR: Marcus Nynas, D.C.
PHONE & OFFICE: Billings Family Chiropractic Cell 860-6266
OFFICE HOURS: TBA

COURSE DESCRIPTION: **Time: T: 12:10- 3:10, Rm. 059**

****HHP 575 – Therapeutic Modalities.** 3 cr. Prerequisite: Admission to the graduate athletic training program. This course will offer an intensive study of therapeutic modalities, including heat, cold, ultrasound, electrical stimulation, compression, massage, therapeutic taping, bracing, anti-inflammatory medication, and other modalities used in sports medicine. This course is geared towards preparing the athletic training student for the NATABOC exam.

TEXT(S) :

Required:

Prentice W.E., (2003) Therapeutic Modalities in Sports Medicine. Times Mirror Mosby, St Louis.

Recommended:

Denegar, C.R., (2000) Therapeutic Modalities for Athletic Injuries. Human Kinetics, Champaign, IL
Knight, K. (1998) Assessing Clinical Proficiencies in Athletic Training, A modular Approach. Human Kinetics.
Saliba, S. F. (2000). Therapeutic Modalities , Lab Manual. Human Kinetics, Champaign, IL

For additional information about this course, checkout the course web site at: http://msubillings.edu/hpe/athletic_training/hhp575

GRADING :

A = 93-100% B = 85-92% C = 76-84% D = 68-75% F = <67% or failure to complete all assignments.

Academic Dishonesty will not be tolerated. Academic Dishonesty, as defined by the Code of Student Conduct, in all of its forms includes, but is not limited to

cheating on tests, copying another student's test or homework, collaboration without authority, fabrication, inappropriate use of electronic devices, failure to hold one's fellow students equally accountable as oneself, misrepresentation and/or plagiarism. Any violation as outlined in the Student Code of Conduct will be forwarded to the Office of Student Affairs and will result in automatic failure of the course.

Expectations: Since the course is a graduate course required of students preparing for profession of Athletic Training, students are expected to handle all assignments and activities in a professional manner. This involves being prepared for each class by completing all outside work needed in order to contribute effectively and conduct themselves in a professional manner in all class activities. By its nature as a course in HHP this course occasionally requires physical effort and skill, and students are expected participate. (In class physical activities will be announced to allow appropriate dress.)

Late Work: Students are responsible for managing the timeliness of their work and unless they have made prior arrangements, make-up quizzes or other late work is not acceptable or an option.

Any UNEXCUSED absence will result in a 15% reduction of the final grade. A second UNEXCUSED absence will result in failure of the course. UNEXCUSED absence will be defined as one without direct contact to me within 24 hours of the absence. Excused absences shall include university functions, family emergencies, funeral leave, jury duty, military training, etc.

ACCOMMODATIONS:

Students who think they may qualify for accommodations are encouraged to contact the instructor or the Office of Disability Support Services (657-2283) during the first week of classes. Reasonable prior notice is required to make appropriate arrangements.

COURSE GOALS:

The instructor will plan, structure, and guide the course consistent with this syllabus, striving to communicate clearly, evaluate student work fairly, provide appropriate and constructive feedback, and serve as a resource to students.

Course Objectives:

Complete initial learning of competencies/ proficiencies in Therapeutic modalities, Human anatomy and physiology, Risk management and injury prevention, Assessment of injury/ illness, First Aid and emergency care, General medical conditions, Therapeutic exercise, and Pharmacology.

Students are expected to be prepared for each class by having completed all relevant, outside work needed to contribute effectively and to conduct themselves always in a professional manner.

It is expected that students will develop accurate understanding and an initial fluency in applying concepts in the following areas:

- The theoretical and empirical dimensions of therapeutic modalities that provide the scientific foundation for professional application in the art of athletic training.
- Principles of modality science and research that affect the actions of athletic trainers.
- **Labs:** We will be doing some lab activities during regularly scheduled class time. However it is a requirement for you to attend the clinical lab class HHP 577. The lab is used to practice the skills taught in the lecture and to evaluate the athletic training competencies and proficiencies. It is also used to “grade” your clinical performance and hours and monitor your evaluations of instructors (ACI’s). **Lab Dress:** On days where we go to the Lab for taping or evaluation practice, gym/ workout clothes should be worn. This includes shorts and a t-shirt. Clothes should be loose fitting so evaluation of range of motion can be observed. Every effort to maintain modesty will be made during labs.
- **Clinical field experience or clinical rotation (HHP 577):** Your clinical instructor will give a grade based upon the ACI’s evaluation. Your grade for your competency and proficiency acquisition will be based on your hour portfolio, module completion and evaluations specific to this course. See grading points table below: Your experience is specialized to general athletic training and the lower extremity this semester/ year but includes equipment (football) and upper and lower extremity sports in fall seasons. The Modular book (Knight) and the MSUB concordance are used as discussion outlines and documentation methods.
- **Clinical field points/ grade (HHP 577):** Your clinical instructor will give a grade based upon the ACI’s evaluation as well as their evaluation as well as the number of hours completed in your clinical rotations. Your grade for your competency and proficiency acquisition will be based on your hour portfolio, module completion and evaluations specific to this course. Evaluation forms: www.msubillings.edu/ATforms

ASSIGNMENTS/EVALUATION CRITERIA:

- I. **Exams:** Mid Term and Final – as listed in the course schedule. Each exam will include a variety of types of items and be worth approximately 100 points.
- II. **Final Exam:** comprehensive exam on **TBA**.

- III. **Quizzes:** (10 points) Most class sessions will begin with a **brief** quiz consisting of a variety of types of items focused on the previous class session and text material assigned for that day. No *make-ups* will be permitted unless **prior** arrangements are made with the instructor. Be prepared for written or oral quizzes.
- IV. **Labs/ Clinical Experience:** This course does have a lab requirement and will meet every week. The lab is used to practice the skills taught in the lecture and to gain basic ability in the athletic training competencies and proficiencies.
- V. **Critical Topic Presentation:** This will involve each student making an oral report to the class on the assignment. This will be a 10 minute presentation. (50 points)
- VI. **Critical Topic Paper:** This paper will be a written version of the class presentation. Also to be included are documents of research for the project. (100 points)
- VII. **Athletic Training Portfolio:** This compilation of relevant material is due as listed in the course schedule and should present relevant materials the student has begun to build into a professional athletic training file, i.e., athletic training plans, labs, etc. (50 points). The portfolio is the evaluation method used to show the learning and application of competencies and proficiencies throughout the athletic training program. Students should maintain an accurate and up to date portfolio. A separate folder specific to this course should be kept within the portfolio.

All work will be evaluated on the basis of completeness, factual accuracy, conceptual insight, coherence of organization, correct application/extension of principles, and fluency of presentation.

TENATIVE COURSE SCHEDULE:

- Sept. 15: Intro: Syllabus, Expectations, Assignment. Prentice 1. How are therapeutic modalities related to one another?
- Sept. 22: Prentice 2-3. Using TM to affect the healing process, Managing Pain.
- Sept. 29: Prentice 4. Thermal Modalities, IR, Cold, Superficial Heat. Modules G1-G6
- Oct. 6: Prentice 5-6. Therapeutic Ultrasound, Shortwave and Microwave Diathermy. Modules G8-G10
- Oct. 13: Prentice 7-9. Electrical Modalities. Modules G8-G10
- Oct. 20: Prentice 7-9. Electrical modalities. Modules G8-G10
- Oct. 27: **Lab Practical** and Review.
- Nov. 3: **MID-TERM EXAM**

Nov. 10: Prentice 10-12. Mechanical Modalities. Massage.
Modules G 7, G11-G12
Nov. 17: Prentice 13. Biofeedback.
Nov. 24: Prentice 14-15. Low Power Lasers, UV Therapy.
Dec. 1: **Class Presentations.**
Dec. 8: **Lab Final**

FINAL EXAM: Dec 15 10:00-11:50

**Syllabus may vary from the existing plan. You will be notified of changes.
If you have conflicts, please let me know, we can be flexible.**