

**MSU-Billings**

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

<b>COURSE RUBRIC &amp; TITLE:</b>	<b>HHP 577 Clinical Education IV, 1 credit</b> <b>Corequisites: HHP 575, 576</b>
<b>TIME:</b>	<b>TBD</b>
<b>INSTRUCTOR:</b>	Suzette Nynas, ATC, MS, LAT
<b>PHONE &amp; OFFICE:</b>	PE 119, 657-2351, Athletic Treatment Ctr. 657-2375 snynas@msubillings.edu
<b>OFFICE HOURS:</b>	As posted or by appointment

**COURSE DESCRIPTION**

**HHP 577 Clinical Education II 1cr. Prerequisite: Admission to the graduate athletic training program.**

“Develops and refines the psychomotor skills learned and evaluated for all previous athletic training courses. Students obtain proficiency in modalities and rehabilitation techniques. Students are assigned to clinical education rotations under the direct supervision of an Approved Clinical Instructor (ACI)”.

**TEXT(S):**

*Required*

Prentice, W.E (2009). Therapeutic modalities for sports medicine and athletic training. McGraw-Hill  
Prentice, W.E (2009). Rehabilitation techniques for sports medicine and athletic training. McGraw-Hill  
Knight, K. (2001) Assessing Clinical Proficiencies in Athletic Training, A modular Approach. Human Kinetics.  
Starkey, C & Ryan, J. (2003). Orthopedic & athletic injury evaluation handbook. FA Davis

*Recommended:*

Medical Dictionary

Anatomy Book: Netter, F.H. (2006). Atlas of Human Anatomy. Saunders

**COURSE GOALS:** This course will instruct students regarding the special skill sets required for the field of athletic training including the use of therapeutic modalities and rehabilitation techniques in the athletic training setting. Students will also learn the theory and concepts behind therapeutic modalities and exercise and learn how to determine which modality or exercise is appropriate for the injured individual.

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 athletic training that provide the scientific foundation for a professional application of therapeutic modalities and rehabilitation techniques in athletic training,
- Principles, techniques, philosophies, and development that affect the therapeutic modalities and rehabilitation decisions of athletic trainers
- Learn and appropriately apply therapeutic modalities and rehabilitation, theory, principles and techniques.
- Students will demonstrate competence in all competencies and proficiencies assigned to this course. This includes all competencies and proficiencies taught in coursework prior to this semester as well as those specific to rehabilitation interventions and therapy techniques.

**SEE Competency and proficiency Matrix, Modular book (H1-16) and Concordance:**

- Students must demonstrate and document the proper application of competencies and proficiencies through modules in the lab and in the clinical education experience.

**COURSE OBJECTIVES:**

Complete learning of competencies and proficiencies found in the concordance and matrix relating to therapeutic modalities and rehabilitation techniques associated human anatomy and physiology, risk management and injury prevention, assessment of injury or illness, first aid and emergency care, general medical conditions, therapeutic exercise, and pharmacology.

Knowledge of proficiencies and competencies taught in prior athletic training courses will be used as the theoretical basis of the class. Students are required to practice and be tested upon modules from previous athletic training courses.

Students are expected to be prepared for each class by having completed all relevant, outside work and reading 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 and rehabilitation techniques that provide the scientific foundation for professional application in the art of athletic training.
- Principles of modality science and rehabilitation techniques and research that influence the actions of athletic trainers.

**Course Objectives: At the conclusion of this course students will:**

1. Understand basic components of a comprehensive athletic injury/illness rehabilitation program.
2. Evaluate common risk factors and causes of athletic injuries in various sports.
3. Recognize environmental risk factors associated with climatic conditions, facilities, equipment, and sanitation.
4. The student will apply the techniques needed to be an effective athletic trainer including record keeping skills, confidentiality, management and administration strategies.
5. Evaluate common injuries associated with sports participation.
6. Analyze the roles and functions of allied medical professionals in rehabilitation.
7. Know and demonstrate use of standard terminology of athletic injuries and communication with medical personnel.
8. Understand basic principles of tissue repair.
10. Know anatomical landmarks (bones, ligaments, muscles).
11. Students will analyze knowledge and psychomotor skills in modality and rehabilitation techniques
12. Assess the basics of rehabilitation methods, programs, techniques and interventions.
13. Demonstrate the ability to evaluate an injury (HOPS, signs, symptoms).
14. Demonstrate a knowledge of therapeutic modalities.

The specific objectives in this course are taught and assessed in the lecture, laboratory, and clinical field experience. The Modular book, Matrix, and Concordance will help you identify specific objectives. The measurable assessments of these objectives are given through written and O/P exams and module completion. Refer to the objective at the top of each module as indicated in the course schedule.

**Course Policies:** The course is conducted consistent with the code of Student Conduct in the current MSU Billings Student Handbook and students must be familiar with academic honesty and related requirements. Academic dishonesty including plagiarism; cheating; inappropriate use of electronic devices; failure to hold one's fellow students equally accountable as oneself; or any violation of the expectations enumerated in the MSU Billings Student Handbook **will result in failing the course.**

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 this course in Clinical Education IV requires physical effort and skill, and students are expected participate. (In class physical activities will be announced to allow appropriate dress.)

**Attendance:** Although no specified deductions of points are established for excused absences, students are expected to manage their attendance consistent with being professionals who have responsibilities to the class. Work conducted, assigned, collected, or graded during a particular class session is the student's responsibility – the instructor is not responsible for repeating the information. If a student has an unexcused absence (no contact with instructor within 24 hours of absence), it will result in automatic failure of the course.

**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. ***Records of clinical hours are due no later than the 5<sup>th</sup> of the subsequent month.***

**Accommodations:** Students who have a documented disability or believe they need accommodations to complete course assignments should contact the instructor and/or the office of Disability Support Services (657-2283) during the first week of the course to provide the prior notice needed to make appropriate arrangements.

**Attire:** Appropriate attire will be expected at all times in the lab setting as well as at clinical rotations

## ASSIGNMENTS/EVALUATION CRITERIA:

- I. **Labs:** We will be doing lab activities during regularly scheduled class time. The lab is used to practice the skills taught in the lectures 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).
- II. **Clinical field experience or clinical rotation:** Your clinical instructor will give a grade based upon their 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 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.
- III. **Clinical field points/ grade:** Your clinical instructor will give a grade based upon their evaluation. 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](http://www.msubillings.edu/ATforms)

20 expanded subject matter areas “NATA Athletic Training Educational Competencies.

### See Course Schedule:

- |   |                                     |   |
|---|-------------------------------------|---|
| (1) assessment of injury/illness                | (6) human anatomy                   | (13) professional development and responsibilities      |
| (2) exercise physiology                         | (7) human physiology                | (14) psychosocial intervention and referral             |
| (3) first aid and emergency care                | (8) kinesiology/biomechanics        | (15) risk management and injury/illness prevention      |
| (4) general medical conditions and disabilities | (9) medical ethics and legal issues | (16) strength training and reconditioning               |
| (5) health care administration                  | (10) Nutrition                      | (17) statistics and research design                     |
|   | (11) pathology of injury/illness    | (18) therapeutic exercise and rehabilitative techniques |
|   | (12) pharmacology                   | (19) therapeutic modalities                             |
|   |                                     | (20) weight management and body composition             |

### COURSE GRADING:

1. **Modules/competencies+ to be completed during the week as listed in the weekly schedule**
2. **Completion of 200 clinical hours during the semester**
3. **ACI evaluation**

### Grading Scale

**A = attendance in class, completion of competencies, A grade as assigned from ACI, 200 hours of clinical time**

**B+ = attendance in class, completion of competencies, A grade as assigned from ACI, less than 200 hours of clinical time**

**B = attendance in class, completion of competencies, B grade as assigned from ACI, 200 hours of clinical time**

**B - = attendance in class, completion of competencies, B grade as assigned from ACI, less than 200 hours of clinical time**

**C+ = attendance and completion of competencies, C grade as assigned from ACI, 200 hours of clinical time**

**C = attendance and completion of competencies, C grade as assigned from ACI, less than 200 hours of clinical time**

**C- = poor attendance, incompleteness of competencies, C grade as assigned from ACI, less than 200 hours of clinical time**

**D+ = poor attendance, incompleteness of competencies, D grade as assigned from ACI, 200 hours of clinical time**

**D = poor attendance, incompleteness of competencies, D grade as assigned from ACI, 200 hours of clinical time**

**D - = poor attendance, incompleteness of competencies, D grade as assigned from ACI, less than 200 hours of clinical time**

**F = poor attendance, incompleteness of competencies, F grade as assigned from ACI, 200 hours of clinical time**

**\*\*\*Note: Failure to complete all assignments or having an unexcused absence results in a grade of F, No late work accepted\*\*\***

**HHP 577: Course Schedule and Grading Rubric:**

**COURSE SCHEDULE:** Syllabus is subject to change.

Week 1	Whirlpool, Moist Heat Packs, Paraffin Bath Module G1, G2, G3
Week 2	Cryotherapy, Cryokinetics, Cyrostretch Module G4, G5, G6
Week 3	Intermittent Compression Devices Module E5
Week 4	Ultrasound, Diathermy, Electrical Stim Module G8, G9, G10
Week 5	Massage Module G11
Week 6	Traction Module G12
Week 7	Assessing ROM- Goniometry Modules G5
Week 8	Rehab Overview, Rehabilitation Adherence and Motivation, Modules H1, H2
Week 9	ROM Exercises, Joint Mobilization Modules H3, H4
Week 10	Isometric Resistance Exercises, Isotonic Strength Training, Isokinetic Dynamometers Module H5, H6, H8
Week 11	Muscular Endurance, Daily Adjustable Progressive Exercise, Module H9, H7
Week 12	Aquatic Therapy Module H10
Week 13	Neuromuscular Control and Coordination Exercises Module H11
Week 14	Wrap up and lab testing
Week 15	Final

Fall Semester 2009

Residence Halls Open	September 6
<b>Labor Day OFFICES CLOSED</b>	September 7
Classes Begin	September 9
Late Registration Fee Applies (\$40.00)	September 11
<b>Students who have not completed fee payment or signed a fee statement before Friday, Sept. 11 will be disenrolled from classes and required to re-register.</b>	
Last Day for Registering/Adding Classes	September 17
Last Day for Withdrawing/Dropping Classes with a Partial Refund	September 29
Columbus Day CLASSES IN SESSION - OFFICES OPEN (exchanged for Friday, Nov. 27)	October 12
Last Day to Drop Classes Without Instructor Permission (No Refund)	October 27
Registration for 2010 Spring Semester Begins	November 2
Last Day to Apply to Graduate Spring Semester 2010	November 6
Last Day to Apply to Graduate Summer Semester 2010 (attending ceremony)	November 6
<b>Veteran's Day NO CLASSES - OFFICES CLOSED</b>	<b>November 11</b>
Last Day to Drop a Class with Approval of Advisor and Course Instructor	November 24
<b>Thanksgiving Holiday NO CLASSES</b>	<b>November 25-29</b>
<b>Final Exam Week</b>	<b>December 14-17</b>
Semester Ends	December 17
Residence Halls Close	12 noon, December 18
Grades Due in the Registrar's Office	12 noon, December 23

