

Department of Health & Kinesiology KINE 3342: Therapeutic Modalities

Department: Health and Kinesiology
Class Credit: 3 Semester Hours
Class Schedule: Monday-Online; Wednesday – 8:00 am
Class Location: Monday-Canvas; Wednesday-HPC 3010
Course Prerequisites: None
Instructor: Andrew Cage, EdD, ATC, LAT, CES
Office Location & Hours: HPC 1045, by appointment
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Course Description: It is the purpose of this course to introduce students to the field of athletic training and to develop competencies pertaining to the recognition, management, and prevention sports related injuries, trauma and emergencies. Students will also develop competency and familiarity with the legal/ethical responsibilities involved.

Outcomes: Upon completion of the course, the student shall be able to:

1. Identify and discuss the types of therapeutic modalities commonly used in the athletic training clinic.
2. Discuss any legal implications of using certain therapeutic modalities without written orders from a prescribing physician.
3. Discuss the proper time during the healing phase to use certain therapeutic modalities.
4. Apply evidence based practice concepts in the selection and utilization of therapeutic modalities.
5. Properly apply therapeutic modalities to a fellow classmate or model in a simulated clinical setting.

Course Requirements: **NOTE – Other assignments may be added pending instructor discretion**

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| 1. Pop Quizzes | =10 pts each |
| 2. Journal Club (5 x 20 points) | = 100 pts |
| 3. Research Paper | = 150 pts |
| 4. 3 Exams (100 pts each) | = 300 pts |
| 5. Comprehensive Final Exam | = <u>100 pts</u> |

Grading Scale:

A	= 89.5 – 100 %
B	= 79.5 – 89.4%
C	= 69.5 – 79.4%
D	= 59.5 – 69.4%
F	= Below 59.4%

- Quizzes: Throughout the course, there will be quizzes designed to assess retention in between tests. These quizzes will only cover the material discussed in the previous class, and will feature 5 short answer questions worth 2 points a piece.
- Journal Club: Students will be required to obtain a peer reviewed journal article over the following topics for class.
- Cryotherapy/Thermotherapy
 - Electrotherapy
 - Therapeutic Ultrasound
 - Traction/Massage/Compression
 - Cupping/IASTM/Kinesiotaping/Acupuncture
- Students will take place in an online discussion forum on Canvas with instructions provided for each discussion. **If students have an article that is the same as a fellow student, each student using that article will share the cumulative grade (example: 4 students who earn an average of 20 points would get 5 points a piece).**
- Exams: There will be three exams throughout the course to assess retention of the course material. The exams will include multiple choice, true false, matching, and short answer questions.
- Final Exam: This course will feature a comprehensive final exam in the same format as the previous described exam.
- Exam Policy: In the interest of fairness to all students, examinations are to be taken during their scheduled time. Any student who anticipates missing an examination is responsible for making arrangements to take their exam prior to the absence. Exams may be taken after the scheduled date only in the event of an illness (doctor's note is required) or a personal or family emergency.
- Late Work: All assignments are expected to be turned in as scheduled in the course syllabus. For each day that an assignment is late, the grade for that assignment will be decreased by 10%.
- Academic Integrity: We assume that all students and faculty will conduct themselves according to a code of personal and professional integrity. This means that students and faculty will act from the basis of courtesy, honesty and respect for each other in their academic work and interpersonal relationships. Students are expected to complete work individually for assignments and examinations. Copying from other students constitutes unethical behavior, and is not allowed. When references are used, please cite them accordingly.

Therapeutic Modalities Course Outline
Syllabus subject to change

January 9	Introduction, Syllabus, Course Outline, ONLINE
11	Tissue Healing, Pain Quiz 1 Due January 15 , Journal Club 1
16	NO ASSIGNMENTS - MLK DAY
18	Cryotherapy/Thermotherapy
23	Thermotherapy Quiz 2 Due January 26
26	Exam #1 ONLINE , Journal Club 1 Responses Due
30	Electrotherapy, Journal Club 2, Therapeutic
February 1	Ultrasound, Quiz 3 Due February 2 , Journal Club 3, Journal Club 2 Responses Due
6	Exam #2 ONLINE
8	Low Level Laser Therapy, Journal Club 4, Journal Club 3 Responses Due, Quiz 4 Due February 11
13	Intermittent Compression, Journal Club 5, Journal Club 4 Responses Due; Research Paper Assigned
15	Non-Traditional Modalities: Dry Needling, Journal Club 5 Responses Due
20	Non-Traditional Modalities: Instrument Assisted Soft Tissue Mobilization; Quiz 5 Due April 9
22	Non-Traditional Modalities: Cupping Therapy
27	Exam #3 ONLINE
March 1	<i>Guest Lecturer - Laurel Trail, Bowen Work</i>
6	The Mental Health Aspect of Treating Injuries
8	The Mental Health Aspect of Treating Injuries (cont) ONLINE
13 & 15	NO CLASS - SPRING BREAK
20	Cryotherapy/Thermotherapy Application
22	Cryotherapy/Thermotherapy Lab
27	Electrical Stimulation Application
28	Electrical Stimulation Lab
April 3	Therapeutic Ultrasound Application
5	Therapeutic Ultrasound Lab
10	Cupping Therapy Application
12	Cupping Therapy Lab
17	Instrument Assisted Soft Tissue Mobilization Application
19	Instrument Assisted Soft Tissue Mobilization Lab
24	Final Exam Posted, Due April 27