

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 Ballpark Athletic Training Room

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 17	Introduction, Syllabus, Course Outline, ONLINE
22	ONLINE Tissue Healing, Pain Quiz 1 Due January 26 , Journal Club 1
24	Cryotherapy/Thermotherapy
29	ONLINE Thermotherapy Quiz 2 Due February 2
31	Exam #1 ONLINE , Journal Club 1 Responses Due
February 5	ONLINE Electrotherapy, Journal Club 2
7	Therapeutic Ultrasound, Quiz 3 Due February 9 , Journal Club 3, Journal Club 2 Responses Due
12	Exam #2 ONLINE
14	Low Level Laser Therapy, Journal Club 4, Journal Club 3 Responses Due, Quiz 4 Due February 16
19	ONLINE Intermittent Compression, Journal Club 5, Journal Club 4 Responses Due; Research Paper Assigned
21	Non-Traditional Modalities: Dry Needling, Journal Club 5 Responses Due
26	ONLINE Non-Traditional Modalities: Instrument Assisted Soft Tissue Mobilization; Quiz 5 Due March 1
28	Non-Traditional Modalities: Cupping Therapy
March 4	Exam #3 ONLINE
6	<i>Guest Lecturer – Laurel Trail, Bowen Work</i>
11-15	NO CLASS – SPRING BREAK
18	ONLINE The Mental Health Aspect of Treating Injuries
20	The Mental Health Aspect of Treating Injuries (cont)
25	ONLINE Cryotherapy/Thermotherapy Application
27	Cryotherapy/Thermotherapy Lab
April 1	ONLINE Electrical Stimulation Application
3	Electrical Stimulation Lab
8	ONLINE Therapeutic Ultrasound Application
10	Therapeutic Ultrasound Lab
15	ONLINE Cupping Therapy Application
17	Cupping Therapy Lab
22	ONLINE Instrument Assisted Soft Tissue Mobilization Application
24	Instrument Assisted Soft Tissue Mobilization Lab
29	Final Exam Posted, Due April 29