

Getting Started:

Please check the course schedule to see what will be covered, what chapters need to be read before class and what is due each day. [Course Schedule](#) ↗

(https://docs.google.com/document/d/1QZUqgwf0bxVzVcslzaF43hxj_aOsRGKT_PMnTGRVOVY/edit)

Meet Your Professor: Susan Ganz, PhD, ATC, CFSC	Meeting Days: MW, 1:30 - 2:45
E-mail: susanganz@pointloma.edu mailto:susanganz@pointloma.edu	Office phone: (619) 849-2704 Cell phone: (619) 701-2567
Final Exam:	Office Hours: M, T, W, R 11:00am - 1:00pm

(<https://canvas.pointloma.edu/courses/65652/modules>)

COURSE DESCRIPTION and AIM

This course will provide you with an in-depth exposure to the knowledge and skills that an athletic therapist needs for the appropriate and effective use of exercise to promote healing, return patients to optimal function and enable high performance in athletic participation. *We will explore the theory and practice of active therapeutic techniques to restore human function.* Our approach will emphasize applied biomechanics and functional rehabilitation, exploring various manual therapies, PNF integrations and specific rehabilitation protocols to address the most common orthopedic pathologies.

REQUIRED TEXT

Required: Prentice, WE. Rehabilitation Techniques for Sports Medicine and Athletic Training, 6th or 7th ed. McGraw-Hill; 2009. [eTextbook Option: \(\\$55, 14 day money-back guarantee\)](#) ↗
http://www.coursesmart.com/givecoursesmartatry?xmlid=0077326245&__instructor=2666370);
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