POINT LOMA NAZARENE UNIVERSITY	**COLLEGE OF HEALTH SCIENCES** ATR6010 - Therapeutic Interventions (3 Units) ATR6010L - Therapeutic Interventions Lab (1 Unit) **Course Information** Wednesday Lecture: Hybrid Learning, 8-8:30 am Lab: 8:30am - 12:30pm Balboa Regional Center, Room 150, 152 & HPC
Fall 2025	

INSTRUCTOR INFORMATION

	Instructor: Ross Brunett, DPT, PT, ATC **Email:** rbrunett@pointloma.edu **Office Hours:** By appointment: https://calendar.app.google/e2ptBa7dDvSZ3isW9 Mondays (@ Balboa) 10am -2pm, Tuesdays (@ PL) 9-11 am, Wednesdays (@ Balboa) 1:30-3:30pm, Thursdays (@ PL) 9am -1am.

PLNU MISSION

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

ATR6010

This course will provide graduate level athletic training students with the knowledge and skills required to appropriately and effectively use exercise to promote healing, return to optimal function, and enable peak performance in the athletic population. Students will explore the theory and practice behind multiple therapeutic techniques to restore human function. Students will have the opportunity to integrate functional rehabilitation strategies, multiple manual therapy techniques, proprioceptive neuromuscular facilitation, and applied biomechanics to create specific rehabilitation protocols for some of the most common orthopedic pathologies. To be successful in this course, students must synthesize information presented in lecture and laboratory and apply it to the clinical setting.

ATR 6010 Lab

This course is designed to allow students to apply and integrate their didactic knowledge during a laboratory setting. Students will learn to apply all of the therapeutic interventions learned in class to patients in clinical settings.

PROGRAM LEARNING OUTCOMES (PLO)

The Point Loma Nazarene University MS-AT graduate will be able to:

1. Demonstrate the knowledge and skills required to become a certified athletic trainer.
2. Critically evaluate and integrate the best available evidence for clinical decision making.
3. Deliver new evidence that is intended to change clinical practice to various healthcare communities through scholarly research presentations and symposiums.
4. Describe the importance of collaborating with multiple healthcare professionals and diverse patient populations to improve patient care.
5. Demonstrate preparedness for their vocation and calling.

COURSE LEARNING OUTCOMES (CLO)

The following learning outcomes will be achieved by students in this course:

1. Demonstrate the ability to perform objective measures to determine the level of function of a patient, the prognosis for recovery and the appropriateness of the therapeutic intervention. (CAATE#60,69,87)

2. Integrate patient-reported outcome measures to aide in the rehabilitative decision making. (CAATE#69,80,87)
3. Perform functional assessments to guide decision making and the creation of specific goals. (CAATE#60,69,80,87)
4. Explain indications and contraindications for exercise after injury. (CAATE#73)
5. Explain indications and contraindications for manual therapy techniques after injury. (CAATE#73)
6. Create functional exercise progressions with appropriate goals in a therapeutic exercise program. (CAATE#60,73,80,82)
7. Integrate sport specific exercises and complex movements in a therapeutic exercise program. (CAATE#60,69,73,80,82)
8. Demonstrate the ability to create a comprehensive rehabilitation program that includes movement assessment, movement interventions, and functional return to play testing. (CAATE#60,69,73,80,82)

CAATE STANDARDS

Standard 60
Use the International Classification of Functioning, Disability, and Health (ICF) as a framework for delivery of patient care and communication about patient care.

Standard 69
Develop a care plan for each patient. The care plan includes (but is not limited to) the following:

- Assessment of the patient on an ongoing basis and adjustment of care accordingly
- Collection, analysis, and use of patient-reported and clinician-rated outcome measures to improve patient care
- Consideration of the patient's goals and level of function in treatment decisions
- Discharge of the patient when goals are met or the patient is no longer making progress
- Referral when warranted

Standard 73
Select and incorporate interventions (for pre-op patients, post-op patients, and patients with non surgical conditions) that align with the care plan. Interventions include (but are not limited to) the following:

- Therapeutic and corrective exercise
- Joint mobilization and manipulation
- Soft tissue techniques
- Movement training (including gait training)
- Motor control/proprioceptive activities
- Task-specific functional training
- Therapeutic modalities
- Home care management
- Cardiovascular training

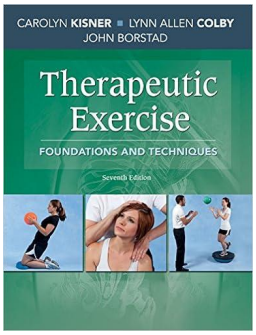
Standard 80

Develop, implement, and assess the effectiveness of programs to reduce injury risk.

Standard 82
Develop, implement, and supervise comprehensive programs to maximize sport performance that are safe and specific to the client's activity.

Standard 87
Select and use biometrics and physiological monitoring systems and translate the data into effective preventive measures, clinical interventions, and performance enhancement.

REQUIRED TEXT & RECOMMENDED RESOURCES

	Therapeutic Exercise: Foundations and Techniques, 7th Ed (Links to an external site.) Kisner, Colby, Borstad

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3-unit (lecture) and 1-unit (lab) class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.