

	<p><b>Department/School Name:</b> Department of Kinesiology</p> <p><b>Course Number and Name:</b> ATR6010/6010L Therapeutic Interventions &amp; Lab</p> <p><b>Number of Units:</b> 3 Units (Lecture), 1 Unit (Lab)</p>
<b>Fall 2020</b>	

<p><b>Meeting days:</b> Lecture - ONLINE Lab - Wednesday</p>	<p><b>Instructor title and name:</b> Ryan Nokes, PhD, ATC</p>
<p><b>Meeting times:</b> Lecture - ONLINE Lab - 10:00am - 12:00pm</p>	<p><b>Phone:</b> 559-901-7021</p>
<p><b>Meeting location:</b> Lecture - ONLINE Lab - Mission Valley Campus Room 309</p>	<p><b>Email:</b> rnokes@gmail.com</p>
<p><b>Final Exam:</b> ONLINE</p>	<p><b>Office location and hours:</b> <a href="#">Wednesday, 12:00pm-1:00pm (Links to an external site.)</a></p>

### 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 is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

## **COURSE DESCRIPTION**

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.

## **PROGRAM LEARNING OUTCOMES**

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

1. Demonstrate competency in interpreting evidence-based research and improving clinical standards and practice through clinical question development and research methodology.
2. Develop expertise in the athletic training domains through an integrative experiential clinical model.
3. Demonstrate the appropriate knowledge and educational foundation required for an entry-level Certified Athletic Trainer.
4. Establish and understand the importance of inter-professional relationships, while collaborating with other health care professionals to become effective communicators.
5. Demonstrate preparation, knowledge and skill in the delivery of comprehensive healthcare to a diverse set of patients with musculoskeletal injuries and conditions and illnesses in a distinctly moral and ethical manner, integrating Christian faith with clinical practice.

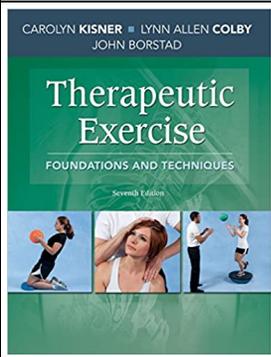
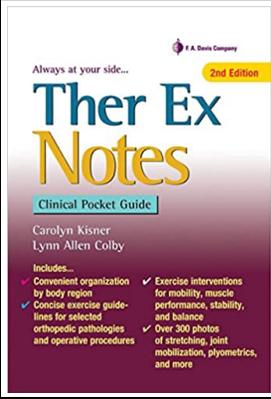
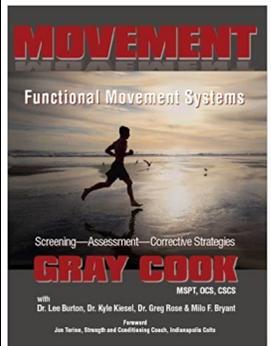
## **COURSE LEARNING OUTCOMES**

After completing this course, you should be able to:

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.
2. Integrate patient-reported outcome measures to aide in the rehabilitative decision making.
3. Perform functional assessments to guide decision making and the creation of specific goals.
4. Explain indications and contraindications for exercise after injury.
5. Explain indications and contraindications for manual therapy techniques after injury.

6. Create functional exercise progressions with appropriate goals in a therapeutic exercise program.
7. Integrate sport specific exercises and complex movements in a therapeutic exercise program.
8. Demonstrate the ability to create a comprehensive rehabilitation program that includes movement assessment, movement interventions, and functional return to play testing.

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Required Text	
	<p><a href="#">Therapeutic Exercise: Foundations and Techniques, 7th Ed (Links to an external site.)</a></p> <p>Kisner, Colby, Borstad</p>
Recommended Text	
	<p><a href="#">Ther Ex Notes: Pocket Guide, 2nd Ed (Links to an external site.)</a></p> <p>Kisner, Colby, Allen</p>
	<p><a href="#">Movement Functional Movement Systems: Screening, Assessment, Corrective Strategies (Links to an external site.)</a></p> <p>Gray Cook</p>

## 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 class delivered over 16 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

### **Distribution of Student Learning Hours**

<b>Category</b>	<b>Time Expectation in Hours</b>
Online Participation in Discussions, Groups, etc.	50
Reading Assignments	30
Written Assignments	15
Other Assignments & Learning Activities	17
Quizzes, Surveys	0.5
<b>Total Hours</b>	112.5

### **ASSESSMENT AND GRADING**

**Note:** Clearly define a grading policy to avoid any confusion concerning expectations. It is most helpful if at least two things are present: 1) a point distribution and 2) a grading scale.

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

#### **Standard Grade Scale Based on Percentages**

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

### **STATE AUTHORIZATION**

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online

(distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

## **INCOMPLETES AND LATE ASSIGNMENTS**

All assignments are to be submitted/turned in by 11:59pm of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

## **PLNU COPYRIGHT POLICY**

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

## **PLNU ACADEMIC HONESTY POLICY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic PoliciesLinks to an external site.](#) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP

to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic PoliciesLinks to an external site.](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### **Asynchronous Attendance/Participation Definition**

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

### **Synchronous Attendance/Participation**

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.) Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

### **Hybrid Course Participation**

At Point Loma Nazarene University, attendance is required at all scheduled classes. Adult Degree Completion courses are taught in the hybrid format, which means some class meetings will be face-to-face and some will be online. Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value

to the course as determined by the instructor. Three days of attendance are required each week.

### Face-to-face Portion of the Hybrid course

In blended or hybrid courses, if a student misses one face-to-face class then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses two face-to-face classes, the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

### Online Portion of the Hybrid Course

If a student misses two online classes (fails to contribute to a discussion board) during the course, then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses three online classes (fails to contribute to a discussion board by the due date) during the course, then the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

1 missed F2F class = warning

2 missed F2F classes = de-enrollment

2 missed online classes = warning

3 missed online classes = de-enrollment

## **SPIRITUAL CARE**

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development Links to an external site.](#)

### **Mission Valley:**

PLNU strives to be a place where you grow as a whole person. To this end we provide resources for our Graduate and Adult Degree Completion students to encounter God and grow in their Christian faith. At the Mission Valley (MV) campus we have an onsite chaplain, Rev. Gordon Wong, who is available during class break times across the

week. If you have questions for, desire to meet or share a prayer request with Rev. Wong you can contact him directly at mvchaplain@pointloma.edu or gordonwong@pointloma.edu. Rev. Wong's cell number is 808-429-1129 if you need a more immediate response. In addition, on the MV campus there is a prayer chapel on the third floor which is open for use as a space set apart for quiet reflection and prayer.

## USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements Links to an external site.](#) information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

## ASSIGNMENTS AT-A-GLANCE

The table below lists our assignments and their due dates. Click on any assignment to review it.

## Course Summary:

Date	Details
Sun Sep 6, 2020	Assignment <a href="#">Week 1: Self Movement Screen Discussion Board</a>
Wed Sep 9, 2020	Assignment <a href="#">Week 2: SFMA Top Tier Assessments</a>
Wed Sep 16, 2020	Assignment <a href="#">Week 3: SFMA Breakouts Part I</a>
Wed Sep 23, 2020	Assignment <a href="#">Week 4: SFMA Breakouts Part II</a>
Wed Sep 30, 2020	Assignment <a href="#">Week 5: SFMA Corrective Exercise Plan DB (IP W, PR, S)</a>
Wed Oct 7, 2020	Assignment <a href="#">Week 6: ROM Exercise Library</a>
Wed Oct 14, 2020	Assignment <a href="#">Week 7: Resistance Exercise Library</a>
Wed Oct 21, 2020	Assignment <a href="#">Week 8: Student Presentation Discussion Board</a>

**Date****Details**

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Wed Oct 28, 2020

Assignment [Week 9: Critical Thinking Discussion Board](#)

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Wed Nov 4, 2020

Assignment [Week 10: Student Presentation Discussion Board](#)

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Wed Nov 11, 2020

Assignment [Week 11: Student Presentation Discussion Board](#)

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Wed Nov 18, 2020

Assignment [Week 12: Student Presentation Discussion Board](#)

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Wed Dec 2, 2020

Assignment [Week 14: RU Reflection](#)

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Wed Dec 16, 2020

Assignment [Week 16: Final Group Project](#)

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Assignment [Student Presentations](#)

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