



**University of Florida**  
**College of Health and Human Performance**  
**Department of Applied Physiology & Kinesiology**  
**Undergraduate Athletic Training Program**

**Fall 2018 Course Syllabus | Last Date Revised: 7/23/2018**

**COURSE INFORMATION**

ATR 4302: Therapeutic Modalities in Athletic Training (4 credits)  
 August 22<sup>nd</sup>, 2018 – December 5<sup>th</sup>, 2018  
 Meeting Time: Mondays and Wednesdays 8:30am-10:25pm  
 Meeting Location: Yon Hall Room 11

**INSTRUCTOR**

Christopher Brown, PhD, LAT, ATC, CSCS  
 Clinical Assistant Professor – AT Program  
 Office Location: FLG 122  
 Office Phone: 352-294-1070  
 Email: [cdbrown7@ufl.edu](mailto:cdbrown7@ufl.edu)  
 Office Hours: By appointment, please schedule on Calendly: <https://calendly.com/cdbrown7>

**COURSE DESCRIPTION**

Introduces physiological principles, concepts and operational procedures of contemporary therapeutic modalities as they relate to the care and treatment of athletic injuries. *Prerequisite: ATR3102 with minimum grade of C and admission into athletic training major.*

**LEARNING OUTCOMES**

1. Identify components of the injury response process and the clinical implications, guidelines and medico-legal and ethical considerations for selecting and applying therapeutic modalities.
2. Apply knowledge of therapeutic intervention parameters appropriate for injury/illness Management.
3. Recognize and apply the principles of physics as related to energy transmission (electromagnetic and acoustic) and transfer in biologic tissues.
4. Describe the specific electrophysical and biophysical effects, therapeutic indications and contraindications associated with the use of thermal (superficial heat and cold), electrical (e.g., electrical currents, diathermy), and mechanical (e.g., ultrasound, massage, traction, intermittent compression) agents.
5. Identify therapeutic impact and evidence for various modalities used within athletic training clinic; including selected non-conventional complementary and alternative techniques (LASER, Myofascial Release, HIVAMAT, etc.).
6. Demonstrate proficiency with selection, application and modification of various modalities used within the athletic training clinic.
7. Comply with safety and regulatory standards regarding use of therapeutic modalities in the athletic training setting.

**REQUIRED TEXTS AND MATERIALS**

Textbook	ISBN	
Therapeutic Modalities Author: Chad Starkey Publisher: FA Davis Year: 2013 Edition: 4th	978-0803-62593-8	Required

## **COURSE REQUIREMENTS AND POLICIES**

**Examinations and Practical Examinations:** There will be NO make-up examinations unless exceptional conditions occur (as defined in the University of Florida Undergraduate Catalog). Please see this link for more information.

<http://www.registrar.ufl.edu/catalog/policies/regulationattendance.html> Prior permission from the professor is required. There will be a time limit for each examination. Examinations will evaluate the understanding of material from lecture, text, and other supplemental material provided. As part of the CAATE requirements for completion of *Educational Competencies and Proficiencies*, **all students must pass (i.e., earn a "C" = 72% or higher) assessments of this material or complete remediation before moving on to the next course in the AT Program.** Students may complete up to two additional remediation opportunities, beyond the original assessment, to successfully pass a skill (practical exam) or content area (written/e-learning exam) within this course. Any student who cannot successfully complete the required CAATE competency and/or proficiency examinations after two remediation sessions will have their case reviewed by the AT Steering Committee. Students who require remediation two or more times throughout the semester on written and/or practical exams may also have their case reviewed by the AT Steering Committee.

**Assignments:** Assignments are due at the onset of class on the date assigned to them or submitted prior to the designated deadline in e-learning. Details of assignments are available in e-learning. **Please type all assignments** unless otherwise stated in the directions. **LATE ASSIGNMENTS ARE NOT ACCEPTED!** If you will be traveling for a University sanctioned event and will miss an assignment due date, your assignment is due **before** you leave. You must notify me with an explanation for missing class, in writing (email or letter), to receive an excused absence for class. Students are responsible for all materials missed because of an absence.

**Laboratory Experiences:** Laboratory experiences conducted throughout the semester may occur in Yon Hall 1, 11 or off-site at one of the local AT facilities. Attendance and participation with laboratory experiences is required. Written notification of an absence (i.e., email) prior to class is required for an absence to be excused (see university regulations as stated above). Students must wear proper attire (e.g., gym shorts, tank tops, sports bras, etc.) during all lab experiences. Students may be responsible for brief written summaries of each laboratory experience

**Attendance and Participation (11):** Attendance is mandatory. Students must provide a written notification of an absence (i.e., email) at least 24 hours prior to the class; excused absences will be evaluated based on University policy. Students with an excused absence will be afforded make-up opportunities under the university guidelines. Prior preparation through chapter readings and outlining will enable active participation for productive discussions. Requirements for class attendance and make-up exams, assignments, and other work are consistent with university policies found in the online catalog <https://catalog.ufl.edu/UGRD/>

### **Student Conduct Policy:**

- All students are expected to conduct themselves in a respectful and responsible manner
- All students are expected to be on time for class
- All students are expected to turn off or silence their cell phones
- All students are expected to not participate in actions that may disrupt the class
- The instructor reserves the right to ask any student to leave the classroom, if the student violates any the above class procedures

**Critical-Thinking Questions and Participation:** Each student, as part of his/her participation, is expected to ask questions. Insightful questions will be monitored during the course and contribute to participation grade. In addition, attending class, contributing to class, and useful information provided during class will be counted toward your participation grade. Any class period listed as "discussion", requires prior review of posted content to facilitate a valuable learning experience. Failure to come to class "prepared" creates an ineffective environment for valuable exchange of information. The instructor will use the rubric in the table below to assign participation points during discussion sessions (see dates within the course schedule listed as "discussion").

Excellent	10 pts	Defines, describes, and illustrates concepts Explains, assesses and criticizes ideas Demonstrates preparation and reading of assignments
Good	8 pts	Defines, describes, and illustrates concepts Explains, assesses and criticizes ideas Evidence of reading assignments, but not fully prepared
Reasonable	6 pts	Defines, describes, and illustrates concepts Explains, assesses, or criticize some ideas Evidence of incomplete reading of assignments and preparation
Basic	4 pts	Defines and describes some concepts Explains but cannot assess and criticize ideas Clearly unprepared and lacking evidence of reading assignments
Bare Minimum	2 pts	Defines and describes some concepts Unable to explain, assess, or criticize ideas Clearly unprepared and lacking evidence of reading assignments
Unacceptable	0 pt	Refuses to engage in discussion or answer questions when asked Engaged into inappropriate behaviors (using cell phone, social media, visiting irrelevant websites) Not present

**Plagiarism:** Defined as the use and appropriation of another's work without any indication of the source and the representation of such work as the student's own. Any student, who fails to give credit for ideas, expressions or materials taken from another source, including internet sources, projects/papers submitted for another course (either intentional or unintentional), is guilty of plagiarism (*please refer to the AT Program Plagiarism Policy in the Student Handbook*).

**COURSE SCHEDULE (SUBJECT TO MODIFICATION)**

The course progression will **tentatively** follow the schedule below:

Dates	Topics	Assignments
22-Aug	Introduction and Course Outline	Chap 1
27-Aug	Injury Response	Chap 2
29-Aug	Physiology and Psychology of Pain	
3-Sep	<b>Holiday</b>	Chap 3
5-Sep	Intervention Strategies	<b>Healing Stages Assignment Due Sept 4<sup>th</sup></b> Chap 4
10-Sep	Administrative Concerns	<b>Intervention Strategies Assignment Due Sept 9<sup>th</sup></b> Chap 5-6
12-Sep	Thermal Modalities	<b>E-learning Exam #1</b> <b>(6:00am Sept 12<sup>th</sup>-11:59pm Sept 13<sup>th</sup>)</b>
17-Sep	Thermal Modalities Lab Time	Chap 7-8
19-Sep	Ultrasound	
24-Sep	Ultrasound	Chap 9-10
26-Sep	Diathermy	<b>Ultrasound Assignment Due Sept 25<sup>th</sup></b>
1-Oct	<b>Clinical Application of Thermal Modalities (Lab)</b>	
3-Oct	Lab Time	
8-Oct	<b>Practical Exam #1</b>	
10-Oct	<b>Practical Exam #1</b>	<b>E-learning Exam #2</b> <b>(6:00am Oct 10<sup>th</sup>-11:59pm Oct 11<sup>th</sup>)</b> Chap 11
15-Oct	Electrical Stimulation Principles	<b>Thermal Modalities Lab Due Oct 14<sup>th</sup></b> Chap 12-13
17-Oct	Electrical Stimulation Principles/Iontophoresis	
22-Oct	<b>Clinical Application of Electrical Stimulation (Lab)</b>	
24-Oct	Lab Time	
29-Oct	Lab Time	Chap 14
31-Oct	Intermittent Compression	<b>E-Stim Lab Due Oct 30<sup>th</sup></b> Chap 15 & 18
5-Nov	Continuous Passive Motion/Biofeedback <b>Jon Micheline MS, LAT, ATC</b> <b>Guest Lecture: HIVAMAT (9:30-10:30am)</b>	Chap 16
7-Nov	Cervical and Lumbar Traction	
12-Nov	<b>Holiday</b>	
14-Nov	<b>Clinical Application of Traction and IC (Lab)</b>	Chap 17
19-Nov	Massage	
21-Nov	<b>Thanksgiving</b>	
26-Nov	<b>Andy Klock MESS, LAT, ATC</b> <b>Guest Lecture: Therapeutic Massage</b>	<b>Traction and IC Lab Due Nov 25<sup>th</sup></b> Chap 19
28-Nov	Low Level-Laser/Wrap-up for Practical Exam	
3-Dec	<b>Practical Exam #2</b>	<b>Exam #3 (6:00am Dec 4<sup>th</sup>-11:59pm Dec 5<sup>th</sup>)</b>
5-Dec	<b>Practical Exam #2</b>	<b>Professional Knowledge Book Due by December 5<sup>th</sup></b> (submit in FLG 100c by December 7 <sup>th</sup> )

## GRADING CRITERIA

E-Learning Exams (3)/Practical Exams (2)	65%
Labs (3)/Assignments (3)	25%
Professional Knowledge Books	5%
<u>Attendance/Guest Speakers</u>	5%
<b>TOTAL GRADE</b>	<b>100%</b>

**IMPORTANT NOTE:** Students must earn a "C" or better in ATR 4315 to continue in the AT Program.

Letter Grade	Grade Points	Percentage
A	4.00	92 - 100
A-	3.67	89 - 91
B+	3.33	87 - 88
B	3.00	82 - 86
B-	2.67	79 - 81
C+	2.33	77 - 78
C	2.00	72 - 76
C-	1.67	69 - 71
D+	1.33	67 - 68
D	1.00	62 - 66
D-	0.67	60 - 61
E	0.00	Below 60

## COLLEGE/UNIVERSITY-WIDE POLICIES

**Academic Honesty:** As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity." Students will exhibit behavior consistent with this commitment to the UF academic community. Academic misconduct appears in a variety of forms (including plagiarism) and may be punishable in a variety of ways, from failing the assignment and/or the entire course to academic probation, suspension or expulsion. On all work submitted for credit by students at the university, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Faculty will not tolerate violations of the Honor Code at the University of Florida and will report incidents to the Dean of Students Office for consideration of disciplinary action. The Honor Code (<https://sccr.dso.ufl.edu/students/student-conduct-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. If you have questions about what constitutes academic misconduct before handing in an assignment, see your instructor.

**Academic Assistance and Student Services:** Students who are in need of academic, career, or personal counseling services are encouraged to see the academic assistance website for further information on available services. <http://www.ufadvising.ufl.edu/>

**ADA Policy:** The University of Florida provides accommodations for students with documented disabilities. For more information, regarding services and procedures for requesting accommodations visit <https://drc.dso.ufl.edu/> or call 352.392.8565. Students requesting classroom accommodation must first register with the Disability Resource Center. The Disability Resource Center will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

**Campus Resources: U Matter, We Care:** Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu); a nighttime and weekend crisis counselor is available by phone at 352.392.1575. The U Matter, We Care Team can help connect students to the many other

helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

**University Police Department:** 392.1111 or 9-1-1 for emergencies <http://www.police.ufl.edu/>

**Counseling and Wellness Center:** <https://counseling.ufl.edu/> 352.392.1575; *Sexual Assault Recovery Services (SARS)* Student Health Care Center, 352.392.1161.

**Career Resource Center:** Reitz Union, 352.392.1601, <http://www.crc.ufl.edu/>

**Cell Phone/Text Messaging Policy:** Students will not engage in text messaging or access their cellular telephones during class time. Faculty will award special considerations at his/her discretion.

**Confidentiality:** The University ensures the confidentiality of student educational records in accordance with State University System rules, state statutes and FERPA, the Family Educational Rights and Privacy Act of 1974, as amended, also known as the Buckley Amendment. <https://catalog.ufl.edu/UGRD/>

**Course Grading Policy:** Students will earn their course grade based on completion of coursework as outlined in the Grading Criteria listed above. Percentage calculations are rounded up at “.6 or above” and rounded down at “.5 or below”. For more information regarding Grade Point Averages, Grade Values, etc. please visit the University registrar website listed below. <https://catalog.ufl.edu/UGRD/>

**Course Evaluations:** Students should provide feedback on the quality of instruction in this course by completing online evaluations <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

**Email and E-Learning Policy:** Students are required to check their University of Florida email and E-Learning Course account daily. Dissemination of reminders and course material may occur via email or through announcements in E-Learning; it is the student’s responsibility to read and respond (if appropriate). *E-learning Help Desk:* <http://elearning.ufl.edu/> *Technical support:* 352.392.4357 (select option 2) or e-mail to [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu)

**Last Day to Withdraw:** In order to withdraw from a course it is not sufficient simply to stop attending class or to inform the instructor of your intention to withdraw. In accordance with college policy, contact your adviser to begin the withdrawal process. To view the last day for withdrawal please visit <https://catalog.ufl.edu/UGRD/>

**Library Resources Support:** <http://cms.uflib.ufl.edu/ask>

**Student Responsibility for Course Prerequisites:** Students are responsible to have satisfied all published prerequisites for this class. Please review the prerequisites and discuss any questions with your instructor and/or your academic advisor.

**Student Complaints Process:** <http://regulations.ufl.edu/regulations/uf-4-student-affairs/>

**Teaching Center:** General study skills and tutoring <http://teachingcenter.ufl.edu/> Broward Hall, 352.392.2010 or 352.392.6420.

**Writing Studio:** Formatting and writing papers assistance <http://writing.ufl.edu/writing-studio/>