



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

Spring 2018 Course Syllabus | Last Date Revised: 12/19/2017

COURSE INFORMATION

ATR 4314: Rehabilitation Techniques in Athletic Training (4 credits)

January 8th, 2018-April 25th, 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

Office Hours: By appointment, please schedule on Calendly: <https://calendly.com/cdbrown7>

COURSE DESCRIPTION

Introduces the concepts and principles of a comprehensive rehabilitation program including determination of therapeutic goals and objectives, selection of therapeutic exercises, methods of evaluating and recording rehabilitation progress, development of criteria for progress and return to competition and the physiological effects of trauma/wound healing and inactivity/immobilization.

Pre-requisite ATR 4302c with a "C" or higher

LEARNING OUTCOMES

1. Recognize basic concepts of the injury response and impact of healing on benchmarking and outcomes assessment for appropriate recovery.
2. Apply, modify and assess the efficacy of a comprehensive therapeutic assessment and intervention strategies to restore normal function; using appropriate exercise progression to optimize recovery.
3. Define and apply appropriate modalities and/or exercises to improve pain, range of motion/flexibility, strength, endurance, proprioception, and functional activities; including the role of cardiovascular fitness, patient education, and posture/kinetic chain function on recovery.
4. Demonstrate various therapeutic intervention techniques (e.g., joint mobilization, muscle energy, manual/soft tissue therapy, PNF, aquatic therapy, etc.) used within a comprehensive recovery program.
5. Recognize psychological factors of injury and explain appropriate management or referral procedures to optimize recovery.
6. Demonstrate appropriate documentation and effective communication skills with the patient and healthcare providers involved in the recovery process.

REQUIRED TEXTS AND MATERIALS

Textbook	ISBN	
Rehabilitation Techniques for Sports Medicine and Athletic Training Author: Prentice, William Publisher: SLACK, Inc Year: 2015 Edition: 6 th	978-0803-62593-8	Required
Cram Session in Goniometry and Manual Muscle Testing: A Handbook for Students & Clinicians Author: Van Ost Publisher: SLACK, Inc. Year: 2013 Edition: 1 st	9781617116209	Required
Please view course fees at https://one.uf.edu/soc/		

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. **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

Clinical Experience: Rehabilitation (Therapeutic Intervention – general population) clinical rotations are a required component of this course. Students will complete the clinical rotation under the director of a physical therapist (AT Program Preceptor). Current Bloodborne Pathogens, Immunizations, HIPAA and Confidentiality training certificates required. Students must wear proper attire (e.g., AT program collared shirt, khaki pants, belt, sneakers) during the rotation(s). Specific expectations, documentation

forms, etc. provided during course discussions and/or in e-Learning; note – students are responsible for securing and expenses related to transportation to and from the clinic.

Attendance and Participation: Throughout the semester we may have various guest speakers' present information to the class. Your attendance at these presentations is expected; written notification of an absence (i.e., email) prior to the class is required for an absence to be excused (see university regulations as stated above). Prior preparation through chapter readings and outlining will enable active participation for productive discussions. All students are required to attend lecture and lab experiences (*please review the academic absence policy in the AT Program Student Handbook*). 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/ugrad/current/regulations/info/attendance.aspx>

COURSE SCHEDULE (SUBJECT TO MODIFICATION)

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

Jan 8th	1. Introduction 2. Designing Rehabilitation Programs	Chapter 1	
Jan 10th	1. Disablement Models 2. Outcome Measures		
Jan 15th	Holiday	Chapter 2&4	
Jan 17th	1. Healing Process 2. Psychological Considerations	Chapter 3	
Jan 22nd	1. Testing 2. FMS Testing	Chapter 5	
Jan 24th	Core Stability	Chapter 6	Psychological Considerations Lab Due
Jan 29th	Neuromuscular Control	Chapter 7	
Jan 31st	1. Neuromuscular Control, 2. Postural Stability and Balance		
Feb 5th	Postural Stability and Balance	Chapter 8	
Feb 7th	1. ROM and Flexibility 2. E-Learning Exam I: Chapters 1-7 (open from 6:00am Feb 8th to Feb 9th at 11:59pm)		
Feb 12th	1. ROM and Flexibility 2. OKC and CKC	Chapter 12	
Feb 14th	Muscular Strength, Power and Endurance	Chapter 9	
Feb 19th	Joint Mobilizations and Traction	Chapter 13	
Feb 21st	1. Joint Mobilizations and Traction 2. Aquatic Therapy Lecture	Chapter 15	
Feb 26th	PNF	Chapter 14	Joint Mobes Lab Due
Feb 28th	Spencer Thomas, MS, ATC, LAT, CES, PES, ART: Biodex and Aquatic Therapy Guest Speaker		
Mar 5th	Holiday		
Mar 7th	Holiday		
Mar 12th	Functional Progressions	Chapter 16	
Mar 14th	Functional Progressions		
Mar 19th	Practical Exam Review		
Mar 21st	1. Practical Exam: Chapters 1-16	Chapter 17	Functional Progressions Lab Due

	2. E-Learning Exam II: Chapter 8-16 (open from 6:00am to Mar 22nd at 11:59pm)		
Mar 26th	Shoulder		
Mar 28th	Shoulder	Chapter 18	
Apr 2nd	Elbow	Chapter 19	
Apr 4th	Wrist, Hand and Fingers	Chapter 20	
Apr 9th	Groin, Hip, and Pelvis	Chapter 21	Upper Body Program Due
Apr 11th	Knee	Chapter 22&23	
Apr 16th	Knee, Lower Leg, Ankle, Foot	Chapter 24	
Apr 18th	Spine		
Apr 23rd	Brittany Barrie PT, DPT: Pediatric Rehabilitation		Lower Body Program Due
Apr 24th	E-Learning Exam III: Chapter 18-24 (open from 6:00am to Apr 25th at 11:59pm)		<ol style="list-style-type: none"> 1. Spine Program Due 2. Professional Knowledge Book Due last week of classes

GRADING CRITERIA

E-Learning Exams/Practical Exam	50%
Labs/Mini-Programs	30%
Physical Therapy Rotation	10%
Professional Knowledge Book	5%
<u>Participation/Attendance/Guest Speakers</u>	5%
TOTAL GRADE	100%

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 (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/> ([Links to an external site.](#))[Links to an external site.](#)) 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/academic_assistance/ ([Links to an external site.](#))[Links to an external site.](#)

ADA Policy: The University of Florida provides accommodations for students with documented disabilities. For more information regarding services and procedures for requesting accommodations visit <http://www.dso.ufl.edu/drc/> ([Links to an external site.](#))[Links to an external site.](#) 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; 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/> ([Links to an external site.](#))[Links to an external site.](#)

Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc/Default.aspx> ([Links to an external site.](#))[Links to an external site.](#), 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/> ([Links to an external site.](#))[Links to an external site.](#)

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 ([Links to an external site.](#))[Links to an external site.](#), the Family Educational Rights and Privacy Act of 1974, as amended, also known as the Buckley Amendment. <http://www.registrar.ufl.edu/catalog/policies/regulationconfidentiality.html> ([Links to an external site.](#))[Links to an external site.](#)

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/ugrad/current/regulations/info/grades.aspx> ([Links to an external site.](#))[Links to an external site.](#)

Course Evaluations: Students should provide feedback on the quality of instruction in this course by completing online evaluations <https://evaluations.ufl.edu> (Links to an external site.)Links to an external site.. 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> (Links to an external site.)Links to an external site..

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:* <https://lss.at.ufl.edu/help.shtml> (Links to an external site.)Links to an external site. *Technical support:* 352.392.4357 (select option 2) or e-mail to 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** <http://www.registrar.ufl.edu/catalog/adhub.html> (Links to an external site.)Links to an external site.

Library Resources Support: <http://cms.uflib.ufl.edu/ask> (Links to an external site.)Links to an external site.

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: https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf (Links to an external site.)Links to an external site.

Teaching Center: General study skills and tutoring <http://teachingcenter.ufl.edu/> (Links to an external site.)Links to an external site. Broward Hall, 352.392.2010 or 352.392.6420.

Writing Studio: Formatting and writing papers assistance <http://writing.ufl.edu/writing-studio/> (Links to an external site.)Links to an external site.