



**University of Florida**  
**College of Health and Human Performance**  
**Department of Applied Physiology & Kinesiology**  
**Graduate Athletic Training Education Program**  
**Spring 2018 Course Syllabus**

## **COURSE INFORMATION:**

ATR 6304: Evidence-Based Rehabilitation and Modalities (3 credits)  
Meeting Times: Thursdays, 9:35-12:35  
Meeting Location: Yon Hall 11

## **INSTRUCTOR:**

Dr. Brady L. Tripp PhD, ATC  
Clinical Associate Professor  
Director, Graduate Athletic Training Program  
Office Location: FLG 148  
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Office Hours: by appointment

## **COURSE DESCRIPTION:**

This 3-credit course addresses current issues related to rehabilitation of orthopedic injuries. A combination of discussion, lecture, laboratory, problem-based learning, multi-media instruction and critical review of literature are employed. Students develop skills and study the principles and procedures used in advanced rehabilitation techniques and evidence-based practice. Students examine components of injury prevention and rehabilitation from evidence-based, biomechanical, anatomical, neuromuscular and holistic perspectives. Topics include tissue response to injury, therapeutic modalities, rehabilitation design and goal-setting, exercise progression, return-to-activity criteria and critical reviews of related research.

## **LEARNING OUTCOMES:**

Upon completion of the course, students will have demonstrated the following understandings, skills, and dispositions. The student (will):

### Understandings

- Understand the physiology of musculoskeletal injury and healing.
- Understand the effects of, and theories behind, the use of therapeutic modalities.
- Understand the principles and procedures used in advanced prevention and rehabilitation of musculoskeletal injury.
- Understand how to find, critically evaluate and employ current evidence-based rehabilitation and conditioning practices.

### Skills

- Demonstrate the skills and procedures in advanced rehabilitation and conditioning of musculoskeletal injury.
- Demonstrate the ability to design rehabilitation and conditioning programs including progression criteria, therapeutic exercises and modalities and manual therapy within the context of the physiology of tissue healing.

### Dispositions

- Appreciate the role the critical review of literature related plays in identifying and establishing evidence-based rehabilitation.
- Appreciate the importance of systematic reassessment and goal-setting in guiding and progressing rehabilitation programs.
- Appreciate the role of tissue healing in the design and implementation of rehabilitation programs.
- Appreciate the role of therapeutic modalities in rehabilitation programs.
- Appreciate the role of alternative therapies contemporary diagnostic tests in the evaluation of the lower-extremity.

### **REQUIRED TEXTS AND MATERIALS:**

Reading materials will be available on the class web page (canvas) or the instructor will provide soft or hard copies in person. Students are also expected to be able to search and critically-review recent literature and therefore are responsible for gaining access to peer-reviewed sources via online databases or University library holdings.

### Recommended Texts

- Therapeutic Modalities (any edition), Starkey C, FA Davis.

### **TEACHING STRATEGIES**

Course material objectives will be attained through discussion, lecture, workshops, problem-based learning and multi-media instruction formats with 3.0 contact hours per week.

### **COURSE REQUIREMENTS AND POLICIES:**

Students earn an overall course grade through completion of quizzes, written and practical exams and problem-based learning assignments.

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.

Quizzes and Assignments: Quizzes will assess learning progress from lecture and online material and assigned readings. To ensure that students are reading the assigned material, the quizzes will be both announced and unannounced. There will be NO make-ups for missed quizzes (showing up late, etc.). Assignments are due at the onset of class on the date indicated. **All assignments must be**

**typed** unless otherwise stated in the directions when the assignment was given. **LATE ASSIGNMENTS WILL NOT BE 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 Dr. Tripp 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 as a result of an absence.

Attendance: Attendance is expected for all lectures and class meetings. No absences will be excused unless proper documentation is provided. Participation is a major part of this class. It is the student's responsibility to obtain and make-up missed notes and assignments.

Community Outreach Experience: As part of the Graduate Athletic Training Program's mission of fostering a sense of professional pride and good citizenship, each student is asked to complete 25 hours of community involvement through volunteer activities during the semester. The experiences may take place in athletic training or non-athletic training settings within the community. Students are asked to maintain and upload a journal reflecting on each experience (a few sentences or short paragraph).

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

**GRADING CRITERIA:**

Written / Practical Exam	25/10% (TBD)
Syllabus Contract /Quiz	2%
Problem-based Learning Assignments	45% (TBD)
Quizzes / Assignments	18% (TBD)
<b>TOTAL GRADE</b>	<b>100%</b>

<b>A</b>	<b>90 - 100</b>
<b>B+</b>	<b>87 - 89</b>
<b>B</b>	<b>80 - 86</b>
<b>C+</b>	<b>77 - 79</b>
<b>C</b>	<b>70 - 76</b>
<b>D</b>	<b>60 - 69</b>
<b>E</b>	<b>Below 60</b>

Note: When the decimal is .5 or below the grade is rounded down to the nearest whole number. If the decimal is .6 or above the grade is rounded up to the nearest whole number.

**COLLEGE/UNIVERSITY-WIDE POLICIES**

**Academic Honesty**: Academic misconduct appears in a variety of forms (including plagiarism). It is a violation of the University of Florida Honor Code. We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate

personnel. If you have any questions or concerns, please consult with the instructor of this class.

For more information regarding academic misconduct policies, consult the Undergraduate Catalog <https://catalog.ufl.edu/ugrad/current/Pages/home.aspx>.

**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://oas.aa.ufl.edu/>).

University counseling services and mental health services are available at: 392-1575, <http://www.counseling.ufl.edu/cwc/Default.aspx>.

University Police Department: call 392-1111 or 9-1-1 for emergencies.

**ADA Policy:** The University of Florida provides accommodations for students with documented disabilities. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. For more information regarding services and procedures for requesting accommodations visit <http://www.ada.ufl.edu/>.

**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 adviser.

**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. **The last day for withdrawal from this course can be found at** <https://catalog.ufl.edu/ugrad/current/Pages/home.aspx>.

**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.

**Course Evaluation:** Students are expected to provide feedback on the quality of instruction in this course based on 10 criteria. These evaluations are conducted online at <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>.

## **COURSE SCHEDULE AND TOPIC OUTLINE:**

- Weeks 1-2: Course Intro and Evidence-Based Rehab / Outcomes
- Weeks 3-4: Principles of Rehab / Designing Rehab Programs
- Weeks 5-6: Pharmacology / SI & Hip Rehabilitation
- Weeks 6-7: Electric Stimulation and Ultrasound
- Weeks 8-9: Lumbar Spine Rehab
- Weeks 10-11: Acupuncture and Alternative Therapies
- Weeks 12-13: Injury Prevention & Screening (ACL prevention)
- Weeks 13-15: Manual Therapy / Massage