



**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: 12/11/2018**

## **COURSE INFORMATION**

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

January 7<sup>th</sup>, 2019-April 24<sup>th</sup>, 2019

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

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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 <sup>th</sup>	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 <sup>st</sup>	9781617116209	Recommended
Please view course fees at <a href="https://one.uf.edu/soc/">https://one.uf.edu/soc/</a>		

## 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:** 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	<ul style="list-style-type: none"> <li>• Defines, describes, and illustrates concepts</li> <li>• Explains, assesses and criticizes ideas</li> <li>• Demonstrates preparation and reading of assignments</li> </ul>
Good	8 pts	<ul style="list-style-type: none"> <li>• Defines, describes, and illustrates concepts</li> <li>• Explains, assesses and criticizes ideas</li> <li>• Evidence of reading assignments, but not fully prepared</li> </ul>
Reasonable	6 pts	<ul style="list-style-type: none"> <li>• Defines, describes, and illustrates concepts</li> <li>• Explains, assesses, or criticize some ideas</li> <li>• Evidence of incomplete reading of assignments and preparation</li> </ul>
Basic	4 pts	<ul style="list-style-type: none"> <li>• Defines and describes some concepts</li> <li>• Explains but cannot assess and criticize ideas</li> <li>• Clearly unprepared and lacking evidence of reading assignments</li> </ul>
Bare Minimum	2 pts	<ul style="list-style-type: none"> <li>• Defines and describes some concepts</li> <li>• Unable to explain, assess, or criticize ideas</li> <li>• Clearly unprepared and lacking evidence of reading assignments</li> </ul>
Unacceptable	0 pt	<ul style="list-style-type: none"> <li>• Refuses to engage in discussion or answer questions when asked</li> <li>• Engaged into inappropriate behaviors (using cell phone, social media, visiting irrelevant websites)</li> <li>• Not present</li> </ul>

**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:

Jan 7 <sup>th</sup>	1. Introduction 2. Designing Rehabilitation Programs (Exam I)	Chapter 1	
Jan 9 <sup>th</sup>	1. Disablement Models (Exam I) 2. Outcome Measures (Exam I)	Chapter 2 Chapter 4	
Jan 14 <sup>th</sup>	1. Healing Process Review (Exam I) 2. Psychological Considerations (Exam I)	Chapter 3	
Jan 16 <sup>th</sup>	1. Testing (Exam I) 2. FMS Testing (Exam I)		<b>Psychological Considerations Lab Due Jan 17<sup>th</sup></b>
Jan 21 <sup>st</sup>	<b>MLK Holiday</b>	Chapter 5	
Jan 23 <sup>rd</sup>	Core Stability (Exam I)	Chapter 6	
Jan 28 <sup>th</sup>	Neuromuscular Control (Exam I)	Chapter 7	
Jan 30 <sup>th</sup>	Postural Stability and Balance (Exam I)		
Feb 4 <sup>th</sup>	<b>1. E-Learning Exam I: Chapters 1-7</b> <b>a. From: 6:00am Feb 4<sup>th</sup></b> <b>b. To: 11:59pm Feb 5<sup>th</sup></b>		
Feb 6 <sup>th</sup>	<b>No Class: Student SEATA</b>	Chapter 8	
Feb 11 <sup>th</sup>	ROM and Flexibility (Exam II)	Chapter 9	
Feb 13 <sup>th</sup>	Muscular Strength, Power and Endurance (Exam II)	Chapter 13	
Feb 18 <sup>th</sup>	Joint Mobilizations and Traction (Exam II)		
Feb 20 <sup>th</sup>	Joint Mobilizations and Traction (Exam II)	Chapter 14	
Feb 25 <sup>th</sup>	PNF (Exam II)	Chapter 12 Chapter 15	<b>Joint Mobes Lab Due Feb 26<sup>th</sup></b>
Feb 27 <sup>th</sup>	1. OKC and CKC (Exam II) 2. Aquatic Therapy Lecture (Exam II)		
Mar 4 <sup>th</sup>	<b>Spring Break Holiday</b>		
Mar 6 <sup>th</sup>	<b>Spring Break Holiday</b>		
Mar 11 <sup>th</sup>	<b>Spencer Thomas, MS, ATC, LAT, CES, PES, ART: Biodex and Aquatic Therapy Guest Speaker</b>	Chapter 16	
Mar 13 <sup>th</sup>	Functional Progressions (Exam II)		
Mar 18 <sup>th</sup>	Functional Progressions (Exam II)		
Mar 20 <sup>th</sup>	Review Day		<b>Functional Progressions Lab Due Mar 21<sup>st</sup></b>
Mar 25 <sup>th</sup>	<b>1. Practical Exam: Chapters 1-16</b> <b>2. E-Learning Exam II: Chapter 8-16</b> <b>a. From: 6:00am Mar 25<sup>th</sup></b> <b>b. To: 11:59pm Mar 26<sup>th</sup></b>	Chapter 17	
Mar 27 <sup>th</sup>	Shoulder (Exam III)		
Apr 1 <sup>st</sup>	Shoulder (Exam III)	Chapter 18	
Apr 3 <sup>rd</sup>	Elbow (Exam III)	Chapter 19	

Apr 8 <sup>th</sup>	Wrist, Hand and Fingers (Exam III)	Chapter 20	
Apr 10 <sup>th</sup>	Groin, Hip, and Pelvis (Exam III)	Chapter 21	<b>Upper Body Program Due April 9<sup>th</sup></b>
Apr 15 <sup>th</sup>	Knee (Exam III)	Chapter 22 Chapter 23	
Apr 17 <sup>th</sup>	Knee (Exam III) Lower Leg, Ankle, Foot (Exam III)	Chapter 24	
Apr 22 <sup>nd</sup>	Spine (Exam III)		<b>Lower Body Program Due April 22<sup>nd</sup></b>
Apr 24 <sup>th</sup>	<p style="text-align: center;"><b>1. E-Learning Exam III: Chapter 18-24</b>  <b>a. From: 6:00am April 23<sup>rd</sup></b>  <b>b. To: 11:59pm Apr 24<sup>th</sup></b></p>		<p style="text-align: center;"><b>1. Spine Program Due April 24<sup>th</sup></b>  <b>2. Professional Knowledge Book Due last week of classes</b></p>

### GRADING CRITERIA

E-Learning Exams/Practical Exam	56%
Labs/Mini-Programs	24%
Physical Therapy Rotation	10%
Professional Knowledge Book	5%
Participation/Attendance/Guest Speakers	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/process/student-conduct-code/> ([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/](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](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/> ([Links to an external site.](#))[Links to an external site.](#)

**Counseling and Wellness Center:** <https://counseling.ufl.edu/> ([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](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** <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](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.