

California State University, Northridge
Department of Kinesiology

KIN 457/L- Therapeutic Modalities (2/1 units)

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Prerequisites- KIN 337, concurrent KIN 457L

Course description- An introduction to the theoretical knowledge, indications, contraindications, therapeutic effects, and applications of therapeutic modalities for treating injuries of the physically active. Combined with the laboratory session, this experience will allow the athletic training student to become proficient with the selection and application of therapeutic modalities.

Course objectives-

At the completion of this course students will be able to:

1. Describe the healing process.
2. Describe the physiology and psychology of pain.
3. Describe the method for developing a treatment protocol.
4. Select various therapeutic modalities for specific injuries/conditions.
5. Apply various therapeutic modalities.
6. Synthesize and problem-solve to formulate therapeutic modality treatments.

Text-
TBD

Policy on Communication Devices

All communication devices must be turned off before class starts. If your device goes off during class you will be required to leave. If it is imperative that you must be contacted during class, you must discuss the situation with the professor. With the professor's permission you may keep your device on vibrate and answer the device outside the classroom.

Attendance Policy-

Attendance is not mandatory for this class, but each student is responsible for all material covered along with any changes to the syllabus that are discussed in class. Any foreseeable absences should be discussed with the professor beforehand. If an emergency arises, telephone or email me before class so that I have a record of the absence. If I do not receive any prior notification, I will not allow make-ups for any material missed (ie. Quizzes). It is also expected that you arrive on time dressed in shorts and a tee-shirt, tank top or sports bra since each class will incorporate a laboratory session.

Students with disabilities-

The instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section

504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students with Disabilities Resources located in 110 Student Services Building, or call 818-677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodation should be made as early as possible. Any requests for accommodation will be reviewed in a timely manner to determine their appropriateness to this setting. You must be registered with the office of Students with Disabilities Resources in order for a request an accommodation.

Plagiarism and cheating-

Any student caught cheating on an exam or laboratory assignment will automatically fail the course, and may be subject to more severe University discipline. Please refer to the California Code of Regulations, Section 41301, Title 5 as found in the university catalog. Cheating includes sharing of examination content, questions, etc. to ATS who have not yet completed written or oral practical examinations.

Grading

Exams-----	30%
Treatment plans/case studies--	30%
Article critiques-----	10%
Practical exams-----	20%
Quizzes, assignments -----	10%
Total---	100%

Class Schedule

Date	Material	Assignment Due
1-22	Chapter 1- Injury Response Process Chapter 2- General Application Procedures Chapter 3- Injury Record Keeping Chapter 4- Inflammation	
1-24	Chapter 5- Immediate Care of Acute Ortho Inj Chapter 6- Healing Process Chapter 7- Understanding Pain and Injury	
1-29	Chapter 8- Relieving Ortho Injury Pain Chapter 9- Principles of Electricity Chapter 10- Application of Electrotherapy	Electrotherapy Critique
1-31	Chapter 10	
2-5	Chapter 10	
2-7	Case Studies	
2-12	Examination #1	Case Studies #1
2-14	Chapter 11- Thermotherapy Principles Chapter 12- Superficial Thermotherapy Chapter 13- Cryotherapy Beyond Imm Care Chapter 14- Cryotherapy Application	
2-19	Case Studies	Ultrasound Critique
2-21	Chapter 15- Therapeutic Ultrasound	
2-26	Chapter 16- Therapeutic Ultrasound	
2-28	Chapter 16- Diathermy	
3-4	Case Studies	
3-6	Examination #2	Case Studies #2
3-11	Chapter 17- Therapeutic Massage	
3-13	Chapter 17- Therapeutic Massage	
3-25	Chapter 18- Spinal Traction	
3-27	Chapter 19- Laser and Light Therapy	
4-1	Joint Mobilizations	
4-3	Joint Mobilizations	
4-8	Case Studies	
4-10	Examination #3	
4-15	Chapter 20- Differential Application	Case Studies #3
4-17	PNF	
4-22	PNF	
4-24	Chapter 21- Case Studies	
4-29	Case Studies	
5-1	Presentations	
5-6	Presentations	
5-8	Examination #4 and Practical	
5-15	Remaining practical examinations	

Please note that the course syllabus is subject to change

Article Critique Assignment for KIN 457

The article critique will include the following components:

1. A short summary of the article highlighting the important points.
2. A section discussing strengths and weaknesses of the article (ie. Sample size, methods, etc).
3. A section discussing what may be taken from this article. What effect has this article had on your thinking or on your application of the specific modality?

The critiques will be between 1.25-2 pages, typed, double spaced. Your name, date and class number, and critique topic will appear in the upper lefthand corner. Reference the article in APA format. Here is an example:

Shane Stecyk
Jan. 31, 2008
KIN 457
Electrotherapy

Plotke, R., and Stecyk, S. (2002). The Heating Effects of US. *The Journal of Athletic Training*. 37:4 p. 45-52

Summary-

Critique-

Application-

Grading Rubric

Summary (5 pts)

- Purpose of study
- Methods
- Significant findings

Critique- (3 pts)

- Strengths/weaknesses
- Utilizes evidence based rubric

Application (2 pts)

- Discusses impact of this study on personal use, thoughts, etc.