

San José State University
CASA/ Kinesiology
Kin 194, Therapeutic Exercise Fall 2018

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| Instructor: | Henry Pai MA, ATC, CATC |
| Office Location: | SPX 156 |
| Telephone: | (408) 924-3035 |
| Email: | henry.pai@sjsu.edu |
| Office Hours: | W 9:30-11:20am or by appointment |
| Class Days/Time: | MW – 8:30-9:20am MW LAB – 9:30-11:20am |
| Classroom: | YUH 128 (Lecture); YUH 128 (Lab) |
| Prerequisites: | KIN 188, KIN 191A & KIN 191B |

Course Description

This course is an introduction to the theoretical and clinical basis for the use of therapeutic exercise in rehabilitation settings. The basic biomechanics, indications, contraindications, and proper application procedures of therapeutic exercise associated with injury rehabilitation will be introduced.

Course Goals

At the end of a Bachelor of Science degree program in the Department of Kinesiology students should be able to:

- To obtain a critical understanding and the ability to apply theoretical and scientific knowledge from the sub-disciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.
- To effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.
- To apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.

- To recognize and apply sustainable approaches as they relate to kinesiology.
- To identify social justice and equity issues related to kinesiology for specific populations

Program Learning Outcomes (PLO)

At the end of a Bachelor of Science degree program in the Department of Kinesiology students should be able:

1. Students will be able to explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in the sub-disciplines in kinesiology.
2. Students will be able to effectively communicate in writing (clear, concise and coherent) on topics in kinesiology.
3. Students will be able to effectively communicate through an oral presentation (clear, concise and coherent) on topics in kinesiology.
4. Students will be able to utilize their experiences across a variety of health related and skill-based activities to inform their scholarship and practice in the sub disciplines in kinesiology.
5. Students will be able to identify and analyze social justice and equity issues related to kinesiology for diverse populations.

Required Texts/Readings

Textbook

Houglum, P. (2010). *Therapeutic Exercise for Musculoskeletal Injuries* (3rd ed.). Champaign, IL: Human Kinetics.

All other readings will be assigned and posted on Canvas

Library Liaison

Adriana Poo: adriana.poo@sjsu.edu

Phone: (408) 808-2019

For information regarding **University Policies** and other relevant course information please refer to: <http://www.sjsu.edu/gup/syllabusinfo/>

Course Requirements and Assignments

SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of 45 hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in [University Policy S12-3](http://www.sjsu.edu/senate/docs/S12-3.pdf) at <http://www.sjsu.edu/senate/docs/S12-3.pdf>.

Grading Policy

Midterm Exam - 25%

Final Exam - 25%

Lab Assignments (10) - 15%

Final Project - 20%

Quizzes (5) – 15%

Grading Scale

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|------------|------------|
| A 92%-100% | C 72%-77% |
| A- 90%-91% | C- 70%-71% |
| B+ 88%-89% | D+ 68%-69% |
| B 82%-87% | D 62%-67% |
| B- 80%-81% | D- 60%-61% |
| C+ 78%-79% | F 0%-59% |

Classroom Protocol

You are responsible for showing up on time, silencing your cell phones, and acting as a young professional. You are responsible for the readings and assignments and I expect you to come to class prepared, have a high standard of academic integrity, and treat each other with respect and courtesy. Please silence cell phones – if you need to take a call for good reason, please sit closer to the door and be ready to step outside. If you are using a laptop, it needs to already be charged and ready to use. Those using laptops need to be seated in the front two rows. I expect you to be on time and complete assignments on time. Late work will not be accepted! There will be no extra credit given in this class. Please come to class dressed appropriately and ready to be active in lab. We will be running and doing various types of exercise during class. Also, it is your responsibility to

pay attention to Canvas and let me know (professionally) of any discrepancies as soon as you see them. Please note: I do not check my email after 6pm and generally do not check my email on weekends. Please allow for 24 hours response time (weekdays) and 48 hours response time on weekends. Thank you!

KIN 194: Therapeutic Exercise/Lecture and Lab Schedule

Table 1 Course Schedule

| Week | Date | Topics, Readings, Assignments, Deadlines |
|-------------|----------------|--|
| 1 | 8/22 | Introduction and review of syllabus Lab: NO LAB |
| 2 | 8/27 8/29 | Lecture: Will discuss Concepts of Rehabilitation – Chapter 1 Lecture: Concepts of healing – Chapter 2 Lab 1: Introduction to Lab Equipment |
| 3 | 9/3 9/5 | NO CLASS - LABOR DAY Lecture: Chapter 2: Concepts of Healing Review Lab 2: Concepts of Rehabilitation |
| 4 | 9/10 9/12 | Lecture: Chapter 4 – Examination and Assessment Lecture: Chapter 4 + 11 – Posture and Body Mechanics Lab 3: Assessment Skills |
| 5 | 9/17 9/19 | Lecture: Chapter 3 – Concepts of Physics Lecture: Chapter 5 - Range of Motion and Flexibility Lab 4: Mobility, Flexibility, Range of Motion, PNF Stretching, |
| 6 | 9/24 9/26 | Lecture: Chapter 6 – Manual Techniques Lecture: Chapter 7 - Muscular Strength and Endurance Lab 5: Manual Techniques |
| 7 | 10/1 10/3 | Lecture: Chapter 8 – ABCs Proprioception Lecture: Chapter 9 - Plyometrics Lab 6: Proprioception |
| 8 | 10/8 10/10 | Lecture: Chapter 18 – Sacroiliac Joint and Pelvis Lecture: Chapter 18 - Sacroiliac Joint and Pelvis Lab 7: SI Joint and Pelvis |
| 9 | 10/15 10/17 | MIDTERM EXAM Review Sacroiliac Joint and Pelvis No Lab |
| 10 | 10/22 10/24 | Lecture: Chapter 19 – Shoulder and Arm Lecture: Chapter 19 Shoulder and Arm cont'd Lab 8: Shoulder and Arm |

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| 11 | 10/29 10/31 | Lecture: Chapter 20 - Elbow and Forearm Lecture: Chapter 20 cont'd Lab 9: Upper Extremity Rehabilitation - Progressions |
| 12 | 11/5 11/7 | Lecture: Chapter 21 – Wrist and Hand Lecture: Chapter 21 cont'd Lab 10: Wrist and Hand rehabilitation |
| 13 | 11/12 11/14 | NO CLASS – VETERAN'S DAY Lecture: Chapter 22 Ankle, Lower Leg No Lab |
| 14 | 11/19 11/21 | Lecture: Chapter 22 – cont'd Ankle, Lower Leg NO CLASS - THANKSGIVING BREAK Lab 11: Ankle and lower leg rehabilitation |
| 15 | 11/26 11/28 | Lecture: Chapter 23 – Knee and Thigh Lecture: Chapter 23 cont'd Lab 12: Knee-specific Rehabilitation |
| 16 | 12/3 12/5 | Lecture: Chapter 24 Hip Lecture: Chapter 15 Special Populations/Considerations Lab: Hip Rehabilitation |
| 17 | 12/10 | Lecture: Review Final Project Due Date of Final Exam TBD |