

**San José State University**  
**CASA/ Kinesiology**  
**Kin 195, Therapeutic Modalities, Section 01, Spring 2013**

<b>Instructor:</b>	Holly Brown, MA, ATC
<b>Office Location:</b>	SPX 72
<b>Telephone:</b>	(408) (924-3035)
<b>Email:</b>	Holly.Brown@sjsu.edu
<b>Office Hours:</b>	M 10:30am – 11:30am T 2:00pm – 3:00pm
<b>Class Days/Time:</b>	T, Th 10:30-11:20am Labs T or Th 11:30am – 1:20pm
<b>Classroom:</b>	Lecture: Clark 302 Lab: SPX 75
<b>Prerequisites:</b>	KIN 70, KIN 188

### **Desire to Learn**

Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on D2L. You are responsible for regularly checking D2L. Please send email directly to the email above rather than D2L. Thank you.

### **Course Description**

Theoretical and clinical aspects of therapeutic modalities in athletic rehabilitation. Includes the physics and physiological effects, indications and contraindications, as well as application procedures of various therapeutic modalities.

### **Course Goals and Student Learning Objectives**

#### **Course Content Learning Outcomes (CLO)**

Upon successful completion of this course, students will be able to:

CLO 1 – Understand the clinical application of various therapeutic modalities including set-up, operational procedures, physiological effects, advantages and disadvantages, and indications and contraindications.

CLO 2 – Understand the selection of therapeutic modalities for control of acute and chronic pain.

CLO 3 – Understand administrative considerations of using therapeutic modalities in athletic training facilities and clinics.

CLO 4 – Understand the importance of evidence based practice in the use of therapeutic modalities.

### **Program Learning Outcomes (PLO)**

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

PLO 1- to obtain a critical understanding and the ability to apply theoretical and scientific knowledge from the subdisciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.

PLO 2- to effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.

PLO 3- to apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.

PLO 4- to recognize and apply sustainable approaches as they relate to kinesiology.

PLO 5- to identify social justice and equity issues related to kinesiology for various populations.

### **Required Texts/Readings**

#### **Textbook**

Denegar, C., Saliba, E., & Saliba, S. (2010). *Therapeutic Modalities for Musculoskeletal Injuries*. (3<sup>rd</sup> ed.). Champaign, IL: Human Kinetics.

#### **Other Readings**

See D2L for additional posted readings.

#### **Definition of a Credit Hour**

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

As an example, the expectation of work for a 3-credit course is 150-minutes of direct faculty instruction and six hours of out-of-class student work each week.

#### **Library Liaison**

Ms. Peggy Cabrera: [peggy.cabrera@sjsu.edu](mailto:peggy.cabrera@sjsu.edu), (408) 808-2034

## **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. Do not show up late to class – not only is it inappropriate but it distracts others. Please allow time for return of assignments, I will do my best to have it returned and recorded on D2L within a week. Also, it is your responsibility to pay attention to D2L and let me know (professionally) of any discrepancies as soon as you see them. Be courteous to Dr. Semerjian – if my door is not open, please do not knock excessively, I'm likely meeting with another student or not there. Schedule time with me please.

### **Recording of Class Lectures**

Common courtesy and professional behavior dictates that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. This permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.

- (Insert your process for granting permission, whether in writing or orally and whether for the whole semester or on a class by class basis.)
- (In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.)

Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor-generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

### **Dropping and Adding**

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/provost/Academic_Calendars/) web page at [http://www.sjsu.edu/provost/Academic\\_Calendars/](http://www.sjsu.edu/provost/Academic_Calendars/). The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

### **Assignments and Grading Policy**

**Written Exams** – There will be three. Each worth 60 points with the third being a cumulative final. CLO 1-4

**Lab Oral/Practicals** – There will be two O/P. Each worth 25 points. CLO 1-3  
**Quizzes** – There will be 4 unannounced quizzes. These cannot be made up, please arrive to class on time. CLO 1-3  
**Article Critiques** – You will complete 5 peer-reviewed journal article critiques. Each worth 5 points and must be APA format and regarding modalities only. CLO 4  
**Lab Assignments** - There will be 7 lab assignments as given by the instructor. Each worth 5 points. CLO 1-2  
**Peer Lab Experiments** - You will have to design 4 safe lab experiments using modalities, gain instructor permission, and perform the experiments. Example: how does icing one shoulder effect reaction time when compared to a heated shoulder? More information will be given in class and on D2L. Once experiment is complete, each partner group must turn a full scientific report. Each worth 20 points. Specific directions will be included on D2L. CLO 1-4

**Grading:**

98-100% = A+  
90-97% = A  
88-89% = B+  
80-87% = B  
72-79% = C  
70-71%= C-  
60-69% = D  
59-below= F

**University Policies**

**Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Integrity Policy S07-2 requires approval of instructors.

**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an

appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

### **Student Technology Resources (Optional)**

Computer labs for student use are available in the [Academic Success Center](http://www.at.sjsu.edu/asc/) at <http://www.at.sjsu.edu/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

### **SJSU Peer Connections (Optional)**

The Learning Assistance Resource Center (LARC) and the Peer Mentor Program have merged to become Peer Connections. Peer Connections is the new campus-wide resource for mentoring and tutoring. Our staff is here to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. Students are encouraged to take advantage of our services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10<sup>th</sup> and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

### **SJSU Writing Center (Optional)**

The SJSU Writing Center is located in Suite 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The [Writing Center staff](http://www.sjsu.edu/writingcenter/about/staff/) can be found at <http://www.sjsu.edu/writingcenter/about/staff/>.

## KIN 195 / Therapeutic Modalities Course/Lab Schedule

*List the agenda for the semester including when and where the final exam will be held. Indicate the schedule is subject to change with fair notice and how the notice will be made available.*

**Table 1 Course Schedule**

Week	Date	Topics, Readings, Assignments, Deadlines
1	1/24	Introduction, Administration, Chapter 1
2	1/29 1/31	Chapter 2, Lab: Introduction to the Modalities Lab Chapter 3
3	2/5 2/7	Chapter 4, Lab: Pain and Pain Relief, be able to expose feet, ankles, and lower arms Chapter 5 *1 <sup>st</sup> article critique due in D2L dropbox
4	2/12 2/14	Chapter 6 Lab: Evidence based practice Chapter 7
5	2/19 2/21	<b>Exam 1</b> Lab: Cold and heat: using ice, heat in various forms, be able to expose up to upper thigh Chapter 8
6	2/26 2/28	Chapter 9 *Article critique 2 due Lab: Introduction to Electrotherapy
7	3/5 3/7	Chapter 10 Lab: Clinical scenarios for using modalities learned
8	3/12 3/14	Chapter 11 Lab: Introduction to Ultrasound
9	3/19 3/21	<b>Exam 2 OP 1 also this week!</b> Guest speaker
10	3/26 3/28	Spring Break
11	4/2 4/4	Chapter 12 *3 <sup>rd</sup> article critique due Lab: Ultrasound lab continued
12	4/9 4/11	Chapter 13 *First lab experiment proposal due Lab: Manual therapies
13	4/16	Chapter 14 *second lab experiment proposal due

Week	Date	Topics, Readings, Assignments, Deadlines
	4/18	Lab: Time for peer experiments *4 <sup>th</sup> article critique due
14	4/23 4/25	Chapters 15, 16 *3 <sup>rd</sup> experiment proposal due Lab: Time for peer experiments,
15	4/30 5/2	Research discussions, guest speakers, final thought and uses for modalities *Last experiment proposal due Lab: Time for peer experiments
16	5/7 5/9	Review <b>Final Lab OP</b> *5 <sup>th</sup> article critique due, all lab reports for 4 peer experiments due!
Final Exam	May 21, 2013	9:45am-12:00pm