

**San José State University**  
**Kinesiology**  
**KIN 195, Therapeutic Modalities**  
**Section 01, Spring 2015**

<b>Instructor:</b>	Dr. KyungMo Han, PhD, ATC, CSCS
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<b>Office Hours:</b>	Tuesday, 14:00-16:00
<b>Class Days/Time:</b>	Lecture: Tuesday/Thursday, 10:30-11:20 Section 2: Tuesday, 11:30-13:20 Section 3: Thursday, 11:30-13:20
<b>Classroom:</b>	YUH 233 (Lecture) / YUH 128 (Lab)
<b>Prerequisites:</b>	KIN 70, KIN 188 and BIOL 65

**Canvas Resources:**

Course syllabus, power point presentations, study guides, and grade information for this course will be distributed via Canvas.

Student Log In Information to Canvas

1. Go to the Canvas URL Log In: <http://sjsu.instructure.com>
2. You will see a log in page. Log in with your 9-digit SJSU ID and password you use for your SJSUOne account
3. Click LOGIN to access your Canvas account
4. If you have issues logging into Canvas account, contact Information Technology Services (ITS) at 408-924-2377

**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 Learning Objectives**

### **Course Content Learning Outcomes**

At the completion of this course, the student will be able to demonstrate an understanding of the following:

1. Clinical application of various therapeutic modalities including set-up, operational procedures, physiological effects, advantages/disadvantages, and indications/contraindication.
2. Selection of therapeutic modalities for control of acute and chronic pain, and rehabilitation of common athletic injuries.
3. Administrative considerations of using therapeutic modalities in athletic training facility.

### **Program Learning Outcomes (PLOs)**

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

- PLO1: 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.
- PLO2: To effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.
- PLO3: To apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.
- PLO4: To recognize and apply sustainable approaches as they relate to kinesiology.
- PLO5: To identify social justice and equity issues related to kinesiology for various populations.

### **Required Text**

#### **Textbook**

Starkey C (2004 or 2013). *Therapeutic Modalities* (3<sup>rd</sup> or 4<sup>th</sup> Edition), Philadelphia, PA: F. A. Davis (ISBN: 978-8036-1139-9 or 978-0-8036-2593-8).

### **Assignments and Grading Policy**

Four (4) unit exams (Unit I, II, III, and IV) will be administered and the highest 3 exams out of 4 will be recorded. Each written exam will be worth 100 points. The format of these examinations will be multiple choice, true/false, short answer, matching and/or diagram labeling questions. The study guide for each exam will be provided. The exams must be taken on the day and time they are scheduled. Make-up written exams are not permitted except under extreme extenuating circumstances at the discretion of the instructor.

**Quizzes:** A quiz will be administered at the beginning of the class on certain dates (the specific quiz dates noted on the attached tentative schedule). Six (6) quizzes will be administered and the highest 4 quizzes out of 6 will be recorded. Each quiz will be worth 10 points. These quizzes will cover only the information presented in class since the prior quiz. The quizzes must be taken on the day and time they are scheduled. No extra time will be allowed and no make-up quizzes will be provided.

**Lab Oral Practical Examinations:** Two (2) lab practical exams will be administered. Each lab practical exam will be worth 25 points. The lab practical exams will be administered in the laboratory. A sign-up sheet of available times will be provided in the laboratory class. Make-up written and lab practical exams are not permitted except under extreme extenuating circumstances at the discretion of the instructor.

**Laboratory Assignments:** Six (6) laboratory assignments will be completed in a small group format. A grade will be recorded individually. Each laboratory assignment will be worth 10 points. Late assignments will not be accepted – assignments are due at the beginning of class on the respective due date for each assignment per the attached tentative schedule.

The final grade will be determined based on the following scale:

A+ = 100-96%	A = 95-93%	A- = 92-90%
450-430	429-417	416-403
B+ = 89-86%	B = 85-83%	B- = 82-80%
402-385	384-372	371-358
C+ = 79-76%	C = 75-73%	C- = 72-70%
357-340	339-327	326-313
D+ = 69-66%	D = 65-63%	D- = 62-60%
312-295	294-282	281-268
F = 59-0% Unsatisfactory		
267-0		

### Classroom Protocol

Appropriate behavior in the classroom begins with demonstrating a respect of yourself and others in the course. Please adhere to the following recommendations:

1. Attend all class meetings.
2. Arrive in class on time and remain seated for the entire class.
3. If it is unavoidable and necessary to leave the class before instruction is completed, inform me beforehand.
4. Turn off all cell phones, pagers, PDAs, etc. during classes.
5. Remove ear phones.
6. Sleeping in class or participating in other distracting behavior (e.g., reading a newspaper) is very distracting and disrespectful to your peers and the faculty.

7. You are welcome to use laptops in class for class purposes. However, you are on your honor to use it only for class-related purposes -- no email or other nonclass uses.
8. Verbally express opinions/views in a professional manner.

## **University Policies**

### **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 year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/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/>.

### **Consent for Recording of Class and Public Sharing of Instructor Material**

Common courtesy and professional behavior dictate 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. Such 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.

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.

### **Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> 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 [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> 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.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/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)**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their 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 Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this code.)



### **SJSU Counseling Services (Optional)**

The SJSU Counseling Services is located on the corner of 7<sup>th</sup> Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

# KIN 195

## Therapeutic Modalities

### Spring 2015

### Tentative Course Schedule

(Subject to Change With Fair Notice)

#### Lecture Schedule

Week	Date	Topics, Reading Chapters, Quizzes, Exams
1	01/22	Course Introduction
2	01/27* 01/29	Therapeutic Modalities (Ch. 0) The Injury Response Process (Ch. 1)
3	02/03 02/05	The Injury Response Process (Ch. 1) The Physiology and Psychology of Pain (Ch. 2)
4	02/10* 02/12	The Physiology and Psychology of Pain (Ch. 2) Developing and Delivery of Treatment Protocol (Ch. 3) Administrative Considerations (Ch. 4)
5	02/17 <b>02/19</b>	Jeopardy I <b>Unit Exam I (Ch. 1, 2, 3, 4)</b>
6	02/24 02/26	Cold Modalities (Ch. 5, 6) Cold Modalities (Ch. 5, 6)
7	03/03* 03/05	Heat Modalities (Ch. 5, 6) Heat Modalities (Ch. 5, 6)
8	03/10 03/12	Therapeutic Ultrasound (Ch. 7, 8) Therapeutic Ultrasound (Ch. 7, 8)
9	03/17*  03/19	Therapeutic Ultrasound (Ch. 7, 8) Shortwave Diathermy (Ch. 9, 10) Jeopardy II
10	<b>03/24</b> <b>03/26</b>	<b>Spring Recess</b> <b>Spring Recess</b>
11	<b>03/31</b> <b>04/02</b>	<b>Cesar Chavez Day – Campus Closed</b> <b>Unit Exam II (Ch. 5/6, 7/8, 9/10)</b>
12	04/07 04/09*	Principles of Electrical Stimulation (Ch. 11) Electrical Stimulation Techniques (Ch. 12) Clinical Application of Electrical Agents (Ch. 13)
13	04/14 04/16	Clinical Application of Electrical Agents (Ch. 13) Jeopardy III
14	<b>04/21</b> 04/23	<b>Unit Exam III (Ch. 11, 12, 13)</b> Therapeutic Massage (Ch. 16, 3 <sup>rd</sup> Edition) (Ch. 17, 4 <sup>th</sup> edition)

<b>Week</b>	<b>Date</b>	<b>Topics, Reading Chapters, Quizzes, Exams</b>
15	04/28* 04/30	Therapeutic Massage (Ch. 16, 3 <sup>rd</sup> Edition) (Ch. 17, 4 <sup>th</sup> edition) Intermittent Compression (Ch. 14) Cervical and Lumbar Traction (Ch. 17, 3 <sup>rd</sup> Edition) (Ch.16, 4 <sup>th</sup> Edition)
16	05/05 05/07	Cervical and Lumbar Traction (Ch. 17, 3 <sup>rd</sup> Edition) (Ch.16, 4 <sup>th</sup> Edition) Continuous Passive Motion (Ch. 15) Electrographic Biofeedback (Ch. 18)
	05/12	Therapeutic Lasers (Ch. 19)
<b>Final Exam</b>	<b>05/20 (W)</b>	<b>Unit Exam IV (Ch. 14-19)</b> <b>YUH 233, 09:45-10:45</b>

\*: Quiz days are indicated by an asterisk (\*)

### Lab Schedule (Tuesday and Thursday)

Date	Lab Activities, Lab Assignments, OP Exams
Jan. 27/29	Learning Modalities
Feb. 03/05	Cryotherapy 1-1
Feb. 10/12	Cryotherapy 1-2
Feb. 17/19	Thermotherapy 2-1 <b>Lab Assignment 1 (Cryotherapy) Due Date</b>
Feb. 24/26	Thermotherapy 2-2
Mar. 03/05	Ultrasound 3 <b>Lab Assignment 2 (Thermotherapy) Due Date</b>
Mar. 10/12	Review All
Mar. 17/19	<b>Oral Practical Exam I (Lab 1-3)</b>
Mar. 24/26	<b>Spring Recess</b> <b>Spring Recess</b>
Mar./Apr 31/02	<b>Cesar Chavez Day – Campus Closed</b>
Apr. 07/09	Electrical Stimulation 4-1/Electrical Stimulation 4-2 <b>Lab Assignment 3 (Ultrasound) Due Date</b>
Apr. 14/16	Massage 5-1 <b>Lab Assignment 4 (Electrical Stimulation 2) Due Date</b>
Apr. 21/23	Massage 5-2
Apr. 28/30	Intermittent Compression 6/Traction 6 <b>Lab Assignment 5 (Massage) Due Date</b>
May. 05/07	<b>Oral Practical Exam II (Lab 4-6)</b> <b>Lab Assignment 6 (Intermittent Compression/Traction) Due Date</b>