

**San José State University**  
**CASA/ Kinesiology**  
**Kin 194, Therapeutic Exercise Fall 2015**

<b>Instructor:</b>	Justine Laraya MA, ATC
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<b>Office Hours:</b>	F 10:30-12:30pm or by appointment
<b>Class Days/Time:</b>	M/W – 10:30am-11:20am M/W LAB – 8:30am-10:20am
<b>Classroom:</b>	YUH 128
<b>Prerequisites:</b>	KIN 188, KIN 191A & KIN 191B

**CANVAS**

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on Canvas learning management system course website. You are responsible for regularly checking with the messaging system through MySJSU (or other communication system as indicated by the instructor) to learn of any updates. Also, please email me directly at justine.laraya@sjsu.edu with your course number on the subject line rather than through Canvas. Thank you!

**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.

**Kinesiology Goals and Learning Objectives**

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 subdisciplines 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 various populations

## **Course Goals and Learning Objectives**

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

Following the completion of this course, students will understand and apply:

1. The normal physiological responses of the human body to trauma, the physiological process of wound healing and tissue repair, the effects of trauma and inactivity on specific body tissues and implications for the selection and use of therapeutic exercises in rehabilitation.
2. The theoretical and scientific bases associated with the use of therapeutic exercises in the rehabilitation process.
3. Knowledge and skills related to the development of basic components of a comprehensive rehabilitation program, including determination of therapeutic goals and objectives, selection development of criteria for progression and return to competition or activities of daily living.
4. Physiological effects, therapeutic indications and contraindications associated with the use of passive, active, active-assisted, resistive (isometric, isotonic, isokinetic) and cardiorespiratory exercise.
5. The theories and application of principles associated with the use of therapeutic exercise techniques including: manual muscle testing, cardiovascular fitness, flexibility, resistance exercise, plyometrics, proprioceptive neuromuscular facilitation, joint mobilization, core stabilization, balance/proprioception, agility and aquatic therapy.
6. Principles associated with psychological issues, ethical standards, and diverse populations relative to therapeutic exercise.

## **Required Texts/Readings**

### **Textbook**

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

### **Other Readings**

As assigned on Canvas

## **Library Liaison**

Emily Chan: [Emily.chan@sjsu.edu](mailto:Emily.chan@sjsu.edu)

## **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 forty-five 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>.

1. Daily Question Writing Assignment: Each day in lecture we will begin with a 5-minute writing assignment. Each is worth 2 points and cannot be made up. This writing question will be a reflection of any reading assignment or discussion. CLO 1-6
2. Written Exams: There will be two written exams each worth 50 points. CLO 1-6
3. Final Exam and Final Rehabilitation Design: Final Exam and project will be worth 100 points. CLO 1-6
4. Lab Assignments: You will be required to participate in lab activities and turn in lab assignments as assigned each week. Each will be worth 10 points. These will include such things as rehab design and skills testing. CLO 1-6, PLO 1

## 5. 2 Article Abstracts worth 20 points

### **Grading Policy**

#### **Grading Scale**

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!*

#### **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.

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/>.

## **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 194: Therapeutic Exercise/Lecture and Lab Schedule

Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/24-8/26	Lecture: Introduction and Administration: Get book and read Chapter 1 Lab: Will NOT meet this week.
2	8/31-9/2	Lecture: Will discuss Concepts of Rehabilitation, Chapter 1, Lecture: Continue Chapter 1 Lab: Will meet! Introduction to Lab Equipment
3	9/7-9/9	<b>NO CLASS 9/7!!!! LABOR DAY</b> Lecture: Chapter 2: Concepts of Healing Review, Chapter 3: Review of Examinations Lab: First Lab Assignment: Concepts of Rehabilitation
4	9/14-9/16	Lecture: Mobility, Flexibility Chapter 5 Lab: Review of examination skills, various exam techniques
5	9/21-9/23	Lecture: Chapter 6: Manual Techniques Lab: Mobility, Flexibility, Range of Motion, PNF Stretching <b>ABSTRACT #1 DUE</b>
6	9/28-9/30	Chapter 8: Proprioception Lab: Manual Techniques
7	10/5-10/7	Lecture: Chapter 7 (pages 219-254) Lab: Balance and Proprioception
8	10/12- 10/14	10/12: <b>Exam 1</b> Lab: Basic Strengthening and Muscle Endurance
9	10/19- 10/21	Lecture: Chapter 18: Spine/SI Lab: PNF techniques
10	10/26- 10/28	Lecture: Chapter 13 Aquatic Rehabilitation, Chapter 14 Foam Rollers, Swiss Balls Lab: Intro to Spine Rehab
11	11/2-11/4	Lecture: Spine continued, Chapter 19 Lab: PNF techniques, Foam Rolling and Swiss Ball Exercises
12	11/9-11/11	Lecture: Ankle Chapter 22 Lab: Shoulder Arm Rehab <b>NO CLASS 11/11!!! VETERAN'S DAY</b>
13	11/16- 11/18	Lecture:., Knee Chapter 23 Lab: Ankle Rehab Techniques <b>ABSTRACT #2 DUE</b>

<b>Week</b>	<b>Date</b>	<b>Topics, Readings, Assignments, Deadlines</b>
14	11/23- 11/25	Lecture: Knee (contd) Lab: Knee Rehab
15	11/30-12/2	Lecture: Hip, Chapter 24 Finish all rehab skills
16	12/7-12/9	Lecture: Review of all techniques and designs Lab: Finish all skills testing for techniques
<b><i>Final Exam</i></b>	12/15	9:45am-12:00pm