

**San José State University
Kinesiology
KIN 195, Therapeutic Modalities
Spring 2021**

Instructor:	KyungMo Han, PhD, ATC, CSCS
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Office Hours:	Tuesday, 15:30-17:30
Class Days/Time:	Lecture: T/Th, 10:30-11:20 Tuesday (Synchronous) Thursday (Asynchronous) Lab: Tuesday, 11:30-13:20 (Synchronous)
Classroom:	Canvas/Zoom
Prerequisites:	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.

Instructional videos and materials, and student's activities cannot be recorded, shared or uploaded in any form publicly without the permission of the instructor, student and university's approval.

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 will be able to:

1. 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. Effectively communicate in writing (clear, concise and coherent) on topics in kinesiology;
3. Effectively communicate through an oral presentation (clear, concise and coherent) on topics in kinesiology;
4. 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. Identify and analyze social justice and equity issues related to kinesiology for diverse populations.

Required Text

Textbook

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

Library Liaison

Adriana Poo (adriana.poo@sjsu.edu, 408-808-2019).

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 via Zoom. Each lab practical exam will be worth 25 points. 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 plus = 100-96%	A = 95-93%	A minus = 92-90%
450-430	429-417	416-403
B plus = 89-86%	B = 85-83%	B minus = 82-80%
402-385	384-372	371-358
C plus = 79-76%	C = 75-73%	C minus = 72-70%
357-340	339-327	326-313
D plus = 69-66%	D = 65-63%	D minus = 62-60%
312-295	294-282	281-268
F = 59-0% Unsatisfactory		
267-0		

Zoom Classroom Etiquette

1. Mute Your Microphone: To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking
2. Be Mindful of Background Noise and Distractions: Find a quiet place to “attend” class, to the greatest extent possible; Avoid video setups where people may be walking behind you, people talking/making noise, etc.; Avoid activities that could create additional noise, such as shuffling papers, listening to music in the background, etc.
3. Position Your Camera Properly: Be sure your webcam is in a stable position and

focused at eye level.

4. **Limit Your Distractions/Avoid Multitasking:** You can make it easier to focus on the meeting by turning off notifications, closing or minimizing running apps, and putting your smartphone away (unless you are using it to access Zoom).
5. **Use Appropriate Virtual Backgrounds:** If using a virtual background, it should be appropriate and professional and should not suggest or include content that is objectively offensive or demeaning.

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' Syllabus Information web page at <http://www.sjsu.edu/gup/syllabusinfo/>

KIN 195 Therapeutic Modalities Tentative Course Schedule (Subject to Change With Fair Notice)

Lecture Schedule

Week	Date	Topics (Reading Assignments), Dates for Quizzes, Exams
1	T Th 01/28	Course Introduction
2	02/02* 02/04	Therapeutic Modalities (Ch. 0) The Injury Response Process (Ch. 1)
3	02/09 02/11	The Injury Response Process (Ch. 1) The Physiology and Psychology of Pain (Ch. 2)
4	02/16* 02/18	The Physiology and Psychology of Pain (Ch. 2) Developing and Delivery of Treatment Protocol (Ch. 3) Administrative Considerations (Ch. 4)
5	02/23 02/25	Jeopardy I Unit Exam I (Ch. 1, 2, 3, 4):
6	03/02 03/04	Cold Modalities (Ch. 5, 6) Cold Modalities (Ch. 5, 6)
7	03/09* 03/11	Heat Modalities (Ch. 5, 6) Heat Modalities (Ch. 5, 6)
8	03/16 03/18	Therapeutic Ultrasound (Ch. 7, 8) Therapeutic Ultrasound (Ch. 7, 8)
9	03/23* 03/25	Therapeutic Ultrasound (Ch. 7, 8) Shortwave Diathermy (Ch. 9, 10)
10	03/30 04/01	Spring Recess Spring Recess

Week	Date	Topics (Reading Assignments), Dates for Quizzes, Exams
11	04/06 04/08	Jeopardy II Unit Exam II (Ch. 5/6, 7/8, 9/10)
12	04/13 04/15*	Principles of Electrical Stimulation (Ch. 11) Electrical Stimulation Techniques (Ch. 12)
13	04/20 04/22	Clinical Application of Electrical Agents (Ch. 13) Clinical Application of Electrical Agents (Ch. 13)
14	04/27 04/29	Jeopardy III Unit Exam III (Ch. 11, 12, 13)
15	05/04 05/06*	Therapeutic Massage (Ch. 16-3 rd Edition) (Ch. 17-4 th edition) Intermittent Compression (Ch. 14) Cervical and Lumbar Traction (Ch. 17-3 rd Edition) (Ch.16-4 th Edition)
16	05/11 05/13	Continuous Passive Motion (Ch. 15)/ Electrographic Biofeedback (Ch. 18)/ Electrographic Biofeedback (Ch. 18)/Therapeutic Lasers (Ch. 19)
Final Exam	05/19 (W)	Unit Exam IV (Ch. 14-19) 09:45-10:35

: Quiz days are indicated by an asterisk ()

Lab Schedule (Tuesday)

Date	Lab Activities, Lab Assignments, OP Exams
02/02	Introduction
02/09	Learning Modalities
02/16	Cryotherapy 1-1
02/23	Cryotherapy 1-2
03/02	Thermotherapy 1-1
03/09	Thermotherapy 1-2 Lab Assignment 1 (Cryotherapy) Due Date
03/16	Ultrasound 3 Lab Assignment 2 (Thermotherapy) Due Date
03/23	Review Lab 1-3
03/30	Spring Recess
04/06	Oral Practical Exam I (Lab 1-3)
04/13	Electrical Stimulation 4-1/Electrical Stimulation 4-2 Lab Assignment 3 (Ultrasound) Due Date

Date	Lab Activities, Lab Assignments, OP Exams
04/20	Massage 5-1 Lab Assignment 4 (Electrical Stimulation 2) Due Date
04/27	Massage 5-2
05/04	Intermittent Compression 6/Traction 6 Lab Assignment 5 (Massage) Due Date
05/11	Oral Practical Exam II (Lab 4-6) Lab Assignment 6 (Intermittent Compression/Traction) Due Date