

**ACU Department of Kinesiology & Nutrition**  
**Course Syllabus**  
**Therapeutic Exercise**  
**KINE 477.01**  
**Spring 2016**

**Instructor:** Adam Ybarra M.Ed, ATC, LAT  
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**ACU Mission Statement**

To educate students for Christian service and leadership throughout the world.

**College of Education and Human Services Mission Statement**

To equip students for global ministry through exemplary practice and service in education and human services.

**Department of Kinesiology and Nutrition Mission Statement**

To prepare students to serve and lead through the development of healthful lifestyles.

**Course Description**

This course is a study of therapeutic exercises designed to aid and implement a protocol to return athletes to participation.

**Credit:** 3 hours

**When:** TR 8:00-9:20 a.m.

**Where:** Gibson 130

**Prerequisites:** KINE 291, KINE 296, KINE 365, and KINE 366

**Purpose and audience:** The course provides a practical view of sports medicine/athletic training concerning specific therapeutic exercises for athletic injuries. It is required for students in the Athletic Training concentration (KNAT) of the B.S. in Kinesiology degree. They must have passed KINE 291 Basic Sports Medicine, KINE 296 Care and Prevention of Athletic Injuries, KINE 365 Assessment of Injury I, and KINE 366 Assessment of Injury II.

**Teaching Methodology/Format:** Lecture, group class discussions, laboratories concerning different exercises and progression in therapy for various injuries, and a rehab project.

**Overview of Content:** The course examines comprehensive information concerning specific therapeutic exercises for various athletic injuries.

**Required Textbook:** Houglum, P., & Perrin, D. (2010). *Therapeutic Exercise for Musculoskeletal Injuries* (3<sup>rd</sup> ed.). Champaign, IL: Human Kinetics.

**Library Holdings:** The Brown Library has numerous resources concerning athletic training/sports medicine.

**Course goal:** The student should be able to aid in the rehabilitation of injured athletes through therapeutic exercise.

### **Statement of Faith**

The human body is truly a work of art. It is a great thing to be able to work on the thing that God created in his image. It is just a constant reminder how great he is and how we can make an impact on our patients' lives by rehabilitating their mind as well as their body.

### **Course Competencies**

|   | Competency                                                                                                                                                                    | Measurement Instrument                        |
|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| 1 | The student will be able to describe the basic components of therapeutic exercise and the relationship to specific injury often occurring in sport.                           | Exams, Laboratory Journals                    |
| 2 | The student will be able to utilize principles of strengthening exercises.                                                                                                    | Laboratory Participation, Laboratory Journals |
| 3 | The student will be able to develop functional exercises to activity-specific progression for both the lower and upper extremities.                                           | Exams, Laboratory Journals                    |
| 4 | The student will be able to demonstrate therapeutic exercises (including aquatic) for each body segment while identifying their purposes and utilizing appropriate equipment. | Laboratory Participation, Laboratory Journals |
| 5 | The student will be able to analyze a plan for the athlete from immediate post-operative exercise to return to full play.                                                     | Injury Case Study                             |

### **Course Evaluation and Grading Scale**

| Evaluation Type          | Number | Points              | Total Points |
|--------------------------|--------|---------------------|--------------|
| Written Exams            | 3      | 100 each            | 300          |
| Laboratory Participation | 16     | 100                 | 100          |
| Laboratory Journals      | 16     | 10 each             | 160          |
| Rehab Project            | 1      | 100                 | 100          |
|                          |        | <b>Total Points</b> | <b>660</b>   |

The student's final letter grade will be awarded based on the following scale:

|   |                  |   |                  |
|---|------------------|---|------------------|
| A | ≥ 594 points     | D | 396 – 461 points |
| B | 528 – 593 points | F | < 396 points     |
| C | 462 – 527 points |   |                  |



**Written Exams:** There will be 3 exams in this course. All exams are closed book and may include true/false, matching, multiple choice, fill-in-the-blank, short answer and essay questions.

**Injury Case Study:** This project will consist of researching an injury that would require surgical intervention and analyzing a case study treatment plan for the athlete from immediate post-operative exercise to full return to play. It will require a large amount of research and time. The student will have many resources to pull from including staff Athletic Trainers and their texts books as well as the Internet.

### **Class Attendance Policy**

Students are expected to attend class. Excessive tardiness or absences from class will reflect in the students' grade. Only university-approved absences or extenuating circumstances such as serious illness, or death in the family will be accepted as excused absences. It is the student's responsibility to notify the instructor of excused absences. Be aware that students with more than seven (7) absences (excused or unexcused) may not receive credit for the course subject to departmental review. **If you are unable to take an exam during the scheduled time, the instructor must be notified beforehand. Failure to take an exam during the scheduled time without notifying the instructor will result in a 50% deduction of points for the first offense and a grade of zero for subsequent offenses.** Likewise, tardiness is not appropriate for this class. Three (3) tardies will result in one absence.

### **Professional Behavior in the Classroom or Lab**

All students are expected to exhibit consistent professional conduct in the classroom and laboratory setting. Students are expected to maintain an active and learning classroom environment. Disruptive classroom behaviors include cell phones, challenges to faculty authority, demanding special treatment, tardiness, leaving early, offensive remarks, chattering, reading newspapers/magazines, sleeping, or overt inattentiveness. Inappropriate behavior will result, minimally, in a request for the student to leave class. After the first incident of inappropriate behavior, the instructor will discuss the behavior with the student as soon as possible following the class. If a second incident occurs, the instructor will refer the student to the program director or department chair. Repeated offenses will result in disciplinary action deemed appropriate to the offense according to the program director.

### **Other Course Policies**

Students are responsible for tracking their academic progress in this class throughout the semester. Therefore, students with questions about grades are encouraged to contact the instructor. Final grades will be posted on IQ Web at the conclusion of the semester.

### **Academic Integrity**

Violations of academic integrity and other forms of cheating, as defined in ACU's Academic Integrity Policy, involve the intention to deceive or mislead or misrepresent, and therefore are a form of lying and represent actions contrary to the behavioral norms that flow from the nature of God. Violations will be addressed as described in the Policy. While the university enforces the Policy, the most powerful motive for integrity and truthfulness comes from one's desire to imitate God's nature in our lives. Every member



of the faculty, staff, and student body is responsible for protecting the integrity of learning, scholarship, and research. The full Policy is available for review at the Provost's office web site (<http://www.acu.edu/campusoffices/provost>) and the following offices: provost, college deans, dean of campus life, director of student judicial affairs, director of residential life education and academic departments.

### **ADA Compliance Statement**

*Abilene Christian University is dedicated to removing barriers and opening access for students with disabilities in compliance with ADA and Section 504 of the Rehabilitation Act. The Alpha Scholars Program facilitates disability accommodations in cooperation with instructors. In order to receive accommodations, you must be registered with Alpha Scholars Program, and you must complete a specific request for each class in which you need accommodations. If you have a documented disability and wish to discuss academic accommodations, please call our office directly at 325-674-2667.*

### **Sexual Harassment**

Harassment will not be tolerated at Abilene Christian University. As a Christian community, Abilene Christian University has committed itself, unequivocally, to ensuring a working and learning environment in which the dignity of every individual is respected. Therefore it is the purpose of this policy to maintain a work and academic environment that is free of harassment, sexual or otherwise. This policy applies to all members of the ACU community, including trustees, faculty, staff, students, and volunteers at Abilene Christian University. For a more in-depth look at the university's anti-harassment policy, full definition of harassment, and procedure for reporting, visit: [www.acu.edu/campusoffices/studentlife/judicial/For Students/Harassment Policy](http://www.acu.edu/campusoffices/studentlife/judicial/For%20Students/Harassment%20Policy)

### **Course Schedule**

The schedule is tentative and subject to change.

| <b>Date</b>       | <b>Topics</b>                                                             | <b>Assignments &amp; Exams</b>            |
|-------------------|---------------------------------------------------------------------------|-------------------------------------------|
| <b>January 13</b> | Syllabus<br>Chapter 1 – Concepts of rehabilitation                        |                                           |
| <b>January 15</b> | Chapter 1 – Concepts of rehabilitation<br>Chapter 2 – Concepts of Healing |                                           |
| <b>January 20</b> | Chapter 4 – Examination and Assessment<br>LAB                             | Lab Journal                               |
| <b>January 22</b> | Chapter 5 – ROM and flexibility<br>LAB                                    | Lab Journal                               |
| <b>January 27</b> | Chapter 6 – Manual Therapy Techniques<br>Review                           |                                           |
| <b>January 29</b> | Chapter 7 – Muscle strength and endurance                                 | Exam I<br>(over chapters 1, 2, 4, 5, & 6) |
| <b>February 3</b> | Chapter 10 – Functional and sport specific exercise                       |                                           |

|                    |                                                              |                                                               |
|--------------------|--------------------------------------------------------------|---------------------------------------------------------------|
| <b>February 5</b>  | Chapter 11 – Posture and body mechanics<br>LAB               | Lab Journal                                                   |
| <b>February 10</b> | Chapter 13 –Aquatic Therapeutic Exercise                     |                                                               |
| <b>February 12</b> | Chapter 14 – Swiss Balls foam rollers<br>LAB                 | Lab Journal                                                   |
| <b>February 17</b> | Chapter 15 – Therapeutic Exercise for Tendinopathy<br>Review |                                                               |
| <b>February 19</b> | Chapter 18 – Spine and sacroiliac<br>LAB                     | Exam II<br>(over chapters 7, 10, 11, 14, & 15)<br>Lab Journal |
| <b>February 24</b> | Chapter 19 – Shoulder and Arm                                |                                                               |
| <b>February 26</b> | Chapter 19 – Shoulder and Arm<br>LAB                         | Lab Journal                                                   |
| <b>March 3</b>     | Chapter 22 – Foot, Ankle, and Leg                            |                                                               |
| <b>March 5</b>     | Chapter 22 – Foot, Ankle, and Leg<br>LAB                     | Lab Journal                                                   |
| <b>March 9-13</b>  | <b>Spring Break</b>                                          |                                                               |
| <b>March 17</b>    | Chapter 23 – Knee and thigh                                  |                                                               |
| <b>March 19</b>    | Chapter 23 – Knee and thigh<br>LAB                           | Lab Journal                                                   |
| <b>March 24</b>    | Chapter 20 – Elbow and Forearm                               |                                                               |
| <b>March 26</b>    | Chapter 20 – Elbow and Forearm<br>LAB                        | Lab Journal                                                   |
| <b>March 31</b>    | Chapter 21 – Wrist and Hand                                  |                                                               |
| <b>April 2</b>     | Chapter 21 – Wrist and Hand<br>LAB<br>Review                 | Lab Journal                                                   |
| <b>April 7</b>     | Chapter 24 – Hip                                             |                                                               |
| <b>April 9</b>     | Chapter 24 – Hip<br>LAB                                      | Lab Journal                                                   |
| <b>April 14</b>    | LAB                                                          | Lab Journal                                                   |
| <b>April 16</b>    | LAB                                                          | Lab Journal                                                   |
| <b>April 21</b>    | LAB                                                          | Rehab Project Due<br>Lab Journal                              |
| <b>April 23</b>    | LAB                                                          | Lab Journal                                                   |

|                 |        |                                                                      |
|-----------------|--------|----------------------------------------------------------------------|
| <b>April 28</b> | LAB    | Lab Journal                                                          |
| <b>April 30</b> | Review |                                                                      |
| <b>May 5</b>    |        | Final (Exam III)<br>(over chapters 18 – 24)<br>8:00 a.m. – 9:45 a.m. |