

**FACULTY OF HEALTH
KINESIOLOGY AND HEALTH SCIENCE**

Course: HH / PKIN 0821 2.0 – Athletic Therapy Clinical Skills I
HH / PKIN 0822 2.0 – Athletic Therapy Clinical Skills II

These courses are open only to students in the Athletic Therapy Certificate

Course Webpage: Moodle

Term: Full Year 2016-2017

Pre-requisite: HHAS/SC KINE 2490 3.0 Athletic Therapy I
HH/AS/SC KINE 3600 3.0 Athletic Therapy II
(undergraduates only)
HH/AS/SC KINE 3575 3.0 Athletic Injuries - Extremities

Course Instructors

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Email: please use the Moodle email

Time and Location

Labs Every Thursday for the full year from 9:00 – 11:00am
Location 116 Stong College or Gorman Shore Sport Injury Clinic

Expanded Course Description

This practicum course will provide students with the opportunity to learn and practice specific skills and knowledge related to clinical aspects in the field of Athletic Therapy. Advanced modalities and exercise rehabilitation applications of clinical practice will be introduced.

Organization of the Course - The course involves practical labs that may be supplemented by videos. Interaction through Moodle is essential for self-directed learning modules.

Course Learning Objectives

(1) Purpose of the course:

The purpose of this course is to provide a forum where students can learn and practice the Athletic Therapy clinical skills used in an actual clinical setting. It will enhance the student's ability to implement assessment and treatment skills including modality usage and exercise rehabilitation in an Athletic Therapy clinical placement.

(2) Specific learning objectives of the course:

- To learn and practice essential clinical assessment skills.
- To provide the student with knowledge of the modalities used in a clinical setting.
- To provide the student with the clinical skills in the application of modalities in an athletic therapy setting.
- Gain an understanding of exercise rehabilitation techniques, program design and implementation.
- To learn and practice exercise therapy skills.
- To learn and practice manual therapy skills.
- Demonstrate and adapt basic movement skills in a variety of settings.
- Apply practical skills for assessing fitness, health, and movement.
- Be able to think independently, problem solve, and set tasks.

Course Text / Readings

- Required:** Starkey, C. Therapeutic Modalities. 3rd Edition. 2004 F.A. Davis Company, Philadelphia. ISBN 0-8036-1139-0
- Kisner, C. & Colby, L.A.(2007). Therapeutic Exercise. 5th Edition. Philadelphia, PA: F.A. Davis. ISBN-13: 978-0-8036-1584-7
- Recommended:** Knight, K. & Draper, D. Therapeutic Modalities The Art and Science. 2008 Lippincott Williams & Wilkins. Baltimore. ISBN-10: 0-7817-5744-4
- Prentice, W.E. (4th edition) 2004. Rehabilitation Techniques for Sports Medicine and Athletic Training. McGraw Hill, Boston.

ADDITIONAL INFORMATION

PLEASE BE DRESSED APPROPRIATELY TO START EACH CLASS.

Clinical Skills Covered:

- 1) **Palpation & Clinical Assessment Skills** – Goreman-Shore (Kisner & Colby p.11-23, p. 883-887)
- 2) **Palpation & Field Assessment Skills** – Goreman-Shore (TBA)
- 3) **ROM and Goniometric Measurement** – Goreman-Shore (Kisner & Colby Chapter 3)
- 4) **Basic Principles of Manual Therapy** – Goreman-Shore
- 5) **Manual Therapy Techniques of the Lower Extremity** – Goreman (Kisner & Colby Chapter 5, 20-22)
- 6) **Manual Therapy Techniques of the Upper Extremity** – Goreman (Kisner & Colby Chapter 5, 17-19)
- 7) **Manual Therapy Techniques of the Cervical Spine** – Goreman (Kisner & Colby Chapter 5, 15)

- 8) **Manual Therapy Techniques of the Thoracic Spine** – Goreman
(Kisner & Colby Chapter 5, 15)
- 9) **Manual Therapy Techniques of the Lumbar Spine** – Goreman (Kisner & Colby Chapter 5, 15)
- 10) **Manual Therapy Techniques of the Pelvis** – Goreman-Shore (Kisner & Colby Chapter 5, 15)
- 11) **Principles of Therapeutic Exercise** – Goreman-Shore
(Kisner & Colby Chapter 6 & 7)
- 12) **Core Stabilization Exercise Techniques** – Goreman-Shore
(Kisner & Colby Chapter 16)

***** Winter Break *****

- 13) **Cold & Heat Therapy Application** – Goreman Shore
(Starkey Chapter 5 & 6)
- 14) **Intermittent Compression Application** - Goreman Shore
(Starkey Chapter 14)
- 15) **Therapeutic Ultrasound application** – Goreman Shore
(Starkey Chapter 7 & 8)
- 16) **Transcutaneous Electrical Nerve Stimulation application** Goreman
(Starkey Chapter 11-13)
- 17) **Neuromuscular Electrical Stimulation application**– Goreman Shore
(Starkey Chapter 11-13)
- 18) **Interferential Current Application** – Goreman Shore
(Starkey Chapter 11-13)
- 19) **Laser Application** – Goreman Shore
(Starkey p. 345-350)
- 20) **Biofeedback Therapy Application** – Goreman Shore
(Starkey Chapter 18)
- 21) **Balance and Proprioceptive Training Techniques** - Goreman Shore
(Kisner & Colby Chapter 8)
- 22) **PNF Stretching & Strengthening Techniques** – Goreman-Shore
(Kisner & Colby 195-202 & Chp 4)
- 23) **Closed Kinetic Chain Exercise Techniques** – Goreman-Shore
(Kisner & Colby p. 174-180)
- 24) **Plyometric Training** – Goreman Shore
(Kisner & Colby p. 208-211)

Evaluation: (subject to change)

The final grade for the course will be based on the following items weighted as indicated:

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| 1. | Lab Quizzes | 80% |
| 2. | Performance (attendance, performance & safety) | 20% |

Absences must be reported to the course instructor via email within 24 hours of the scheduled class.

**Grading, Assignment Submission,
Lateness Penalties and Missed Tests**

Final course grades MAY be adjusted to conform to Program or Faculty grades distribution profiles. The grading scheme of the course conforms to **letter grade**. Tests will bear a number grade which will be converted to a corresponding letter grade at the end of the course.

(For a full description of York grading system see the York University Undergraduate Calendar – http://calendars.registrar.yorku.ca/pdfs/ug2004cal/calug04_5_acadinfo.pdf)

Missed Tests: Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor's letter) may request accommodation from the Course Instructor. Further extensions or accommodation will require students to submit a formal petition to the Faculty.

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Curriculum & Academic Standards webpage (see Reports, Initiatives, Documents) -

http://www.yorku.ca/secretariat/senate_cte_main_pages/ccas.htm

- York's Academic Honesty Policy and Procedures/Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation