I. Course Description:

Introduce to the human body’s physiological response to injury, the healing process and basic rehabilitation principles. Presentation of various rehabilitation techniques and exercise programs designed for the physically active.

Prerequisites: BIO 238, 239, KIN 367; Corequisites: KIN 387L

II. Intended Learning Outcomes/Goals/Objectives:

This academic program, along with its courses, is in compliance and supports the vision, mission, goals and core values of the College of Education and Stephen F. Austin State University. It is this philosophy and vision that helps to distinguish our graduates from those of other institutions.

Program Learning Outcomes:

1. The student will identify and analyze critical components of physical movements.
2. The student will demonstrate an understanding of basic principles of physical fitness concepts and the utilization of available technology in assessing fitness levels, and the physiological effects during various levels of physical stress.
3. The student will apply knowledge of principles and stages of motor development.
4. The student will demonstrate knowledge of kinesiology principles and content.
5. The student will design and implement physical education learning experiences that are developmentally appropriate, safe and that utilize principles of effective instruction.

Student Learning Outcomes:

The student will be able to:

This academic course is in compliance and supports the vision, mission, goals and core values of the College of Education and Stephen F. Austin State University.

Core Objectives:

1. Obtain a strong understanding of physiological response to injury and the healing process.
2. Learn the importance of restoring range of motion, flexibility, muscle strength and endurance, and functional proprioception in the patients return to activity.
3. Obtain a comprehensive understanding of the basic rehabilitation progression for a variety of musculoskeletal injuries.
4. Be introduces to manual therapy, and muscle energy techniques.

III. Course Assignments, Activities and Instructional Strategies, use of Technology:

Students will be asked to participate in minor physical activity to demonstrate rehab techniques. No grades will be based on the student’s ability to perform these tasks. Students will be responsible for taking notes and participating in open discussion of the material.

1. Students will learn to perform techniques of massage, including effleurage and petrissage and friction massage.
2. Students will learn to perform myofascial release techniques.
3. Students will learn to find and treat myofascial trigger points.
4. Students will learn to perform muscle energy techniques.
5. Students will learn to strain/counterstrain techniques.

IV. Evaluation and Assessments (Grading)

There will be a total of 10 pop quizzes to be given throughout the semester. Each quiz will be worth 10 points. A total of 3 exams will be given, each worth 100 points. Quizzes and examinations will contain multiple choice, listing, short answer, matching and true/false questions. The final exam will be worth 200 points and will be comprehensive in nature. There will be a total of 600 points possible for the semester.

100% – 90% = A
89% - 80% = B
79% - 70% = C
69% - 60% = D
59% and ↓ = F
V. Tentative Course Outline/Calendar:

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<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>T Jan 19</td>
<td>Intro to Rehab &amp; Documentation</td>
<td>TH Mar 10</td>
<td>EXAM II</td>
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<td>TH Jan 21</td>
<td>Tissue Healing</td>
<td>T Mar 15</td>
<td>NO CLASS</td>
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<tr>
<td>T Jan 26</td>
<td>Psychological Aspects &amp; ROM</td>
<td>TH Mar 17</td>
<td>NO CLASS</td>
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<td>TH Jan 28</td>
<td>Joint Mobz</td>
<td>T Mar 22</td>
<td>Foot &amp; Ankle</td>
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<td>T Feb 2</td>
<td>Stretching</td>
<td>TH Mar 24</td>
<td>Lower Leg</td>
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<td>TH Feb 4</td>
<td>NO CLASS</td>
<td>T Mar 29</td>
<td>Knee</td>
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<tr>
<td>T, Feb 9</td>
<td>Catch up/Review</td>
<td>TH Mar 31</td>
<td>NO CLASS</td>
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<tr>
<td>TH Feb 11</td>
<td>EXAM I</td>
<td>T Apr 5</td>
<td>Hip</td>
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<td>T Feb 16</td>
<td>NO CLASS</td>
<td>TH Apr 7</td>
<td>EXAM III</td>
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<td>TH Feb 18</td>
<td>Strengthening</td>
<td>T Apr 12</td>
<td>Shoulder &amp; Overhead</td>
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<td>T Feb 23</td>
<td>Core</td>
<td>TH Apr 14</td>
<td>Elbow &amp; Forearm</td>
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<td>TH Feb 25</td>
<td>Proprioception</td>
<td>T Apr 19</td>
<td>Hand &amp; Wrist</td>
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<td>T Feb 23</td>
<td>Isokinetcs</td>
<td>TH Apr 21</td>
<td>Pelvis &amp; SIJ</td>
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<td>TH Feb 25</td>
<td>Plyometrics</td>
<td>T Apr 26</td>
<td>Lumbar Spine</td>
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<td>T Mar 1</td>
<td>Aerobic Conditioning</td>
<td>TH Apr 28</td>
<td>Cervical &amp; Thoracic</td>
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<td>TH Mar 3</td>
<td>Aquatic Exercises</td>
<td>T May 3</td>
<td>Review</td>
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<td>T Mar 8</td>
<td>Review</td>
<td>TH May 5</td>
<td>NO CLASS</td>
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<td>TBA</td>
<td>Final Exam</td>
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*ALL DATES AND TOPICS ARE SUBJECT TO CHANGE*

VI. Textbook:

Recommended: Higgins, Michael (2011) Therapeutic Exercises: From Theory to Practice, FA Davis

VII. Course Evaluations:

Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay and retention. As you evaluate this course, please be thoughtful, thorough and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information:

Class Attendance and Excused Absence: Policy 6.7

Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 936-468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.
Student Academic Dishonesty: Policy 4.1

Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:
- singing or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment; and/or;
- helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
- submitting an assignment as one’s own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or,
- incorporating the words or ideas of an author into one’s paper or presentation without giving the author credit.

Penalties for Academic Dishonesty
Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals
A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5
At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy (i.e., Active Military Service (6.14)). If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4
Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program. Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This policy applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

Additional Information:
To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, you will be required to:

1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.

2. Provide one of the following primary ID documents: passport, drivers license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at www.texas.ets.org/registrationBulletin/ <http://www.texas.ets.org/registrationBulletin/>). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.

3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

For further information concerning this matter, contact Katie Snyder 936-468-1740 or snyderke1@sfasu.edu.