HHPA 240 – Therapeutic Modalities Lab
Fall 2012
Location: FH 005
Time: Wednesday 5:00 – 7:00pm / 1 semester hours

Foresst Bridges, MS, ATC, LAT
Interim Instructor / Clinical Coordinator of Athletic Training Education
Office: Field House 211
Phone: (903) 886-5553
Email: Foresst.Bridges@tamuc.edu
Office Hours: M, W: 9:30am- 11:30am; T, R: 9am- 11am, 1pm- 4pm, or by appointment

Required Text

ATEP – Educational Competencies & Proficiencies Manual (with evaluation forms)

Course Description
HHPA 240 – Therapeutic Modalities Lab
One semester hour
Students will learn the application of therapeutic physical modalities and other therapeutic agents applied to treat injuries. Indications, contraindications, and legal implication will be taught. Mastery of clinical skills will be required to complete this lab. Participation in directed clinical experience in on-campus and off-campus facilities is required. Transportation will be needed. Course fees and lab fees are listed in the current course schedule. Co-requisite HHPA 239.

Course Objectives – Learning objectives for this course are based entirely on assigned educational proficiencies of athletic training as prescribed by the Education Council of the National Athletic Trainers’ Association.

Therapeutic Modalities
TM-P1 Assess patient to identify indications, contraindications, and precautions applicable to the application of therapeutic modalities.
TM-P2 Obtain and interpret baseline and posttreatment objective physical measurements to evaluate and interpret results.
TM-P3 Inspect the therapeutic modalities and treatment environment for potential safety hazards.
TM-P4 Position and prepare the patient for the application of therapeutic modalities.
TM-P5 Select and apply appropriate therapeutic modalities according to evidence-based guidelines.
TM-P6 Document treatment goals, expectations, and treatment outcomes.
TM-CP1 Synthesize information obtained in a patient interview and physical examination to determine the indications, contraindications and precautions for the selection, patient set-up, and evidence-based application of therapeutic modalities for acute and chronic injuries. The student will formulate a progressive treatment and rehabilitation plan and appropriately apply the modalities. Effective lines of communication should be established to elicit and convey information about the patient’s status and the prescribed modality(s). While maintaining patient confidentiality, all aspects of the treatment plan should be documented using standardized record-keeping methods.

<table>
<thead>
<tr>
<th>TM-CP1.1</th>
<th>Infrared Modalities</th>
</tr>
</thead>
<tbody>
<tr>
<td>TM-CP1.2</td>
<td>Electrical Stimulation Modalities</td>
</tr>
<tr>
<td>TM-CP1.3</td>
<td>Therapeutic Ultrasound</td>
</tr>
<tr>
<td>TM-CP1.4</td>
<td>Mechanical Modalities</td>
</tr>
<tr>
<td>TM-CP1.5</td>
<td>Massage and other Manual Techniques</td>
</tr>
</tbody>
</table>

Professional Development
PD-P4 Develop a research project (to include but not limited to case study, clinical research project, and literature review) for an athletic training-related topic.
Attendance:
Class attendance is required. Excused absences include university approved absences or those that the instructor receives appropriate notification of (i.e. sudden/serious illness, death to immediate family member, etc.). It is the student's responsibility to notify the instructor ahead of time if they are going to miss class due to an excused absence and make arrangements for all materials and assignments that will be missed on that day. In the case of excused absences due to unavoidable or emergency situations, the student must promptly notify the instructor via phone call or email (sending a text is not considered professional and is not an acceptable means of notification) explaining the circumstances. Prompt notification is required to have an absence excused; additionally, written documentation may be required to have the absence excused. If a student misses a class, excused or unexcused, the student is responsible for obtaining all information presented and turning in all assignments by the due date. Remember: Poor planning on your part is not an emergency on my part. Unexcused absences beyond three (3) will automatically drop your final grade by 5% (i.e. if your final grade = 83 with 3 or fewer absences, the 83 stands; but drops to a 78 with 4 absences; 73 with 5 absences, etc.). A student who misses 5 or more classes must meet with the instructor to determine if they need to drop the course.

Tardiness WILL NOT be tolerated. Classroom doors will be locked at the beginning of class. If a student cannot attend class because the door is locked it will be considered an unexcused absence.

Missed Work
Lab activities must be performed on the designated date and time. No make-up lab activities will be allowed unless prior arrangements have been made with the instructor. Under certain extenuating circumstances (situations out of your control), make-ups will be allowed at the instructor’s discretion. Student’s will be required to contact the instructor ASAP if they happen to miss an exam and may be required to provide documentation for the absence if a make-up is to be allowed. Likely, points will be taken off of the lab activity score whenever a lab activity is made-up.

Academic Dishonesty
Academic dishonesty is unacceptable conduct and will not be tolerated in any form at Texas A&M University – Commerce. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include losing points on an assignment, not receiving credit on an assignment, suspension from the class, or expulsion from the University.

Drop policy
It is the student’s responsibility to know the appropriate dates in order to initiate dropping a class. A student will not be dropped from the course as a result of no longer attending classes. Students must go through the proper procedures to be officially dropped from the course.

Classroom/Student Expectations
THIS IS NOT AN ONLINE CLASS! Be professional, come to class. Students are expected to prepare for, participate in, and attend each scheduled class. Failure to do so may/will lead to a decline in the student’s overall grade. Forming study groups to prepare for class will also greatly benefit students throughout the semester.

Students are also expected to behave appropriately in class and avoid being a distraction to their fellow students and the instructor. Appropriate behavior involves paying attention, actively participating, and following instructions. Cell phones (including text messaging), music, inappropriate language/gestures, and any other behavior determined to be a distraction will not be tolerated. Students who are considered to be a disturbance in class will be asked to leave.

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook, Policies and Procedure, Conduct).
Assignments
7 Lab Activities  350 points
1 Case Study  200 points
10 Pop Quizzes  200 points

Grading Scheme
Each assignment will be worth a pre-determined amount of points (see above). Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course:  850/1000 = 85% “B”). Grades will be assigned based upon the percentages below.

A = 90 – 100 %
B = 80 – 89 %
C = 70 – 79 %
D = 60 – 69 %
F = 0 – 59 %

At no point during the semester will extra credit be permitted. Students are expected to earn points toward their final grade during the course of the semester with the activities, assignments and tests that are already scheduled. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values. Also, keep in mind that excessive absences and tardies will result in the loss of points. Refer to the attendance policy within the syllabus.

Students will receive back all graded assignments in a timely manner. Students are encouraged to keep all graded assignments as well as keep up with their grades throughout the semester. Any questions or concerns about assignments/grades should be brought to the instructor’s attention immediately (Do not wait until the end of the semester).

Americans with Disabilities Act (ADA) Statement
The ADA is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. Students requesting accommodations for disabilities must go through the Office of Student Disability Resources and Services. For more information, please contact SDRS at Gee Library – Rm. 132; (903)886-5150 or (903)886-5835; StudentDisabilityServices@tamu-commerce.edu

Note: This syllabus is tentative and may be changed as the course dictates.
<table>
<thead>
<tr>
<th>Week 1</th>
<th>Syllabus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 2</td>
<td>1. Selecting appropriate therapeutic modalities</td>
</tr>
<tr>
<td>Week 3</td>
<td>2. Maintenance of therapeutic modality equipment &amp; facilities</td>
</tr>
<tr>
<td>Week 4</td>
<td>3. Cryotherapy Techniques</td>
</tr>
<tr>
<td>Week 5</td>
<td>4. Cryotherapy Techniques</td>
</tr>
<tr>
<td>Week 6</td>
<td>5. Thermotherapy Techniques</td>
</tr>
<tr>
<td>Week 7</td>
<td>6. Thermotherapy Techniques</td>
</tr>
<tr>
<td>Week 8</td>
<td>7. Thermotherapy Techniques</td>
</tr>
<tr>
<td>Week 9</td>
<td>8. Thermotherapy Techniques</td>
</tr>
<tr>
<td>Week 10</td>
<td>9. Electrical Stimulation Modalities</td>
</tr>
<tr>
<td>Week 11</td>
<td>10. Electrical Stimulation Modalities</td>
</tr>
<tr>
<td>Week 12</td>
<td>11. Electrical Stimulation Modalities</td>
</tr>
<tr>
<td>Week 13</td>
<td>12. Mechanical Modalities</td>
</tr>
<tr>
<td>Week 14</td>
<td>13. Mechanical Modalities</td>
</tr>
<tr>
<td>Week 15</td>
<td>Review of Semester</td>
</tr>
<tr>
<td>Week 16</td>
<td>FINALS</td>
</tr>
</tbody>
</table>