



**Faculty of Applied Health Science
DEPARTMENT OF KINESIOLOGY**

**KINE 4P80: Clinical Practices in Athletic Therapy
Fall 2020 (D2) COURSE SYLLABUS**

Lecture Day and Time: Tuesday 9:30 - 11:00

Lab Day and Time: Thursday 9:30 - 11:00

Location: virtual - synchronous and asynchronous

Instructor: Nicole Chimera, PhD, CAT(C), ATC, CSCS

Office: WC 278

Office Hours: Wednesday 9:30-11:30 (virtual); or by virtual appointment

Phone: 905-688-5550 x 6755

Email: nchimera@brocku.ca

TA: Tyler Dobos; **Email:** td20yw@brocku.ca

COURSE DESCRIPTION:

Emphasis on musculo-skeletal evaluation, rehabilitation principles, therapeutic exercise and modalities, patient management skills and taping used in clinical settings. Focus on ankle and lower leg injuries.

COURSE PREREQUISITE:

KINE 3P80 and instructor permission

LEARNER'S OBJECTIVES:

At the end of this course, the learner will be equipped with the knowledge, skills, and practical experience to:

1. Know appropriate and expected professional behaviour for health care providers working in health care facilities including professionalism, confidentiality, patient management, and safe treatment practices
2. Be able to apply general principles of assessment, modality application, and rehabilitation to facilitate prevention for and care of injury related to physical activity
3. Be able to employ basic functional clinical tests to identify common musculoskeletal injuries
4. Develop skills to mitigate and treat acute injuries

REQUIRED TEXTBOOK and RESOURCES:

1. Prentice W. Principles of Athletic Training, A guide to evidence-based clinical practice (17th ed.). McGraw Hill, 2021. ****Please note you will also need access to the McGraw Hill Connect Software****
2. Biel, A. Trail Guide to the Human Body, How to locate muscles, bones and more (6th ed.). Books of Discovery, 2010.
3. Starkey and Ryan. Orthopedic & Athletic Injury Evaluation Handbook (3rd ed.) FA Davis, 2015.
4. This course will also use three online platforms: Sakai Course Learning Management System, Microsoft Teams, and McGraw Hill Connect.

Please note, if you are using an older edition the chapters and page numbers on the syllabus will not match the older edition book.

SUGGESTED RESOURCES:

1. Knight, K. & Draper, D. Therapeutic Modalities: The Art & Science, LWW 2008
2. Starkey, C. Therapeutic Modalities (4th ed.), FA Davis, 2013.
3. Any good anatomy text, KINE 1P98 notes, or HLSC 2F95 (or CHSC 2F95) notes.

Important Dates:

September 22 is the last day to drop this course without financial penalty.

October 13-16 is reading week.

November 2 is the last day to withdrawal without academic penalty. You will be notified of the of the grade that represents 15% of your course grade by October 26, 2020.

December 9 is set aside for designated reading days (these may be used to cover missed class due to adverse weather).

December 10 - 22 are set aside for formal examinations as scheduled by the registrar

STUDENT ASSESSMENT:

Summary

Weekly Quizzes	10%
Weekly Module Assignments	15%
Connect SmartBook	10%
E-portfolio	25%
Experiential Learning	20%
Final Written Exam	20%
TOTAL	100%

Weekly Quizzes (10%)

There will one quiz each week for a total of 10 quizzes (there is no quiz on the first or last week of the class), which will be averaged together to compute the overall quiz grade counted towards the final course mark. Quizzes will be administered through McGraw Hill Connect. For each quiz you will be randomly assigned 10 questions from question pools and each quiz will count for 10 points max. You will have 30 minutes to complete each quiz. Quizzes will be averaged together for a final quiz grade. **Quizzes are due by 11:55pm each Friday based on the weekly modules.**

Weekly Module Assignments (15%)

Each week you will have a module assignment due (12 total). These assignments will be based on the weekly content that we are covering in lecture/lab and will be a way to reinforce what students are learning throughout the course. Weekly module assignments will be averaged together for a final assignment grade. **Weekly module assignments are due by 11:55pm each Friday.**

Connect SmartBook (10%)

Each week you will have a Connect SmartBook assignment to complete. For these assignments please read the content of the Connect SmartBook and complete the questions for full credit. Connect SmartBook assignments will be averaged together for a final Connect SmartBook grade. **Connect SmartBook assignments are due by 11:55 pm each Friday.**

E-portfolio (25%)

There will be a total of 10 skills to video yourself performing over the course of the term. For each skill, you will be provided with information as to what is expected (rubric) based on the content we are covering in lecture/lab. Rubrics will be provided in each Sakai module in which there is a skill video due. Students will upload their skills videos to Sakai under the Student E-portfolio tab. Once uploaded, the instructor will score the performance based on the provided skill rubric. **Skills videos will be due by Friday at 11:55PM based on the weekly modules.**

Experiential Learning (20%)

Each student will attend one hour of a Virtual Clinic per week (10 weeks total). The course instructor will oversee the Virtual Clinic experience; however, the full-time certified athletic therapist, kinesiologist, physiotherapist, or chiropractor will supervise the Virtual Clinic.

The experiential learning portion of this course will be held virtually. You will attend a Virtual Clinic which will involve a variety of case series and/or injury assessment videos to view over the 10 weeks of experiential learning. You will review the content for the weekly Virtual Clinic, and you will meet weekly for 1 hour of a Virtual Clinic discussion with your group and a clinician. You will also complete weekly reflections for your Virtual Clinic attendance. The experiential learning will occur weekly from September 14 - November 27 (excluding Reading Week). For the weekly Virtual Clinic, we will use Microsoft Teams. Each week content will be uploaded in the Virtual Clinic Teams Channel. You will log on to the Virtual Clinic to review the content before your weekly Virtual Clinic hour with the clinician; during your weekly Virtual Clinic hour you will discuss the content of the case series/videos. Attendance in the weekly Virtual Clinic hour will be a way to augment what we are learning in lecture/lab for an authentic dialog with a clinician who performs these skills during their daily interactions with patients. This dialog will help to develop your clinical reasoning skills.

Each week the student is expected to learn new skills in lecture and lab that can be discussed/applied under the direction of the supervisor when in the Virtual Clinic. During the course of the term, the student is expected to actively engage virtually in the Virtual Clinic's operation. The course instructor will communicate which skills have been completed in lecture and lab with the Virtual Clinic supervisors to ensure understanding of the skills students should be able to engage in while in the Virtual Clinic. As skills are learned the student will begin to feel more comfortable, and greater challenges (assigned tasks) will be required leading to greater learning opportunities and greater rewards. It is important to be actively engaged while you are in the Virtual Clinic as this will provide you with a more meaningful experience.

Please use the etherpad titled "Virtual Clinic Hours Sign Up Sheet" posted on Sakai to sign up for one hour per week. Click the etherpad tab on the left and here you will see the "Virtual Clinic Hours Sign Up Sheet". Please make sure to sign up for different Virtual Clinic timeslots for each week as this will allow you the opportunity to interact with different clinicians and classmates. Also, please try to avoid signing up for a Virtual Clinic time slot which starts or ends near a class time or other commitment that you need to attend so that you can stay for the entire hour of your Virtual Clinic each week.

Please note if you are going to miss your Virtual Clinic for a sickness please email me (nchimera@brocku.ca). In the event that you are unable to attend your Virtual Internship, please work with the me to reschedule your Virtual Clinic hour.

Pre-Experiential Learning goals and log sheet will be graded out of 10 based on completion. Weekly journal and final summative journal will be graded with the Critical Reflection rubric on Sakai. One mark will be deducted for each day that each piece below (goals, weekly journal, log sheet, and final summative journal) is turned in late, unless prior arrangement is made with the instructor or medical documentation is provided.

Pre-Experiential Learning goals - Please submit at least three goals that you would like to Achieve during your Virtual Clinic engagement. *Please submit goals as a word document attachment.* **Due by 11:55PM on September 13th.**

Weekly journal - Each week the student will submit a reflective journal (1-page max) based on his/her one-hour Virtual Clinic experience. Ten total weekly journal entries

should be submitted. Weekly journals will be averaged together for a final weekly journal grade. Please see the information available on Sakai to facilitate reflective journal writing. *Please submit weekly journals as a word document attachment. Please submit weekly reflective journal through Sakai by Friday at 11:55PM.*

Log sheet - Please use the hours log sheet available on Sakai for record of your Virtual Clinic hours. Please print the log sheet and fill in the date and time of each of your Virtual Clinic hours by week. Please make sure to record your sign in and sign out time in the chat on Teams. Please submit your log sheet as an attachment through Sakai at the end of the term. **Due by 11:55PM on December 4th.**

Final summative journal - Please complete a summative journal entry (2-4 pages in length) that discusses how you met your Pre-Experiential Learning goals and reflects on what you have learned over the course of the term. You may wish to use your weekly reflective journal entries to see how you have progressed over the course of the term. *Please submit final summative journal as a word document attachment. Due by 11:55PM on December 4th.*

Final Written Exam (20%)

The final written exam will be written on the date as scheduled by the registrar. The exam will assess all material from lectures and labs from the entire term. The exam may consist of multiple choice, true false, short answer, and/or labeling.

Late Submission Policy: Late assignments will result in one-point deduction per day that the assignment is late unless prior arrangements are made with the instructor. If late assignments (e.g., weekly reflections, log sheet, final summative journal, goals) are accompanied by medical documentation, point deduction will not be in effect. See Medical Exemption Policy and the medical health certificate at <https://brocku.ca/registrar/toolkit/forms/>.

Relationship between attendance and grades: Students are expected to attend all classes and must submit all assignments to pass this course. All students must participate in all aspects of class discussion, group work, forums, and labs. Class performance will not be assessed by quantity of discussion material, group work, forums, or labs provided, but rather the magnitude, meaningfulness, and respectfulness to which the students contribution facilitates each aspect of the course. **Please have shorts, t-shirt, and running shoes available for every online lab (Thursday each week).**

COVID-19 concerns: If anyone is required to enter a mandatory COVID-19 quarantine order and/or is experiencing COVID-19 symptoms and not able to engage in class and/or complete assignments, please be in contact with the instructor.

Please note that extra credit is not available for this course.

Important Notes:

1. Students must provide appropriate and adequate documentation if they are unable to complete a scheduled assessment task. In the event of an illness, students must submit a hard copy of the Brock University Medical Certificate Form (http://www.brocku.ca/webfm_send/18172) within three working days of the assessment due date. Electronic copies will be accepted until a hard copy can be delivered.

2. Any missed exams (final) for a documented reason may be made up as determined by the instructor.
3. Lecture outlines, lab materials, some assigned readings, and other helpful content will be placed on Isaak-Sakai to facilitate note taking. These materials provided are only outlines of the lectures and labs. Students will be examined on all material and discussions in class that may not appear on the online handouts.
4. Extra credit is not available for this course.

Academic Policies

Academic Integrity:

Academic misconduct is a serious offence. The principle of academic integrity, particularly of doing one's own work, documenting properly (including use of quotation marks, appropriate paraphrasing and referencing/citation), collaborating appropriately, and avoiding misrepresentation, is a core principle in university study. Students should consult Section VII, "Academic Misconduct", in the "Academic Regulations and University Policies" entry in the Undergraduate Calendar, available at <http://brocku.ca/webcal> to view a fuller description of prohibited actions, and the procedures and penalties.

Intellectual Property Notice:

All slides, presentations, handouts, tests, exams, and other course materials created by the instructor in this course are the intellectual property of the instructor. A student who publicly posts or sells an instructor's work, without the instructor's express consent, may be charged with misconduct under Brock's Academic Integrity Policy and/or Code of Conduct, and may also face adverse legal consequences for infringement of intellectual property rights.

Special Accommodation:

The University is committed to fostering an inclusive and supportive environment for all students and will adhere to the Human Rights principles that ensure respect for dignity, individualized accommodation, inclusion and full participation. The University provides a wide range of resources to assist students, as follows:

a) If you require academic accommodation because of a disability or an ongoing health or mental health condition, please contact Student Accessibility Services at askSAS@brocku.ca or 905 688 5550 ext. 3240.

b) If you require academic accommodation because of an incapacitating medical condition, you must, as soon as practicable, inform your instructor(s) of your inability to complete your academic work. You must also submit a Brock University Student Medical Certificate (found at <https://brocku.ca/registrar/toolkit/forms>). The University may, at its discretion, request more detailed documentation in certain cases. If you are unable to write a scheduled examination due to an incapacitating medical condition, you must follow the process set out in the [Faculty Handbook III:9.4.1](#).

c) If you are experiencing mental health concerns, contact the Student Wellness and Accessibility Centre. *Good2Talk* is a service specifically for post-secondary students, available 24/7, 365 days a

year, and provides anonymous assistance: <http://www.good2talk.ca/> or call 1-866-925-5454. For information on wellness, coping and resiliency, visit: <http://brockmentalhealth.ca/mental-well-being/>.

d) If you require academic accommodation on religious grounds, you should make a formal, written request to your instructor(s) for alternative dates and/or means of satisfying requirements. Such requests should be made during the first two weeks of any given academic term, or as soon as possible after a need for accommodation is known to exist.

e) If you have been affected by sexual violence, the Human Rights & Equity Office offers support, information, reasonable accommodations, and resources through the Sexual Violence Support & Education Coordinator. For information on sexual violence, visit [Brock's Sexual Assault and Harassment Policy](#) or contact the Sexual Violence Support & Response Coordinator at humanrights@brocku.ca or 905 688 5550 ext. 4387.

f) If you feel you have experienced discrimination or harassment on any of the above grounds, including racial, gender or other forms of discrimination, contact the Human Rights and Equity Office at humanrights@brocku.ca.

LECTURE/LAB SCHEDULE (SUBJECT TO CHANGE):

Week Module	Date (Lec/Lab)	Lecture Topic	Readings/Assignments	Quiz/Lab Skills/Video Assignment
1	Sept 10	Introduction to patient management, professionalism, confidentiality, critical thinking skills, problem solving skills	Prentice: 7-14,16-38, 56-68, 76-89 Connect: Module 1 Assignment 1	Introduction to the Virtual Clinic
2	Sept 15 Sept 17	Soft tissue healing and the inflammatory cycle	Prentice: 251-283, 407-416 Connect: Module 2 Assignment 2	QUIZ 1 Cryotherapy
3	Sept 22 Sept 24	Patient history; introduction to HOPE (focus on "H") vs. SOAP; on vs. off field evaluation; pain assessment/treatment	Prentice: 284-288, 316, 354-366 Starkey: 1-6,41,45 Connect: Module 3 Assignment 3	QUIZ 2 Taking a history Video - Taking a history
4	Sept 29 Oct 1	Deep heat treatment current concepts & Massage	Prentice: 416-421, 425-429, 432-435 Connect: Module 4 Assignment 4	QUIZ 3 TENS; Interferential; Ultrasound; Massage
5	Oct 6 Oct 8	Rehabilitation guidelines	Prentice: 444-471 Connect: Module 5 Assignment 5	QUIZ 4 Common rehab equipment Videos - PNF strength, stretch & patterns (2)
	Oct 13 Oct 15	Reading Week	No Readings	No Class
6	Oct 20 Oct 22	Movement Assessment: Posture & Gait; HOPE (focus on "O")	Prentice: 526-529, 799-802 Starkey: 47-54,62-82 Connect: Module 6 Assignment 6	QUIZ 5 Posture/gait assessment Video- Gait assessment
7	Oct 27 Oct 29	Movement Assessment: Flexibility, Joint ROM & Girth; HOPE (focus on "O")	Prentice:117-126,360-363 Starkey: 7,9,11,56-61 Biel: 20-31, 34 Connect: Module 7 Assignment 7	QUIZ 6 Goniometry; stretching Video - Goniometry
8	Nov 3 Nov 5	Movement Assessment: neuro, strength; (focus on "O")	Prentice: 362-365,812-813 Starkey: 10,14-26 Connect: Module 8 Assignment 8	QUIZ 7 Neuro screening; Manual Muscle Testing; Brake Testing Videos - Strength and dermatome testing (2)

9	Nov 10 Nov 12	Movement Assessment: global; (focus on "O")	Prentice: 367-371 Connect: Module 9	QUIZ 8 Functional movement assessment Tests Video - Functional movement assessment
10	Nov 17 Nov 19	Clinical Assessment: Palpations; (focus on "P")	Starkey: 8, 360, Biel: 4-17; 344-405 Connect: Module 10	QUIZ 9 Lower extremity palpations Video - Palpations
11	Nov 24 Nov 26	Clinical Assessment: Ankle & lower leg injuries; (focus on "E")	Biel: 344-405 Prentice: 558-584 Starkey: 13,117-148 Connect: Module 11	QUIZ 10 Ankle examination (ROM, MMT, palpations); common special tests; scenarios for common injuries
12	Dec 1 Dec 3	Clinical Assessment: Ankle & lower leg treatment and rehabilitation	Prentice: 585-590 Connect: Module 12 Assignment 12	Ankle assessment Video - Ankle Special Tests
13	Dec 8	Review		No Lab - classes end Dec 8