



University of Florida
College of Health and Human Performance
Department of Applied Physiology & Kinesiology
Graduate Athletic Training Education Program

Spring 2020 Course Syllabus

COURSE INFORMATION:

ATR 6304: Evidence-Based Rehabilitation and Modalities (3 credits)

Meeting Times: Thursdays, 9:35-12:35

Meeting Location: Yon Hall 11

INSTRUCTOR:

Dr. Brady L. Tripp PhD, ATC

Clinical Associate Professor

Director, Graduate Athletic Training Program

Office Location: FLG 148

Office: (352) 294-1752

E-mail: trippb@hnp.ufl.edu

Office Hours: by appointment

COURSE DESCRIPTION:

This 3-credit course addresses current issues related to rehabilitation of orthopedic injuries. A combination of discussion, lecture, laboratory, problem-based learning, multi-media instruction and critical review of literature are employed. Students develop skills and study the principles and procedures used in advanced rehabilitation techniques and evidence-based practice. Students examine components of injury prevention and rehabilitation from evidence-based, biomechanical, anatomical, neuromuscular and holistic perspectives. Topics include tissue response to injury, therapeutic modalities, rehabilitation design and goal-setting, exercise progression, return-to-activity criteria and critical reviews of related research.

LEARNING OUTCOMES:

Upon completion of the course, students will have demonstrated the following understandings, skills, and dispositions. The student (will):

Understandings

- Understand the physiology of musculoskeletal injury and healing.
- Understand the effects of, and theories behind, the use of therapeutic modalities.
- Understand the principles and procedures used in advanced prevention and rehabilitation of musculoskeletal injury.
- Understand how to find, critically evaluate and employ current evidence-based rehabilitation and conditioning practices.

Skills

- Demonstrate the skills and procedures in advanced rehabilitation and conditioning of musculoskeletal injury.
- Demonstrate the ability to design rehabilitation and conditioning programs including progression criteria, therapeutic exercises and modalities and manual therapy within the context of the physiology of tissue healing.

Dispositions

- Appreciate the role the critical review of literature related plays in identifying and establishing evidence-based rehabilitation.
- Appreciate the importance of systematic reassessment and goal-setting in guiding and progressing rehabilitation programs.
- Appreciate the role of tissue healing in the design and implementation of rehabilitation programs.
- Appreciate the role of therapeutic modalities in rehabilitation programs.
- Appreciate the role of alternative therapies contemporary diagnostic tests in the evaluation of the lower-extremity.

REQUIRED TEXTS AND MATERIALS:

Reading materials will be available on the class web page (canvas) or the instructor will provide soft or hard copies in person. Students are also expected to be able to search and critically-review recent literature and therefore are responsible for gaining access to peer-reviewed sources via online databases or University library holdings.

Recommended Texts

- Therapeutic Modalities (any edition), Starkey C, FA Davis.

TEACHING STRATEGIES

Course material objectives will be attained through discussion, lecture, workshops, problem-based learning and multi-media instruction formats with 3.0 contact hours per week.

COURSE REQUIREMENTS AND POLICIES:

Students earn an overall course grade through completion of quizzes, written and practical exams and problem-based learning assignments.

Examinations: There will be NO make-up examinations unless exceptional conditions occur as defined in the University of Florida Undergraduate Catalog. Please see this link for more information.

<http://www.registrar.ufl.edu/catalog/policies/regulationattendance.html> Prior permission from the professor is required. There will be a time limit for each examination. Examinations will evaluate the understanding of material from lecture, text, and other supplemental material provided.

Quizzes and Assignments: Quizzes will assess learning progress from lecture and online material and assigned readings. To ensure that students are reading the assigned material, the quizzes will be both announced and unannounced. There will be NO make-ups for missed quizzes (showing up late, etc.). Assignments are due at the onset of class on the date indicated. **All assignments must be typed** unless otherwise stated in the directions when the assignment was given. **LATE ASSIGNMENTS WILL NOT**

BE ACCEPTED! If you will be traveling for a University sanctioned event and will miss an assignment due date, your assignment is due **before** you leave. You must notify Dr. Tripp with an explanation for missing class, in writing (email or letter), to receive an excused absence for class. Students are responsible for all materials missed as a result of an absence.

Attendance: Attendance is expected for all lectures and class meetings. No absences will be excused unless proper documentation is provided. Participation is a major part of this class. It is the student’s responsibility to obtain and make-up missed notes and assignments.

Student Conduct Policy:

- All students are expected to conduct themselves in a respectful and responsible manner
- All students are expected to be on time for class
- All students are expected to turn off or silence their cell phones
- All students are expected to not participate in actions that may disrupt the class
- The instructor reserves the right to ask any student to leave the classroom, if the student violates any the above class procedures

GRADING CRITERIA:

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|------------------------------------|-------------|
| Written / Practical Exam | 35% |
| Syllabus Contract /Quiz | 1% |
| Problem-based Learning Assignments | 45% |
| <u>Quizzes / Assignments</u> | <u>19%</u> |
| TOTAL GRADE | 100% |

| | |
|-----------|-----------------|
| A | 90 - 100 |
| B+ | 87 - 89 |
| B | 80 - 86 |
| C+ | 77 - 79 |
| C | 70 - 76 |
| D | 60 - 69 |
| E | Below 60 |

Note: When the decimal is .5 or below the grade is rounded down to the nearest whole number. If the decimal is .6 or above the grade is rounded up to the nearest whole number.

COURSE SCHEDULE AND TOPIC OUTLINE:

- Weeks 1-2: Course Intro and Evidence-Based Rehab / Outcomes
- Weeks 3-4: Principles of Rehab / Designing Rehab Programs
- Weeks 5-6: Pharmacology / SI & Hip Rehabilitation
- Weeks 6-7: Electric Stimulation and Ultrasound
- Weeks 8-9: Lumbar Spine Rehab
- Weeks 10-11: Acupuncture and Alternative Therapies
- Weeks 12-13: Injury Prevention & Screening (ACL prevention)
- Weeks 13-15: Manual Therapy / Massage

COLLEGE/UNIVERSITY-WIDE POLICIES

Academic Honesty: As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity." Students will exhibit behavior consistent with this commitment to the UF academic community. Academic misconduct appears in a variety of forms (including plagiarism) and may be punishable in a variety of ways, from failing the assignment and/or the entire course to academic probation, suspension or expulsion. On all work submitted for credit by students at the university, the following pledge is either required or implied: "**On my honor, I have neither given nor received unauthorized aid in doing this assignment.**" Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Faculty will not tolerate violations of the Honor Code at the University of Florida and will report incidents to the Dean of Students Office for consideration of disciplinary action. The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. If you have questions about what constitutes academic misconduct before handing in an assignment, see your instructor.

Academic Assistance and Student Services: Students who are in need of academic, career, or personal counseling services are encouraged to see the academic assistance website for further information on available services. http://www.ufadvising.ufl.edu/academic_assistance/

ADA Policy: The University of Florida provides accommodations for students with documented disabilities. For more information regarding services and procedures for requesting accommodations visit <http://www.dso.ufl.edu/drc/> or call 352.392.8565. Students requesting classroom accommodation must first register with the Disability Resource Center. The Disability Resource Center will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

Campus Resources: U Matter, We Care: Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu; a nighttime and weekend crisis counselor is available by phone at 352.392.1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

University Police Department: 392.1111 or 9-1-1 for emergencies
<http://www.police.ufl.edu/>

Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc/Default.aspx>,
352.392.1575; *Sexual Assault Recovery Services (SARS)* Student Health Care Center,
352.392.1161.

Career Resource Center: Reitz Union, 352.392.1601, <http://www.crc.ufl.edu/>

Cell Phone/Text Messaging Policy: Students will not engage in text messaging or access their cellular telephones during class time. Faculty will award special considerations at his/her discretion.

Confidentiality: The University ensures the confidentiality of student educational records in accordance with State University System rules, state statutes and [FERPA](#), the Family Educational Rights and Privacy Act of 1974, as amended, also known as the Buckley Amendment.
<http://www.registrar.ufl.edu/catalog/policies/regulationconfidentiality.html>

Course Grading Policy: Students will earn their course grade based on completion of coursework as outlined in the Grading Criteria listed above. Percentage calculations are rounded up at “.6 or above” and rounded down at “.5 or below”. For more information regarding Grade Point Averages, Grade Values, etc. please visit the University registrar website listed below.
<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Course Evaluations: Students should provide feedback on the quality of instruction in this course by completing online evaluations <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Email and E-Learning Policy: Students are required to check their University of Florida email and e-Learning Course account daily. Dissemination of reminders and course material may occur via email or through announcements in e-Learning; it is the student’s responsibility to read and respond (if appropriate). *E-learning Help Desk:* <https://lss.at.ufl.edu/help.shtml> *Technical support:* 352.392.4357 (select option 2) or e-mail to Learning-support@ufl.edu

Last Day to Withdraw: In order to withdraw from a course it is not sufficient simply to stop attending class or to inform the instructor of your intention to withdraw. In accordance with college policy, contact your adviser to begin the withdrawal process. To view the **last day for withdrawal please visit** <http://www.registrar.ufl.edu/catalog/adhub.html>

Library Resources Support: <http://cms.uflib.ufl.edu/ask>

Student Responsibility for Course Prerequisites: Students are responsible to have satisfied all published prerequisites for this class. Please review the prerequisites and discuss any questions with your instructor and/or your academic advisor.

Student Complaints Process: https://www.dso.ufl.edu/documents/UF_Complaints_policy.pdf

Teaching Center: General study skills and tutoring <http://teachingcenter.ufl.edu/> Broward Hall, 352.392.2010 or 352.392.6420.

Writing Studio: Formatting and writing papers assistance <http://writing.ufl.edu/writing-studio/>