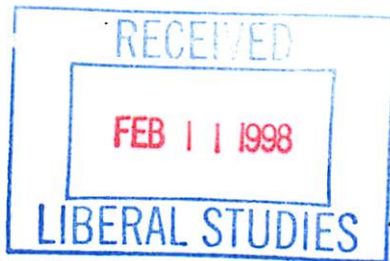


revised

LSC Use Only
Number: _____
Submission Date: _____
Action-Date: _____



UWUCC USE Only
Number: 97-10
Submission Date: _____
Action-Date: App. 2/17/98
Senate app. 3/3/98

CURRICULUM PROPOSAL COVER SHEET
University-Wide Undergraduate Curriculum Committee

I. CONTACT

Contact Person Dr. James Mill Phone 357-2770
Department Health and Physical Education

II. PROPOSAL TYPE (Check All Appropriate Lines)

COURSE Therap Exercise
Suggested 20 character title
 New Course* HP 448 Therapeutic Exercise for Athletic Injury
Course Number and Full Title Management
 Course Revision _____
Course Number and Full Title
 Liberal Studies Approval + _____
for new or existing course Course Number and Full Title
 Course Deletion _____
Course Number and Full Title
 Number and/or Title Change _____
Old Number and/or Full Old Title

New Number and/or Full New Title

Course or Catalog Description Change _____
Course Number and Full Title

PROGRAM: Major Minor Track
 New Program* _____
Program Name
 Program Revision* _____
Program Name
 Program Deletion* _____
Program Name
 Title Change _____
Old Program Name

New Program Name

III. Approvals (signatures and date)

M. P. [Signature]
Department Curriculum Committee

[Signature]
Department Chair

Mary E. Suenli 12/17/96
College Curriculum Committee

[Signature] 23 Dec 96
College Dean

*Director of Liberal Studies (where applicable)

*Provost (where applicable)

L CATALOG DESCRIPTION

HP 448 Therapeutic Exercises for Athletic Injury Management

(3c - 2l - 4sh)

Prerequisites: HP 365

The theoretical framework for athletic injury assessment and management of the injured athlete is discussed. A problem solving approach to the selection and implementation of specific tests and therapeutic interventions is utilized. An overview of therapeutic management as well as the development of skill in basic therapeutic exercise procedures for improving muscle performance, relaxation, and mobilization is included.

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II. COURSE OBJECTIVES

Upon completion of this course, the student will be able to:

- A. describe the bodies physiological response to trauma, and the physiological implications of tissue repair and wound healing as they relate to a therapeutic exercise program
- B. describe the goals of therapeutic exercise and define related terminology
- C. describe range of motion and how it is influenced or effected due to activity or injury
- D. discuss and demonstrate proper procedure in the use of isotonic, isometric, and isokinetic techniques for the evaluation and on going care of the athletic injury
- E. demonstrate appropriate techniques in goniometric and anthropometric measurements
- F. apply basic techniques of joint mobilization to the extremity points
- G. identify special considerations, treatment goals, and plan of care for specific joint disorders during exacerbation and remission of symptoms
- H. identify special considerations, treatment goals, and a plan of care for pre-surgical and post-surgical management
- I. identify misconceptions in common exercise and exercise programs
- J. develop and present a progressive rehabilitation program from initial injury through return to play

III. COURSE OUTLINE

A. Introduction to Therapeutic Exercise

1. Assessment of need

- a. Case history**
- b. Clinical evaluation**
 - 1) inspection**
 - 2) function**
 - 3) palpation**
 - 4) neurological tests**
- c. Objective of treatment**
- d. Plan of care**

(2 lecture, 2 lab)

2. Goals of Therapeutic Exercise

- a. Strength**
- b. Endurance and cardiovascular fitness**
- c. Joint Mobility**
- d. Flexibility**
- e. Co-ordination and skill**
- f. Functional Rehabilitation and Testing**

(2 lecture, 3 lab)

B. Rehabilitation Principles

1. Range of motion

- a. Definition**
- b. Indication and goals of ROM**
- c. Passive, active and active assistive ROM**
- d. Flexibility**
 - 1) ballistic**
 - 2) static**
 - 3) PNF procedures**

2. Resistive Exercise

- a. Definition of resistive exercise**
 - 1) Manual resistant
 - 2) Mechanical resistance
- b. Goals and indications**
 - 1) Increased thought
 - 2) Increased muscular endurance
 - 3) Increased power
- c. Types of resistive exercise**
 - 1) Isotonic
 - a) eccentric contractions
 - b) concentric contractions
 - 2) Isokinetic
 - 3) Isometric

(6 lecture, 4 lab)

3. Functional Rehabilitation

- a. Cardiovascular conditioning**
- b. Development of muscular endurance**
- c. Sport specific exercise**
- d. Functional Testing**

(4 lecture, 2 lab)

C. Joint Mobilization

1. Definition of joint mobilization

- a. Mobilization**
 - 1) Physiologic movements
 - 2) Accessory movements
- b. Manipulation**
 - 1) Glides
 - 2) Thrust
 - 3) Manipulation under anesthesia

(2 lecture, 2 lab)

2. Indications for joint mobilization

- a. Pain, muscle guarding, spasm**
- b. Reversible joint hypermobility**
- c. Progressive limitation**
- d. Functional immobility**

3. Joint mobilization techniques (peripheral)

- a. Shoulder girdle complex
- b. Acromio-clavicular joint
- c. Sterno-clavicular joint
- d. Humero-ulnar articulation
- e. Humero-adial articulation
- f. Radio-ulnar articulation
- g. Radio-carpal joint
- h. Carpo-metacarpal and intermetacarpal joints
- i. Hip joint
- j. Patello-femoral
- k. Tibio-femoral
- l. Talo-fibular
- m. Talo-tibial

(6 lecture, 4 lab)

D. Application of Therapeutic Exercise Techniques

1. Examples of soft tissue lesions

- a. Strains
- b. Sprains
- c. Subluxation
- d. Dislocation
- e. Muscle/tendon rupture tear
- f. Tendosynovites
- g. Tendonitis
- h. Bursitis

(6 lecture, 4 labs)

2. Conditions resulting from trauma

- a. Muscular Dysfunction
- b. Joint Dysfunction
- c. Contractures
- d. Adhesions
- e. Muscle weakness
- f. Proprioceptive deficiencies

(4 lecture, 3 lab)

3. Injuries specific to Body Regions

- a. Upper extremities
 - 1. shoulder
 - 2. elbow
 - 3. wrist
 - 4. hand
- b. Torso
 - 1. Rib cage
 - 2. Abdomen
 - 3. Spine
- c. Lower Extremity
 - 1. Hip and pelvis
 - 2. Thigh and knee
 - 3. Ankle, foot, lower leg

(4 lecture, 2 lab)

E. Critical Analysis of Exercise Program

- 1. Designing of exercise program
 - a. meeting the needs of the athlete
 - b. equipment to be utilized

2. Establishing baselines
 - a. pre-exercise evaluations
 - b. Advanced diagnostic testing
3. Implementation of the exercise program
4. Periodic re-evaluations
5. Return to activity (6 lecture, 2 labs)

IV. EVALUATION METHODS

- | | |
|---|-----|
| A. Midterm and Final Exam..... | 40% |
| B. Oral and Practical examinations..... | 20% |
| C. Observation of Clinical experiences..... | 20% |
| D. Case studies..... | 20% |

Grading Scale

- | | |
|-------------------|---|
| 90-100..... | A |
| 80-89..... | B |
| 70-79..... | C |
| 60-69..... | D |
| 59 and below..... | F |

V. REQUIRED TEXTBOOKS

- A. Kisnor, C., Colby, L.A. Therapeutic Exercise, 1990, Philadelphia, PA: F.A. Davis Company

VI. BIBLIOGRAPHY

- A. Arnheim, D.D. (1995). Essentials of athletic training, St. Louis, MO: Mosby Publishers.
- B. Gould, J.A. III (1990). Orthopedic and Sports Physical Therapy. 2nd Edition, St. Louis, MO: Mosby Publishers.
- C. Edmond, S.L. (1993). Manipulation and Mobilization: Extremity and Spinal Techniques. St. Louis, MO: Mosby Publishers.
- D. Prentice, W.E. (1994). Mobilization and Traction Principles and Techniques Videotape. St. Louis, MO: Mosby Publishers.
- E. Arnheim, D.D., Prentice. W.E. (1993). Principles of Athletic Training, 8th edition, St. Louis, MO: Mosby Publishers.

COURSE ANALYSIS QUESTIONNAIRE

Section A: Details of the Course

- A1. This course is required of all students wishing to be certified as athletic trainers. It is a required course in the recently proposed athletic training track, and the content of this course is required for NATA certification, as well as for Pennsylvania State Licensing as an athletic trainer. Most students enrolling in the course will be Health and Physical Education or Physical Education and Sport majors. However, students in other majors may also enroll in this course providing they have completed all prerequisites for the courses HP 345 and HP 346 and HP 365. Students wishing to be certified will have to complete all course in the Athletic Training track as well as other required courses as determined by NATA certification guidelines. The future dictates that any student wishing to sit for this certification exam must have completed their education through an accredited athletic training program (CAAHEP). This course along with two others is being proposed as part of the requirements for the accreditation process which the IUP Department of Health and Physical Education is preparing to go through.
- A2. This course necessitates no change in existing courses presently being taught in HPE. However, this course, along with HP 365 and HP 446, will provide advanced coursework necessary for the development of an accreditation program in athletic training.
- A3. This course has been offered on a trial basis as a special topics course in the 1997 Summer session.
- A4. It is not intended to be dual level course.
- A5. It will not be taken for variable credit.
- A6. This course is taught at West Chester University and the University of Pittsburgh.
- A7. This course content is a requirement for certification through the National Athletic Trainer's Association. It is also a requirement for the Pennsylvania State Licensing in Athletic Training.

Section B: Interdisciplinary

- B1. Course will be taught by an HPE faculty member holding NATA Certification.
- B2. There is no relationship between the content of this course and the content of courses offered by other departments.

Section C. Implementation

- C1. All resources necessary to teach their course are currently available in the IUP Sport Medicine Lab, as well as off campus clinical sites at Keystone Rehabilitation. In addition, the HPE Department is currently conducting a search for a faculty member certified in athletic training.**
- C2. This course will not be funded by a grant.**
- C3. This course will be taught once during the academic year, and every other summer.**
- C4. One section will be offered.**
- C5. Clinical Lab dictates that course could accommodate 20-25 students in each class.**
- C6. No limitations imposed by professional society.**

Responses from Jim Mill 2-11-98 with reference to HPE proposals: 97-6 to 11. 97-15

97-6 Aquatics track; 97-7 Athletic training track; 97-8 HP 365; 97-9 HP 446; 97-10 HP 448; 97-11 Exercise Sci track; 97-15 Sport Admin track

UWUCC questions/concerns:

Program revision:

1. Our suggestion: add MA 105 to LS math courses. Dept. response: no, students are advised to take MA 217
2. Correct title: Sport Administration (changed throughout proposals)
3. Catalog description of program: new catalog description begins after heading "Bachelor of Science Degree (Physical Education and Sport) and replaces the current paragraph. The YMCA paragraph stays.
4. Omit "greater" in first sentence of new catalog description (from "provides greater emphasis" to "provides emphasis")
5. 97-6 and other places: HP 319 is 1-3 sh (not 3 sh--Jim will double check with catalog editor; he doesn't know how that error was made, the course is listed a var-3 in 97-98 catalog)
6. We had a concern re: faculty workload; Jim repeated that the department currently has 2 faculty and is presently hiring a 3rd with specialization in athletic training. These faculty normally teach two sections of Health & Wellness and 2 sections/courses (new). The "modalities" course will be offered in Fall and Spring and also in the summer to attract students from outside IUP
7. Internship strongly recommended (not required); "free electives" not electives; "track" not "emphasis area"
8. 97-15 correct title (Sport Administration see 2 above); e-mail received from Bob Camp; 18 credit semester corrected

New courses:

9. 97-8 objective C (changed to "discuss differences in the assessment methods utilized for athletes of varying ages, gender and developmental levels" from "discuss differences in the assessment methods utilized for athletes of varying ages, gender, developmental levels and ethnic backgrounds.")
10. 97-9 A-1 prerequisite is HP 365 (incorporates HP 345 and HP 346); change from "a course which is required for NATA" to "the content of this course is required for NATA"; also change in A-7 from course to content.
11. 97-10 A-1, A-7 same as above
12. 97-11 HP 319 (1-3 sh); BI 151 (not BI 155); inform Bio