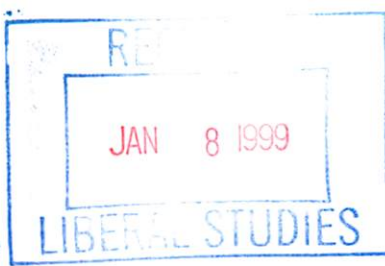


LSC Use Only  
Number: \_\_\_\_\_  
Submission Date: \_\_\_\_\_  
Action-Date: \_\_\_\_\_



UWUCC USE Only  
Number: 98-42f  
Submission Date: \_\_\_\_\_  
Action-Date: \_\_\_\_\_

**CURRICULUM PROPOSAL COVER SHEET**  
University-Wide Undergraduate Curriculum Committee

**I. CONTACT**

Contact Person Ron Trenney, Jose Rivera Phone X6918, X5507  
Department Health and Physical Education

**II. PROPOSAL TYPE (Check All Appropriate Lines)**

**COURSE** A T Practicum IV  
Suggested 20 character title  
477  
 **New Course \*** HP ~~416~~, Athletic Training Practicum IV  
Course Number and Full Title  
 **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)**

Martin P. [Signature] 11-12-98 Department Curriculum Committee  
Mary E. [Signature] 12/17/98 College Curriculum Committee  
[Signature] Department Chair  
[Signature] College Dean  
[Signature] + Director of Liberal Studies (where applicable)  
[Signature] \*Provost (where applicable)

## **Catalog Description**

**HP 477 Athletic Training Clinical Practicum IV**

**0c-2l-1sh**

**Prerequisites: HP 446, 448**

**This course provides the opportunity to develop and demonstrate proficient psychomotor skills within the domain of athletic injury rehabilitation, in coordination with a one-semester clinical field experience. This clinical field experience will allow each student an opportunity to practice and apply skills taught within this course under the direction of a clinical instructor within the IUP Athletic Department or an affiliated clinical site. Specific skills emphasized include but are not limited to exercise, manual therapy, and other advanced musculoskeletal screening and therapeutic intervention techniques. Restricted to students seeking certification by the National Athletic Trainers Association.**

1-credit  
0-lecture hours  
2-lab hours

**I. Catalog Description**

HP 416 Athletic Training Clinical Practicum IV

0c-2l-1sh

Prerequisites: HP 446, 448

This course provides the opportunity to develop and demonstrate proficient psychomotor skills within the domain of athletic injury rehabilitation, in coordination with a one-semester clinical field experience. This clinical field experience will allow each student an opportunity to practice and apply skills taught within this course under the direction of a clinical instructor within the IUP Athletic Department or an affiliated clinical site. Specific skills emphasized include but are not limited to exercise, manual therapy, and other advanced musculoskeletal screening and therapeutic intervention techniques. Restricted to students seeking certification by the National Athletic Trainers Association.

Students are required to show evidence of student liability insurance and Act 34 and 151 criminal record clearances prior to enrollment in this course.

**II. Course Objectives**

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

1. select and instruct proper flexibility/range of motion exercises/activities for specific injuries to all body regions.
2. select and apply the appropriate therapeutic modalities, including cold, heat, electricity, sound, traction, compression, and massage, for various injury conditions.
3. demonstrate proficiency in the selection and utilization of therapeutic exercises/activities for the improvement of muscle strength, muscle endurance, power, neuromuscular control, agility, cardiorespiratory endurance, and sports' specific skills.
4. demonstrate proper selection and utilization of selected manual therapy techniques including manual resistance and joint mobilization.
5. perform postural evaluation/screening procedures.
6. perform manual muscle testing techniques for all regions of the body.
7. demonstrate goniometric range of motion measurement techniques.
8. demonstrate proper rehabilitation documentation formats (SOAP, progress notes).

**III. Course Outline**

- |    |                                   |         |
|----|-----------------------------------|---------|
| A. | Postural Evaluation and Screening | 3 hours |
| 1. | postural deviations               |         |
| 2. | static posture                    |         |
| 3. | segmental posture                 |         |

- |    |  |                |
|----|--|----------------|
| B. | <b>Flexibility Exercise</b>                  | <b>4 hours</b> |
|    | 1. static                                    |                |
|    | 2. dynamic                                   |                |
|    | 3. proprioceptive neuromuscular facilitation |                |
| C. | <b>Therapeutic Modality Application</b>      | <b>5 hours</b> |
|    | 1. thermal agents                            |                |
|    | 2. electro-therapy                           |                |
|    | 3. mechanical therapies                      |                |
| D. | <b>Specific Rehabilitation Protocols</b>     | <b>5 hours</b> |
|    | 1. range of motion                           |                |
|    | 2. muscular strength and endurance           |                |
|    | 3. proprioceptive training                   |                |
|    | 4. functional progressions                   |                |
|    | 5. cardio-respiratory endurance              |                |
| E. | <b>Manual Therapy Techniques</b>             | <b>3 hours</b> |
| F. | <b>Assessment Techniques</b>                 | <b>4 hours</b> |
|    | 1. goniometric measurement                   |                |
|    | 2. manual muscle testing                     |                |
|    | 3. functional testing                        |                |
| G. | <b>Examinations</b>                          | <b>4 hours</b> |

**IV. Evaluation Methods**

Oral/Practical Exams	100% of total grade
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Four oral/practical examinations will be incorporated throughout the entirety of this course. competency sheets and detailed evaluation forms and/or field performance evaluations will be implemented to assure successful completion and expertise in each of the covered topics.

**Grading Scale**

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

## V. Required Text

Prentice, W. (1994). Rehabilitation Techniques in Sports Medicine. (3rd ed.). St. Louis, MO: Mosby

Starkey, C. (1993). Therapeutic Modalities for Athletic Trainers. (1st ed.). Philadelphia, PA: F.A. Davis

Class Handouts, Evaluation forms and competency work-sheets

## VI. Special Resource Requirements

Students are required to show evidence of student liability insurance and Act 34 and 151 criminal record clearances prior to enrollment in this course.

## VII. Bibliography

Anderson, M. K., Hall, S. J. (1995). Sports Injury Management. Baltimore, MD: Williams and Wilkins.

Andrews, J., & Harrelson, G. (1991). Physical Rehabilitation of the Injured Athlete. (1st ed.). Philadelphia, PA: F.A.Davis

Arnheim, D., D. (1995). Essentials of Athletic Training. (3rd ed.). St. Louis, MO: Mosby.

Gould, J., (1990) Orthopedic and Sports Physical Therapy. (2nd ed.). St. Louis, MO: Mosby

Kendall, F., (1993). Muscles, Testing and Function. (4th ed.). Baltimore, MD: Williams and Wilkins

Norkin, C., & White, D. (1995). Measure of Joint Motion: A guide to Goniometry. (2nd ed.). Philadelphia, PA: F.A.Davis

## **COURSE ANALYSIS QUESTIONNAIRE**

### **Section A: Details of the Course**

- A1. This course will serve as a required course for students enrolled in the Athletic Training Educational Track Program offered by the Department of Health and Physical Education.
- A2. This course necessitates no change in existing course content presently being taught in the Department of Health and Physical Education..
- A3. This course has not been offered to date.
- A4. It is not intended to be dual level course.
- A5. It will not be taken for variable credit.
- A6. Similar courses are offered at most universities offering a Health and Physical Education or Athletic Training education program, (examples being, the University of Pittsburgh, HPRED 1235 and California University of Pennsylvania, ATE 405).
- A7. This course is necessary in order to meet National Athletic Trainers Association (NATA) Education Council guidelines for clinical education of athletic training students, as well as provide documentation of student competency related to psychomotor skills required for accreditation by the Committee for Accreditation of Allied Health Education Programs (CAAHEP).

### **Section B: Interdisciplinary**

- B1. Course will be taught by member of the Health and Physical Education faculty holding National Athletic Trainers Association, Board of Certification Credentials.
- B2. There is no relationship between the content of this course and the content of courses offered by other departments.
- B3. No

### **Section C. Implementation**

- C1. Yes, this course will be taught by existing Department faculty.

- C2. All resources necessary to teach this course are currently available through the IUP Sport Medicine and Health and Physical Education Departments, ie. anatomical models, taping supplies....**
- C3. This course will not be funded by a grant.**
- C4. This course will be taught once each academic year.**
- C5. One section will be each academic year.**
- C6. Due to the interactive nature of this course it is recommended that enrollment not exceed 15 students.**
- C7. No limitations imposed by professional society.**