

Fall 2022

KINE 4326-001 Athletic Therapeutic Exercise

Billy Ray Laxton, M. Ed, LAT, ATC - Lecturer – Kinesiology

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Office Hours: Tuesday and Thursday- 830AM or by appointment

Textbook:

Therapeutic Exercise for Musculoskeletal Injuries; 4th Edition, ISBN 978-1-4504-6883-1, Peggy A Houglum

Class Meeting: T / TH @ 8 am to 9 am; ROOM 108

Course Description:

This course is designed to provide both a theoretical and clinical basis for the use of therapeutic Exercise in the rehabilitation setting, as well as impart knowledge pertaining to the physiological effects, indications, contraindications, and applications of therapeutic rehabilitation of all athletic injuries.

Purpose of Course:

The purpose of this course is to understand therapeutic exercise which enables a clinician to effectively choose the most effective treatment options based on the current research, clinical circumstances, and patient preferences.

Style of Teaching

The objectives of this course will be met through an integrated teaching style that will include discussion, use of pop quizzes, and PowerPoint presentations. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class.

Learning Objectives

Students Shall:

1. Discuss the qualities of professionalism in rehabilitation
2. Discuss the principles, goals, and objectives of rehabilitation

3. Describe the relationship among goals, progression, and examination
4. Identify the healing phases
5. Identify the primary factors of subjective examination
6. Define the SOAP note and explain its significance in rehabilitation
7. Define the difference between the range of motion and flexibility
8. Explain the proprioceptive exercises for upper and lower body exercises
9. List of PNF techniques commonly used in rehabilitation and their purposes
10. Discuss an example of the use of proper body mechanics by the rehabilitation clinician during a treatment program
11. Discuss the general concept of gait and abnormal gait
12. Describe the mechanical differences between walking and running
13. Identify and discuss the physical properties of wear that affect the ability to exercise in water
14. Understand how to appropriately progress an athlete regarding their injury

Attendance

Attendance for class is mandatory

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Grade calculation	Grade (Points)	Grading Scale	
Class attendance/Participation/Pop Quizzes/Labs/Discussions	25%	90 and Above	A
Practical exams	25%	79 to 89%	B
Exams – Mid-term / Final	40%	69 to 79%	C
		59 to 69%	D
Total percentage of grade	100%	59% and Below	F

No Late Assignments Will Be Accepted.
No Credit Will Be Given for Any Late Assignments.

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related to injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

Academic Integrity Statement

Academic integrity represents the choice to uphold ethical responsibility for one's learning

within the academic community, regardless of audience or situation.

Academic Civility Statement

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

ADA Statement

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartz, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartz@sulross.edu.

Week	Tuesday	Thursday	Activity
1	8/23	8/25	Review Syllabus and Chapter one
2	8/30	9/1	Chapter 2-Healing and Chapter three - Physics
3	9/6	9/8	Chapter 4 Exam, Records, SOAP notes, and progression
4	9/13	9/15	Chapter 5 ROM, Chapter 6 Proprioception, Chapter 7 Strength
5	9/20	9/22	Chapters 8 and 9 -Plyo and Functional
6	9/27	9/29	Chapter 10 and chapter 11
7	10/4	10/6	Review and Midterm
8	10/11	10/13	Chapter 12 Aquatics and Chapter 13 Manual Therapy
9	10/18	10/20	Chapter 14 Equipment and Chapter 15 body considerations
10	10/25	10/27	Chapter 16 - create a program; Chapter 17/Chapter 24 hip/Pelvic
11	11/1	11/3	Chapters 19 and 20 Shoulder and elbow
12	11/8	11/10	Chapters 23 and 22 - knee and ankle
13	11/15	11/17	Chapter 18 spine
14	11/22	11/24	No Class for Thanksgiving
15	11/29		Review

Finals to be TBA