

**KINE 4326 – Athletic Therapeutic Exercise
Fall 2024**

Instructor: Rachel Gillespie, MEd, LAT, ATC

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Office Hours: By appointment

Textbook:

Therapeutic Exercise: Foundations and Techniques, 8th Edition by Kisner, Colby, and Borstad

Class Information:

Tuesday/Thursday 8:00am – 9:15am

Room: Graves Pierce Complex 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.

Style of Teaching:

The objectives of this course will be met through an integrated teaching style that will include discussion, the use of attendance 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.

Program Learning Outcomes:

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.

Marketable Skills

The following marketable skills are met in this course:

- Collaboration – Students will interact with each other through various class discussion and activities.
- Critical Thinking – Students will discuss various situations and scenarios through critical decision-making activities.

- Career Readiness – Students will develop the skills necessary to evaluate and treat athletic related injuries and conditions.

Student Learning Objectives:

- A. Knowledge and understanding of upper and lower extremity and spine anatomy.
- B. Knowledge and understand of the evaluation process for injuries and conditions of the upper and lower extremities and spine.
- C. Knowledge and understanding of the applied science of various rehabilitative exercises and techniques..
- D. Knowledge and understanding of general rehabilitation plan for lower body and spine injuries and conditions.
- E. Knowledge and understanding of general rehabilitation plan for upper body injuries and conditions.

Attendance:

Attendance for class is mandatory. You are allowed 3 unexcused absences before you start to lose points on your attendance grade. The instructors, at their discretion, may drop a student from a course when the student has a **total of nine absences**. An absence is constituted for every 50 minutes of missed class time. A student who is dropped from a course for excessive absences will be notified in writing by the Center for Enrollment Services after the Provost has approved the drop and Vice President for Academic and Student Affairs. Any student dropped for excessive absences will receive either an “F” or a “W” depending upon the faculty member’s discretion.

Grading Policy:

Homework/Chapter Quizzes – 40%

Chapter quizzes: 15 questions, 30 points total

Unit Exams – 50%

Unit Exams will range from 50-75 questions for a total of 100-150 points total

Attendance – 10%

Late Test/Assignments will not be accepted. Each chapter assignment will open at 12:00am on Monday and will be due at 11:59pm on Sunday.

Distance Education Statement

Students enrolled in distance education courses have equal access to the university’s academic support services, such as library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website.

Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires a secure login. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and

appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website. Directions for filing a student complaint are located in the student handbook.

Accidents and Injuries:

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

Academic Integrity Statement:

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. Students should submit work that is their own and avoid the temptation to engage in behaviors that violate academic integrity, such as turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden. Students should also avoid using open AI sources *unless permission is expressly given* for an assignment or course. Violations of academic integrity can result in failing assignments, failing a class, and/or more serious university consequences. These behaviors also erode the value of college degrees and higher education overall.

AI Policy Statement: Sul Ross State University Kinesiology Department

The Sul Ross State University Kinesiology Department is committed to upholding the highest

standards of academic integrity and excellence. As artificial intelligence (AI) tools become increasingly accessible, we recognize their potential as valuable resources for learning and innovation. However, it is imperative that students use AI tools ethically and responsibly.

The improper use of AI in assignments, including but not limited to, generating content without proper attribution, submitting AI-generated work as one's own, or using AI tools to circumvent the learning process, constitutes academic dishonesty. Such actions undermine the educational goals of our programs and violate the University's Code of Conduct.

Students found to be improperly using AI for assignments may face severe consequences, including but not limited to receiving a failing grade for the assignment or course. Additionally, such violations will be refer

ed to the Dean of Students Office for further disciplinary action, which may include probation, suspension, or expulsion from the University.

We encourage students to seek guidance from their instructors if they have any questions about the appropriate use of AI in their coursework. Our department is committed to

fostering an environment of integrity, where students can achieve their academic and professional goals through honest and meaningful engagement with their studies.

Academic Civility Statement:

Students are expected to interact with professors and peers respectfully, enhancing 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.

SRSU Library Information:

The Bryan Wildenthal Memorial Library in Alpine offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu/. Off-campus access requires logging in with your LobID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or by phone (432-837-8123).

No matter where you are based, public libraries and many academic and special libraries welcome the general public into their spaces for study. SRSU TexShare Cardholders can access additional services and resources at various libraries across Texas. Learn more about the TexShare program by visiting library.sulross.edu/find-and-borrow/texshare/ or ask a librarian by emailing srsulibrary@sulross.edu.

Disability Statement:

SRSU Accessibility Services. Sul Ross State University (SRSU) is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility/accommodations services must contact Mrs. Mary Schwartz Grisham, LPC, SRSU's Accessibility Services Director at 432-837-8203 or email mschwartz@sulross.edu or contact Alejandra Valdez, at 830-758-5006 or email alejandra.valdez@sulross.edu. Our office is located on the first floor of Ferguson Hall, room 112, and our mailing address is P.O. Box C122, Sul Ross State University, Alpine, Texas, 79832.

Course Outline:

- Exam 1
 - Chapter 1 – Therapeutic Exercise: Foundational Concepts
 - Chapter 3 – Range of Motion
 - Chapter 4 – Stretching for Improved Mobility
- Exam 2
 - Chapter 6 – Resistance Exercise for Impaired Muscle Performance
 - Chapter 7 – Principles of Aerobic Exercise
 - Chapter 8 – Exercise for Impaired Balance
- Exam 3
 - Chapter 14 – The Spine: Structure, Function, and Posture
 - Chapter 15 – The Spine: Management Guidelines
 - Chapter 16 – The Spine: Exercise and Manipulation Interventions
- Exam 4
 - Chapter 17 – The Shoulder and Shoulder Girdle
 - Chapter 18 – The Elbow and Forearm
 - Chapter 19 – The Wrist and Hand
- Exam 5
 - Chapter 20 – The Hip
 - Chapter 21 – The Knee
 - Chapter 22 – The Ankle and Foot

Course Schedule

| | Chapter | Due Dates |
|---------|---|--|
| Week 1 | August 27 – Syllabus Review August 29 – NO CLASS | |
| Week 2 | September 3 – Chapter 1 September 5 – Chapter 3 | Chapter 1 Quiz: September 8 at 11:59 pm Chapter 3 Quiz: September 8 at 11:59 pm |
| Week 3 | September 10 – Chapter 4/Exam 1 Review September 12 – Exam 1 | Chapter 4 Quiz: September 15 at 11:59 pm |
| Week 4 | September 17 – Chapter 6 September 19 – Chapter 7 | Chapter 6 Quiz: September 22 at 11:59 pm Chapter 7 Quiz: September 22 at 11:59 pm |
| Week 5 | September 24 – Chapter 8/Exam 2 Review September 26 – Exam 2 | Chapter 8 Quiz September 29 at 11:59 pm |
| Week 6 | October 1 – Chapter 14 October 3 – Chapter 15 | Chapter 14 Quiz: October 6 at 11:59 pm Chapter 15 Quiz: October 6 at 11:59 pm |
| Week 7 | October 8 – Chapter 16/Exam 3 Review October 10 – Exam 3 | Chapter 16 Quiz October 13 at 11:59 pm |
| Week 8 | October 15 – Chapter 17 October 17 – Chapter 17 | Chapter 17 Quiz October 20 at 11:59 pm |
| Week 9 | October 22 – Chapter 18 October 24 – Chapter 18 | Chapter 18 Quiz October 27 at 11:59 pm |
| Week 10 | October 29 – Chapter 19 October 31 – Chapter 19 | Chapter 19 Quiz November 3 at 11:59 pm |
| Week 11 | November 5 – Exam 4 November 7 – Chapter 20 | Chapter 20 Quiz November 10 at 11:59 pm |
| Week 12 | November 12 – Chapter 20 November 14 – Chapter 21 | Chapter 21 Quiz November 17 at 11:59 pm |
| Week 13 | November 19 – Chapter 21 November 21 – Chapter 22 | Chapter 22 Quiz November 24 at 11:59 pm |
| Week 14 | November 26 – Chapter 22 November 28 – NO CLASS | |
| Week 15 | December 3 – Exam 5 Review December 5 – DEAD DAY | |
| Week 16 | Final Exam – Date TBD | |