

KINE 4327 – Therapeutic Modalities in Athletic Training Spring 2025

Instructor: Rachel Gillespie, MEd, LAT, ATC

Office: PGC 110/AT Room

Phone: 432-837-8241 office

Email: Rachel.gillespie@sulross.edu

Office Hours: T/TH 930AM – 11 am or By appointment

Textbook:

Therapeutic Modalities for Musculoskeletal Injuries, 4th edition by Craig R. Denegar, Ethan Saliba, and Susan Salbia

Class Information:

Tuesday and Thursday – 12:30 pm – 1:45 pm

Room: Graves Pierce Complex 106

Course Description:

This course is designed to provide both a theoretical and clinical basis for the use of therapeutic modalities in the rehabilitation setting, as well as impart knowledge pertaining to the physiological effects, indications, contraindications, and applications of therapeutic modalities and in the 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 have an understanding of therapeutic modalities which will enable 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 the physiological and pathological processes of trauma, wound healing, and tissue repair and their implications on the selection and application of therapeutic modalities used in a treatment and/or rehabilitation program
- B. Knowledge and understanding of the principles of physics, including basic concepts associated with the electromagnetic and acoustic spectrum (e.g., frequency, wavelength) associated with therapeutic modalities
- C. Knowledge and understanding of the terminology, principles, basic concepts, and properties of electric currents as they relate to therapeutic modalities
- D. Knowledge and understanding of the appropriate therapeutic modalities for the treatment and rehabilitation of injuries and illness

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%
Unit Exams – 45%
Attendance – 15%

Late Test/Assignments will not be accepted.

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.

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.

Exam Schedule

Unit 1

- Chapter 1 – Fundamentals of Therapeutic Modalities
- Chapter 2 – Psychological Aspects of Injury and Rehabilitation
- Chapter 4 – Tissue Healing
- Chapter 5 – Pain and Pain Relief
- Chapter 6 – Clinical Pain Management

Unit 2

- Chapter 7 – Principles of Electrical Modalities
- Chapter 8 – Clinical Application of Electrical Stimulation for Pain
- Chapter 9 – Arthrogenic Muscle Inhibition and Clinical Applications of Electrical Stimulation and Biofeedback

Unit 3

- Chapter 10 – Principles of Cold and Superficial Heat
- Chapter 11 – Clinical Applications of Cold and Superficial Heat

Unit 4

- Chapter 12 – Principles of Ultrasound and Diathermy
- Chapter 13 – Clinical Applications of Ultrasound and Diathermy
- Chapter 14 – Principles of Low-Level Laser Therapy
- Chapter 15 – Clinical Application of Low-Level Laser Therapy

Unit 5

- Chapter 16 - Mechanobiology
- Chapter 17 – Applications of Exercise and Manual Therapy to Promote Repair
- Chapter 18 – Mechanical Energy and Manual Therapies

Course Schedule

	Chapter
Week 1 Jan 13 – Jan 18	<u>No Class</u>
Week 2 Jan 19 – Jan 25	Syllabus Review Chapter 1 Chapter 2
Week 3 Jan 26 – Feb 1	Chapter 4 Chapter 5
Week 4 Feb 2 – Feb 8	Chapter 6 Unit 1 Review Unit 1 Exam
Week 5 Feb 9 – Feb 15	Chapter 7 Chapter 8
Week 6 Feb 16 – Feb 22	Chapter 9 Unit 2 Review
Week 7 Feb 23 – March 1	Modality Skills Check: Chapters 8 and 9 Unit 2 Exam
Week 8 March 2 – March 8	Chapter 10 Chapter 11
Week 9 March 9 – March 15	Unit 3 Review Unit 3 Exam
Week 10 March 16– March 22	SPRING BREAL
Week 11 March 23 – March 29	Chapter 12 Chapter 13
Week 12 March 30 – April 5	Chapter 14 Chapter 15
Week 13 April 6 – April 12	Unit 4 Review Unit 4 Exam
Week 14 April 13 – April 19	Modality Skills Check: Chapters 11, 13, and 15 Chapter 16
Week 15 April 20 – April 26	Chapter 17 Chapter 18
Week 16 April 27 – May 2	Unit 4 Review
Week 17 May 4 – May 10	FINALS