

ROWAN COLLEGE  
CURRICULUM COMMITTEE

(R)

PROPOSAL TITLE: Therapeutic Exercise For Athletic Injuries CP35-478

UNDERGRADUATE       GRADUATE       CREDIT HOURS

SPONSOR(S): Dr. Edward Chaloupka, Mr. Charles Whedon, Ms. Marsha Grant

DEPARTMENT & TELEPHONE# Health and Exercise Science Department - Ext. 4784

CHECK ONE:  COURSE       MINOR PROGRAM       CONCENTRATION       SPECIALIZATION  
 ACHIEVEMENT CERTIFICATE       CERTIFICATION PROGRAM       MAJOR PROGRAM

STEP #1 (DEPARTMENT)	STEP #2 (RECEIPT)	STEP #3 (SCHOOL)
<input checked="" type="checkbox"/> APPROVED/DATE: <u>March, 1996</u> <input type="checkbox"/> NOT APPROVED/DATE: _____ DEPT. CURRICULUM CHR. _____ REVIEWED/DATE: _____	SCC# <u>96-97-101</u> DATE RECEIVED: <u>1-2-97</u> _____ SENATE CURRICULUM CHR.	REVIEWED DATE: <u>2/4/97</u> <input checked="" type="checkbox"/> RECOMMEND TO APPROVE <input type="checkbox"/> RECOMMEND NOT TO APPROVE FORWARD FOR OPEN HEARING <input type="checkbox"/> WITHOUT RESERVATIONS <input type="checkbox"/> WITH RESERVATIONS COMMENTS: _____ _____ SCHOOL COMMITTEE CHR.

STEP #4 (ACADEMIC DEAN)

RECOMMEND  
 NOT RECOMMEND  
 CONDITIONALLY RECOMMEND (SEE COMMENTS)

DATE & SIGNATURE, DEAN OF SCHOOL \_\_\_\_\_

COMMENTS: *Accreditation requires two courses: Therap. Exercise and Athletic Injuries of Therap. Modalities to Athletic Injuries, presently athletic injuries is offered. The Dept. is offering Bic II (43H) Jan. 1997. This is a new athletic injury specialization, so there is a net reduction in E.N. for these st. by one class. Each course will be offered once in alternating semesters. There is no increase in a budget.*

\_\_\_\_\_

STEP #5 (SENATE CURRICULUM COMMITTEE)

DATE OF OPEN HEARING 4-9-97

APPROVED BY SENATE CURRICULUM COMMITTEE (DATE) \_\_\_\_\_

RETURNED TO SPONSOR(S) FOR THE FOLLOWING REASONS:

\_\_\_\_\_

\_\_\_\_\_

STEP #6 (SENATE)

DATE PRESENTED TO SENATE \_\_\_\_\_

APPROVED       NOT APPROVED

NOTIFICATION TO EXECUTIVE VICE PRESIDENT/PROVOST (DATE) \_\_\_\_\_

SENATE CURRICULUM COMMITTEE CHAIR SIGNATURE/DATE Ronald J. Zocher 5/21/97

STEP #7 (EXECUTIVE VICE PRESIDENT/PROVOST)

DATE RECEIVED \_\_\_\_\_

APPROVED:  YES  NO

IF NO, REASONS ARE AS FOLLOWS:

STUDENT CREDIT HOURS 3

FACULTY LOAD HOURS 3

EQUALIZED CREDIT HOURS \_\_\_\_\_

OFFICIAL COPY & APPROVAL SHEET FILED (DATE) \_\_\_\_\_

SIGNATURE, EXECUTIVE VICE PRESIDENT/PROVOST *C. Mc...*

REGISTRAR

DATE APPROVED COURSE DESCRIPTION RECEIVED 1 July 97

HEGIS TAXONOMY AND COURSE NUMBER ASSIGNED 0835-478

DATE/SIGNATURE OF REGISTRAR B. J. Kilgus

NOTIFICATION FORWARD:

SENATE CURRICULUM COMMITTEE CHAIRPERSON

DEPARTMENT CHAIRPERSON(S)

ACADEMIC DEAN(S)

REGISTRAR

SPONSOR(S)

COURSE PROPOSAL FORMAT

1. Details:

a. Course Titles:

Therapeutic Exercise For Athletic Injuries

b. Sponsors: Edward C. Chaloupka, Ph.D., P.T.  
Charles I. Whedon M.S., ATC/R.  
Marsha Grant MED, ATC  
Department of Health and Exercise Science

c. 3 S.H.

d. Course Level: Undergraduate (senior level)

e. Curricular Effect: Major Requirement  
This course (3 cr) replaces  
Physical Modalities and Therapeutic  
Exercise in Athletic Training and  
Physical Therapy (0835.714) 3 cr.

f. Prerequisite: Exercise Physiology, (0835.345, 4  
s.h.), or permission of the  
instructor and program advisor.

g. Implementation: Spring Semester 1998

h. Adequacies: Present full-time staff is adequate.  
Present facilities are adequate  
consisting of two fully equipped  
athletic training rooms. It is  
recommended, however, that these  
facilities be increased in size to  
better serve student athletic  
training needs.

i. Library  
Resources:

It is recommended that the following  
textbooks be added to compliment  
current holdings.

Andrea Bates & Norm Hanson  
Aquatic Exercise Therapy  
W.B. Saunders ISBN 072165681 1

Helen Hislop &  
Jacqueline Montgomery  
Muscle Testing-Techniques of Manual  
Examination 6th ed.  
W.B. Saunders ISBN 072164305 1

Kisner & Colby  
Therapeutic Exercise  
Foundations and Techniques  
FA Davis ISBN 0803653727

Andrews & Harrelson  
Physical Rehabilitation of the  
Injured Athlete  
ISBN 0721626890

Gould  
Orthopaedic and Sports Physical  
Therapy  
ISBN 0801629Y

Torg, J., Vegso, J., and Torg, E.  
(1987)  
Rehabilitation of Athletic Injuries:  
An Atlas of Therapeutic Exercise,  
Chicago, IL Year Book Medical

Hochschuler, Cotler & Guyer  
Rehabilitation of the Spine  
Williams & Wilkens 1996

Kendall (1983)  
Muscle Testing and Function  
Williams & Wilkens  
ISBN 068304575 X

Voss, Ionta & Myers  
Proprioceptive Neuromuscular  
Facilitation  
Harper & Row 1985  
ISBN 0061425958

2. Rationale:

Currently one 3 S.H. course, Therapeutic Exercise and Physical Modalities For Athletic Injuries, exists in the athletic training curriculum. This course addresses both the use of therapeutic exercise **AND** therapeutic modalities in rehabilitation. The breadth and content of information warrants each of these areas be covered in a separate course. Therefore, the intent is to replace the

existing course with two 3.S.H. courses; Therapeutic Exercise For Athletic Injuries and Therapeutic Modalities For Athletic Injuries. With a separate course devoted to each area, additional didactic and laboratory experiences would be possible enhancing the student's ability to apply the theory and skills necessary for effective clinical outcomes. In addition, to meet accreditation requirements for Accredited Athletic Training Programs set forth by the American Medical Association's Committee on Allied Health Education (AMA-CMAHE), these areas must be addressed in separate courses. This is currently the only curricular deficiency in the athletic training curriculum with regard to accreditation. Accreditation will attract more high quality students to the college and enhance the institution's prestige in the area of technical/medical education.

3. Essence of the Course:

- a. Objectives: By the completion of this course the student will be able to:
1. demonstrate an understanding of the contribution of the athletic trainer/physical therapist in the rehabilitation process
  2. demonstrate knowledge of the healing process and the pathophysiology of injury
  3. demonstrate knowledge of the physiologic applications of exercise in the rehabilitation process
  4. select and incorporate appropriate therapeutic exercise in the rehabilitation of specific injuries
  5. establish an appropriate progressive rehabilitation program for a specific injury incorporating therapeutic exercise
  6. assess the readiness of the patient to resume participation as able prior to the onset of the injury or disease process

b. Topical Outline:

- I. Rehabilitation Goals
  - A. Injury prevention
  - B. Return to Participation
- II. Physiology of Injury/healing Process
  - A. Tissue Injury
  - B. Initial Management
  - C. Healing of Tissue Injury
- III. Physical Fitness Considerations
  - A. Muscular Strength & Endurance
  - B. Joint Flexibility/Soft Tissue Extensibility
  - C. Cardiorespiratory
- IV. Muscle Loading Modes/Muscle Contraction Types
  - A. Isotonics/Isometrics
  - B. Isokinetics
  - C. Plyometrics
  - D. Closed-Kinetic Chain
- V. Proprioceptive/kinesthetic Considerations
  - A. Proprioception, Kinesthesia, and Neuromuscular Control
  - B. Proprioceptive Neuromuscular Facilitation (PNF)
- VI. Joint Mobilization/Manual Traction Techniques
  - A. Joint Arthrokinematics
  - B. Joint Positions
  - C. Manual Techniques
- VII. Functional Progression in Rehabilitation
  - A. Role of functional progressions
  - B. Use of functional progressions
  - C. Components of functional progressions
  - D. functional testing
- VIII. Rehabilitation Considerations for Injuries to Selected Anatomic Areas
  - A. Back
  - B. Shoulder
  - C. Elbow
  - D. Hand and Wrist
  - E. Hip and Thigh
  - F. Knee
  - G. Lower leg
  - H. Ankle
  - I. Foot

- c. Evaluation and Grading Procedure
  - 1. empirical journal research review papers
  - 2. therapeutic exercise treatment plan papers for selected injuries
  - 3. written quizzes
  - 4. written examinations
  - 5. clinical practical examinations
- d. Course Evaluation
  - 1. student evaluations
  - 2. review by department athletic training program education coordinator
  - 3. review by department curriculum committee
- e. Consultation

Dr. Kent Scriber - Ithaca College  
(see attached)

## Catalog Description

### Therapeutic Exercise For Athletic Injuries (Prerequisite: 0835.345)

This course provides an in-depth study into the theory and practical application of rehabilitation programs. It covers the theory and technique of selected rehabilitative exercises. The course emphasizes using a variety of methods in a therapeutic program to regain functional integrity of an injured body part. A laboratory experience is included.

# ITHACA

Ithaca College  
1110 Hill Center  
Ithaca, N. Y. 14850-7193  
(607) 274-3189

School of Health Sciences  
and Human Performance  
Department of Exercise  
and Sport Sciences

To: Rowan College Faculty Senate

From: *Kent Scriber*  
Kent Scriber, EdD, ATC, PT  
Supervisor of Athletic Training, Ithaca College (NY)

Date: April 23, 1997

Re: Curricular revisions/additions for the Athletic Training  
Education Program

Earlier this semester (January 1997) I visited Rowan College to consult with Rowan College officials and make recommendations regarding what changes would best strengthen the Athletic Training Education Program in the preparation for national accreditation by the Commission on Accreditation for Allied Health Education Programs (CAAHEP).

For the Athletic Training Program at Rowan to cover an ever increasing body of knowledge, I have made a strong recommendation that current course offerings be expanded and new courses must be developed and approved. For Rowan student athletic trainers to be best prepared for entry level into the profession, an expanded curriculum has been developed, and should meet CAAHEP standards in the future.

I certainly give my support to the following courses and would encourage the Rowan Senate to approve of them.

- Introduction of Athletic Training - 2 credits
- Prevention and Care of Athletic Injuries - 3 credits
- Pathology and Evaluation I - 4 credits
- Pathology and Evaluation II - 4 credits
- Therapeutic Exercise - 3 credits
- Therapeutic Modalities - 3 credits
- Practicum I in Athletic Training - 1 credit
- Practicum II in Athletic Training - 1 credit
- Practicum III in Athletic Training - 1 credit
- Practicum IV in Athletic Training - 1 credit
- Organization and Administration of Athletic Training - 2 cr
- Senior Seminar in Athletic Training - 1 credit

With the support for curricular development, adequate staffing, and appropriately upgraded facilities, I feel the Rowan could maintain a very successful Athletic Training Education Program.