

ROWAN COLLEGE
CURRICULUM COMMITTEE

(2)

TITLE: Therapeutic Modalities For Athletic Injuries 3835, 475

UNDERGRADUATE **GRADUATE** 3 **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: <u>[Signature]</u> DEPT. CURRICULUM CHR.	SCC# <u>96-1-100</u> DATE RECEIVED: <u>1-2-97</u> <u>[Signature]</u> SENATE CURRICULUM CHR.	REVIEWED DATE: <u>2/1/97</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: <u>[Signature]</u> SCHOOL COMMITTEE CHR.
REVIEWED/DATE: <u>[Signature]</u> DEPT. CHR.		

STEP #4 (ACADEMIC DEAN)

RECOMMEND
 NOT RECOMMEND
 CONDITIONALLY RECOMMEND (SEE COMMENTS)

DATE & SIGNATURE, DEAN OF SCHOOL _____

COMMENTS: *Accreditation requires two (2) courses. They exercise and Therp modalities. Presently only Therp exercise is offered. Dr. [Signature] is choosing this II (45.H) as a requirement for Athletic Training specialization. There is a net reduction in S.H. for these students by one (1). This course will be offered in alternate semesters. This will increase in steps 1 and 2.*
[Signature]

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:
needed additional experimental

STEP #6 (SENATE)

DATE PRESENTED TO SENATE _____ **APPROVED** **NOT APPROVED**

NOTIFICATION TO EXECUTIVE VICE PRESIDENT/PROVOST (DATE) _____

SENATE CURRICULUM COMMITTEE CHAIR SIGNATURE/DATE [Signature] 5/21/97

STEP #7 (EXECUTIVE VICE PRESIDENT/PROVOST)

DATE RECEIVED _____

APPROVED: YES NO

IF NO, REASONS ARE AS FOLLOWS:

STUDENT CREDIT HOURS _____

FACULTY LOAD HOURS _____

EQUALIZED CREDIT HOURS _____

OFFICIAL COPY & APPROVAL SHEET FILED (DATE) _____

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

REGISTRAR

DATE APPROVED COURSE DESCRIPTION RECEIVED 2 Jun 97

HEGIS TAXONOMY AND COURSE NUMBER ASSIGNED 0835.475

DATE/SIGNATURE OF REGISTRAR B. Z. Kelley

NOTIFICATION FORWARD:

SENATE CURRICULUM COMMITTEE CHAIRPERSON

DEPARTMENT CHAIRPERSON(S)

ACADEMIC DEAN(S)

REGISTRAR

SPONSOR(S)

COURSE PROPOSAL FORMAT

1. Details:

a. Course Titles:

Therapeutic Modalities 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 Biology
II (4 cr) for a net loss of 1 credit
hour

f. Prerequisite: Therapeutic Exercise for Athletic Injuries
(Hegis # pending) 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.

Michlovitz, Susan
Thermal Agents in Rehabilitation
FA Davis ISBN 0803661657

Knight, K.
Cryotherapy in Sports Injury
Management ISBN 0873228944

i. Library
Resources:

Gebh
Electrotherapy in Rehabilitation
FA Davis 1992 0803640250

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 role of therapeutic modalities in injury rehabilitation
3. demonstrate understanding of the specific indications and contraindications for selected therapeutic modalities
4. select the appropriate therapeutic modality(ies) consistent with the goals of a specific rehabilitation regimen
5. establish an appropriate progressive rehabilitation program for a specific injury incorporating therapeutic modalities

b. Topical Outline:

I. Introduction to Therapeutic Modalities

- A. Radiant Energy
- B. Electromagnetic Forms
- C. Wavelength and Frequency

II. Application of Therapeutic Modalities in Rehabilitation

- A. In relation to the healing process
- B. In relation to injury management
- C. General indications and contraindications

III. Pain Management with Therapeutic Modalities

- A. Types of Pain
- B. Pain Assessment
- C. Pain Management Goals
- D. Neural Transmission
- E. Neurophysiology of Pain Control

IV. Thermal Modalities

- A. Therapeutic Ultrasound
 1. Transmission of Acoustic Energy
 2. Physics of Therapeutic Ultrasound
 3. Clinical Uses
 4. Contraindications
 5. Phonophoresis

B. Infrared Modalities

1. heat
2. Cold
3. Luminous IR
4. Nonluminous IR

C. Diathermy

1. Shortwave
2. Microwave

V. Principles of Electricity and Electrical Currents

- A. Basic Principles
- B. Stimulating Currents
- C. Iontophoresis
- D. Biofeedback

VI. Low-Power Lasers

- A. Effects
- B. Equipment
- C. Uses
- D. Technique of Application

VII. Compression

- A. Effects
- B. Applications
- C. Cold/Compression Combination
- D. Linear Compression

VIII. Therapeutic Massage

- A. Effects
- B. Treatment Considerations
- C. Techniques

c. Evaluation and Grading Procedure

- 1. Empirical journal research review papers
- 2. Therapeutic modalities 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 Modalities For Athletic Injuries

This course provides an in-depth study into the theory and practical application of rehabilitation programs. It covers the physical properties and application of various therapeutic modalities. 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.