

Eastern Illinois University
New/Revised Course Proposal Format
(Approved by CAA on 4/3/14 and CGS on 4/15/14, Effective Fall 2014)

Banner/Catalog Information (Coversheet)

1. ☒ **New Course** or ☐ **Revision of Existing Course**
2. **Course prefix and number:** KSS 5306
3. **Short title:** Therapeutic Exercise
4. **Long title:** Therapeutic Exercise
5. **Hours per week:** 3 Class 1 Lab 3 Credit
6. **Terms:** ☐ Fall ☒ Spring ☐ Summer ☐ On demand
7. **Initial term:** ☐ Fall ☒ Spring ☐ Summer Year: 2020
8. **Catalog course description:** An in-depth examination of the body's response to injury and wound repair, systematic approach to rehabilitation, current rehabilitation techniques and program development of therapeutic exercise as it relates to the physically active patient population.
9. **Course attributes:**
 General education component: Not applicable
☐ Cultural diversity ☐ Honors ☐ Writing centered ☐ Writing intensive
☐ Writing active
10. **Instructional delivery**
Type of Course:
☐ Lecture ☐ Lab ☒ Lecture/lab combined ☐ Independent study/research
☐ Internship ☐ Performance ☐ Practicum/clinical ☐ Other, specify: _____
Mode(s) of Delivery:
☒ Face to Face ☐ Online ☐ Study Abroad
☐ Hybrid, specify approximate amount of on-line and face-to-face instruction _____
11. Course(s) to be deleted from the catalog once this course is approved. none
12. **Equivalent course(s):** none
 - a. **Are students allowed to take equivalent course(s) for credit?** ☐ Yes ☒ No

13. Prerequisite(s): _Admittance into the Athletic Training professional master's degree program and a "C" or better in KSS 5206 – Therapeutic Modalities _____

a. Can prerequisite be taken concurrently? ___ Yes ___X_ No

b. Minimum grade required for the prerequisite course(s)? _C_

c. Use Banner coding to enforce prerequisite course(s)? _X_ Yes ___ No

d. Who may waive prerequisite(s)?

___X_ No one ___ Chair ___ Instructor ___ Advisor ___ Other (specify)

14. Co-requisite(s): __KSS 5308 – Athletic Training Clinical Field Experience III_____

15. Enrollment restrictions

a. Degrees, colleges, majors, levels, classes which may take the course: _Restricted to students actively admitted into the Master's Degree in Athletic Training Program_____

b. Degrees, colleges, majors, levels, classes which may not take the course: _Any Non-Athletic Training master's degree student_____

16. Repeat status: _X_ May not be repeated ___ May be repeated once with credit

17. Enter the limit, if any, on hours which may be applied to a major or minor: N/A

18. Grading methods: _X_ Standard ___ CR/NC ___ Audit ___ ABC/NC

19. Special grading provisions:

___ Grade for course will not count in a student's grade point average.

___ Grade for course will not count in hours toward graduation.

___ Grade for course will be removed from GPA if student already has credit for or is registered in: _____

___ Credit hours for course will be removed from student's hours toward graduation if student already has credit for or is registered in: _____

20. Additional costs to students:

Supplemental Materials or Software__N/A_____

Course Fee _X_ No ___ Yes, Explain if yes_ _____

21. Community college transfer:

___ A community college course may be judged equivalent.

__X_ A community college may not be judged equivalent.

Note: Upper division credit (3000+) will not be granted for a community college course, even if the content is judged to be equivalent.

Rationale, Justifications, and Assurances (Part I)

1. X Course is required for the major(s) of: Master's Degree in Athletic Training _____
_____ Course is required for the minor(s) of _____
_____ Course is required for the certificate program(s) of _____
_____ Course is used as an elective

2. **Rationale for proposal:** KSS 5306 will be a required course within the athletic training master's degree program. This is the second foundational therapeutic interventions course and is vital to the knowledge & skill base for athletic training professionals

3. **Justifications for (answer N/A if not applicable)**

Similarity to other courses: N/A

Prerequisites: Admittance into the Athletic Training professional master's degree program due to a secondary admissions process & a "C" or better in KSS 5206 – Therapeutic Modalities

Co-requisites: KSS 5308 -Athletic Training Clinical Field Experience III will reinforce material taught in KSS 5306 in a clinical setting

Enrollment restrictions: Restricted to students actively admitted into the Master's Degree in Athletic Training Program due to a secondary admissions process

Writing active, intensive, centered: N/A

4. **General education assurances (answer N/A if not applicable)**

General education component: N/A

Curriculum: N/A

Instruction: N/A

Assessment: N/A

5. **Online/Hybrid delivery justification & assurances (answer N/A if not applicable)**

Online or hybrid delivery justification: N/A

Instruction: N/A

Integrity: N/A

Interaction: N/A

Model Syllabus (Part II)

Please include the following information:

1. Course number and title: KSS 5306 – Therapeutic Exercise
2. Catalog description: An in-depth examination of the body's response to injury and wound repair, systematic approach to rehabilitation, current rehabilitation techniques and program development of therapeutic exercise as it relates to the physically active patient population.
3. Learning objectives:

LEARNING OBJECTIVE	GRADUATE LEARNING GOAL
1. Support and defend how initial management of injuries and rehabilitation practices affect the healing process	1,2
2. Establish effective short term and long term goals	1,2,3
3. Examine and implement appropriate rehabilitation techniques for the following: regaining neuromuscular control, range of motion, flexibility, strength, power, endurance, plyometrics, joint mobilizations and proprioceptive neuromuscular facilitation	1,2,3
4. Examine and implement appropriate techniques utilized in aquatic therapy	1,2,3
5. Examine and implement appropriate techniques to regain functional skills of physically active patient populations	1,2,3
6. Design and implement rehabilitation plans for injuries, gait deviations or postural deformities	1,2,3
7. Critically critique various rehabilitation techniques and determine their effectiveness for specific patient injuries and conditions	1,2,3
8. Synthesize evidence based research relevant to therapeutic modalities	1,2,3,4

4. Course materials:

Starkey, S. *Therapeutic Exercise*, 4th ed. FA Davis, 2016.

5. Weekly outline of content.

Face-to-face: Each week will be constructed on the assumption of a minimum of 150 minutes for lecture plus 500 minutes of lab in addition to 300 minutes of reading, review, research and preparation on the part of the student.

WEEK	CONTENT (Lecture & Lab)	OBJECTIVE
Week 1	General Principles of Therapeutic Exercise	1,2
Week 2	Sport Injury Process	1,2
Week 3	Sport Injury Process	1,2
Week 4	Wound Repair – Injury Management	1,2
Week 5	Regaining Neuromuscular Control	3
Week 6	Range of Motion & Flexibility	3
Week 7	Strength, Power & Endurance	3
Week 8	Plyometrics	3
Week 9	Proprioceptive Neuromuscular Facilitation	3
Week 10	Joint Mobilizations	4
Week 11	Aquatic Therapy	4
Week 12	Functional Skills	5
Week 13	Designing Rehabilitation Programs	6,7
Week 14	Upper Extremity Rehabilitation Programs	6,7
Week 15	Lower Extremity Rehabilitation Programs	6,7
Week 16	Final Exam	1-8

6. Assignments and evaluation, including weights for final course grade.

Assignments (including but not limited to): (20%)

Lab assignments

Interactive reading assignments

Patient rehabilitation plans

Research: (20%)

EBP literature review

Assessments: (60%)

Weekly quizzes

Written exams

Practical exams

Comprehensive midterm exam

Comprehensive final exam

7. Grading scale.

A = 90-100% of total points

B = 80-89% of total points

C = 70-79% of total points

D = 60-69% of total points

F < 60% of total points

8. Correlation of learning objectives to assignments and evaluation.

OBJECTIVE	ASSIGNMENTS (20%)	RESEARCH (20%)	ASSESSMENTS (60%)
1	X		X
2	X		X
3	X		X
4	X		X
5	X		X
6	X	X	X
7.	X	X	X
8.	X	X	X

Date approved by the department or school: September 22, 2017

Date approved by the college curriculum committee: October 9, 2017

Date approved by the Honors Council (*if this is an honors course*):

Date approved by CAA: **CGS:**