

**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 5206
3. **Short title:** Therapeutic Modalities
4. **Long title:** Therapeutic Modalities
5. **Hours per week:** 3 Class 1 Lab 3 Credit
6. **Terms:** ☒ Fall ☐ Spring ☐ Summer ☐ On demand
7. **Initial term:** ☒ Fall ☐ Spring ☐ Summer Year: 2019
8. **Catalog course description:** An in-depth examination of the theories, principles, physiological effects, indication, contraindications, development of treatment plans for all therapeutic modalities commonly utilized in athletic training.

**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 5105 – Introduction to Athletic Training

**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 5208 – Athletic Training Clinical Field Experience II\_\_\_\_\_

## 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: \_\_\_\_\_**

**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 5206 will be a required course within the athletic training master's degree program. This is a foundational therapeutic interventions course that 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 5105 – Introduction to Athletic Training  
Co-requisites: KSS 5208 -Athletic Training Clinical Field Experience II will reinforce material taught in KSS 5206 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 5206 - – Therapeutic Modalities

2. Catalog description: An in-depth examination of the theories, principles, physiological effects, indications, contraindications, development of treatment plans for all therapeutic modalities commonly utilized in athletic training.
3. Learning objectives:

LEARNING OBJECTIVE	GRADUATE LEARNING GOAL
1. Critically evaluate the body's response to trauma as it relates to the application of therapeutic modalities	1,2
2. Critically evaluate current pain control theories with special reference to the theoretical rationale for the selection of appropriate modalities for patient treatment	1,2
3. Critically evaluate the various physiological responses associated with thermal, electrical and mechanical modalities	1,2
4. Design and implement a comprehensive rehabilitation treatment plan that includes the use of therapeutic modalities for patient injuries or medical conditions	1,2,3
5. Critically examine the rationale for modality selection and its effectiveness for treating patient injuries or conditions	1,2,3
6. Synthesize evidence based research relevant to therapeutic modalities	1,2,3,4

4. Course materials:

Starkey, S. *Therapeutic Modalities*, 5<sup>th</sup> ed. FA Davis, 2018.

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 50 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	Introduction to Therapeutic Modalities	1
Week 2	Body's Response to Trauma/Healing Process	1
Week 3	Body's Response to Trauma/Healing Process	1
Week 4	Pain Theories	2
Week 5	Pain Theories	2
Week 6	Thermal Modalities	3,4,5,6
Week 7	Thermal Modalities	3,4,5,6
Week 8	Thermal Modalities	3,4,5,6

Week 9	Electrical Modalities	3,4,5,6
Week 10	Electrical Modalities	3,4,5,6
Week 11	Electrical Modalities	3,4,5,6
Week 12	Mechanical Modalities	3,4,5,6
Week 13	Mechanical Modalities	3,4,5,6
Week 14	Mechanical Modalities	3,4,5,6
Week 15	Designing a Comprehensive Treatment Program	4,5
Week 16	Final Exam	

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

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

Lab assignments

Interactive reading assignments

Patient evaluation notes

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	X
6	X	X	X

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

**Date approved by the college curriculum committee:**

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

**Date approved by CAA:**        **CGS:**