PART I: CATALOG DESCRIPTION

1. Course Prefix and Number: KSS 3152
2. Title (may not exceed 30 characters, including spaces): Athletic Training Clinical III
3. Long title, if any (may not exceed 100 characters, including spaces): Athletic Training Clinical III: Therapeutic Exercise
4. Class hours per week, lab hours per week, and credit [e.g., (3-0-3)]: (0-3-2)
5. Term(s) to be offered: ☑ Fall ☐ Spring ☐ Summer ☐ On demand
6. Initial term of offering: ☑ Fall ☐ Spring ☐ Summer Year: 2011
7. Course description (not to exceed four lines): Practical experience in supervised clinical settings with an emphasis on the application of current rehabilitation techniques and program development of therapeutic exercise as it relates to athletes and physically active individuals.
8. Registration restrictions:
   a. There are no equivalent courses.
   b. Prerequisites: KSS 2130, KSS 2135, KSS 2136 & KSS 2137. No prerequisites may be taken concurrently with the revised course.
   c. Who can waive the prerequisite(s)?
      ☐ No one ☑ Chair ☐ Instructor ☐ Advisor ☐ Other (Please specify)
   d. Co-requisites: KSS 3142
   e. Repeat status: ☑ Course may not be repeated.
      ☐ Course may be repeated to a maximum of _ hours or _ time.
   f. Degree, college, major(s), level, or class to which registration in the course is restricted, if any:
      This course contains advanced content and it is only intended for students currently admitted into the Athletic Training Education Program.
   g. Degree, college, major(s), level, or class to be excluded from the course, if any:
      Students who are not currently admitted into the Athletic Training Education Program are excluded.
9. There are no special course attributes.
10. Grading methods (check all that apply): ☑ Standard letter ☐ C/NC ☐ Audit ☐ ABC/NC (“Standard letter”—i.e., ABCDF--is assumed to be the default grading method unless the course description indicates otherwise.)
11. **Instructional delivery method:**
- [ ] lecture
- [ ] lab
- [ ] lecture/lab combined
- [ ] independent study/research
- [ ] internship
- [ ] performance
- [x] practicum or clinical
- [ ] study abroad
- [ ] other

**PART II: ASSURANCE OF STUDENT LEARNING**

1. **List the student learning objectives of this course:**

At the end of the course, the student will be able to:

- **a.** Apply clinical skills to establish effective short and long term goals.
- **b.** Apply clinical skills for the following rehabilitation techniques: regaining neuromuscular control, range of motion & flexibility, strength, power and endurance, plyometrics, joint mobilizations & proprioceptive neuromuscular facilitation.
- **c.** Apply clinical skills that are utilized with aquatic therapy.
- **d.** Apply clinical skills utilized to regain functional skills of an athlete or physically active individual.
- **e.** Apply clinical skills to design and implement rehabilitation plans for injuries, gait deviations or postural deformities.

2. **Identify the assignments/activities the instructor will use to determine how well students attained the learning objectives:**

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Clinical Skill Assessments</th>
<th>Clinical Supervisor Evaluations</th>
<th>Student Self Evaluation</th>
<th>Bulletin Board Presentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apply clinical skills to establish effective short and long term goals.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Apply clinical skills for the following rehabilitation techniques: regaining neuromuscular control, range of motion &amp; flexibility, strength, power and endurance, plyometrics, joint mobilizations &amp; proprioceptive neuromuscular facilitation.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Apply clinical skills that are utilized with aquatic therapy.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Apply clinical skills utilized to regain functional skills of an athlete or physically active individual.</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>
Apply clinical skills to design and implement rehabilitation plans for injuries, gait deviations or postural deformities.

<table>
<thead>
<tr>
<th></th>
<th>X</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>

3. Explain how the instructor will determine students’ grades for the course:

   Clinical Skill Assessments – 40%  
   Clinical Supervisor Evaluations – 30%  
   Bulletin Board – 5%  
   Attainment of Required Clinical Hours – 25%  

   100%-90% = A  
   89.9%-80% = B  
   79.9%-70% = C  
   69.9%-60% = D  
   59.9% & below = F

4. This is not a technology or other nontraditional-delivered course.

5. This is not a graduate level course.

6. This course does not have a writing component.

PART III: OUTLINE OF THE COURSE

KSS 3152 will provide the student an opportunity to synthesize their knowledge and skills in a supervised environment with a focus on therapeutic exercise as well as the inclusion of previously taught clinical skills and knowledge. The course outline that is found below is an example of what each student will focus on during their KSS 3152 clinical course. This course is designed to provide real life clinical experiences for the student and each student’s experience will vary dependent upon their clinical assignment.

   Week 1, 2, 3: Application of clinical skills to establish effective short and long term goals.

   Week 4, 5, 6: Application of clinical skills for the following rehabilitation techniques: regaining neuromuscular control, range of motion & flexibility, strength, power and endurance, plyometrics, joint mobilizations & proprioceptive neuromuscular facilitation.

   Week 7, 8, 9: Application of clinical skills that are utilized with aquatic therapy.

   Week 10, 11: Application of clinical skills utilized to regain functional skills of an athlete or physically active individual.

   Week 12, 13: Application of clinical skills to recognize, assess and/or diagnose gait deviations.

   Week 14, 15: Application of clinical skills to design and implement rehabilitation plans for injuries, gait deviations or postural deformities.
PART IV: PURPOSE AND NEED

1. Department Rationale:

The purpose of this course proposal is to provide students separate credit and grades for their classroom and clinical education components. KSS 3142 will be taken concurrently as the didactic course to provide a better representation of their knowledge and skills in both the classroom and clinical settings. Additionally, the athletic training accreditation body, CAATE, requires a separate grade for the classroom and clinical components of an Athletic Training Education Program.

2. Justify the level of the course and any course prerequisites, co-requisites, or registration restrictions.

This course contains advanced content and is intended only for students currently admitted into the Athletic Training Education Program. KSS 2130, KSS 2135, KSS 2136 and KSS 2137 are prerequisites. These courses provide the base knowledge necessary for the more advanced content seen in this course. KSS 3142 is a co-requisite and represents the didactic component associated with therapeutic exercise.

3. If the course is similar to an existing course or courses, justify its development and offering.

KSS 3152 is not similar to any other courses. This course will allow for a separation of the classroom and clinical education components and will meet the requirements of the athletic training education accreditation body, CAATE, by providing a separate grade for the classroom and clinical components of the education program.

4. Impact on Program(s):

   a. This is a required course for the Athletic Training Education Program.

PART V: IMPLEMENTATION

1. Faculty member(s) to whom the course may be assigned: Rob Sipes, Lee Ann Price, or any qualified faculty member in the Department of Kinesiology and Sports Studies.

2. Additional costs to students: No additional costs necessary at this time.

3. Text and supplementary materials to be used (Include publication dates):

   Supplementary Materials: (texts will be provided with KSS 3142)


PART VI: COMMUNITY COLLEGE TRANSFER

A community college course will not be judged equivalent to this course.

PART VII: APPROVALS

Date approved by the department or school: October 17, 2008
Date approved by the college curriculum committee: November 10, 2008
Date approved by the Honors Council (if this is an honors course): Not Applicable
Date approved by CAA: December 11, 2008