

**Department of Health & Kinesiology**  
**KINE 3342: Therapeutic Modalities**

Department: Health and Kinesiology  
Class Credit: 3 Semester Hours  
Class Schedule: Online  
Class Location: Canvas  
Course Prerequisites: None  
Instructor: Andrew Cage, M.Ed., ATC, LAT, CES  
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Course Description: It is the purpose of this course to introduce students to the field of athletic training and to develop competencies pertaining to the recognition, management, and prevention sports related injuries, trauma and emergencies. Students will also develop competency and familiarity with the legal/ethical responsibilities involved.

Outcomes: Upon completion of the course, the student shall be able to:

1. Identify and discuss the types of therapeutic modalities commonly used in the athletic training clinic.
2. Discuss any legal implications of using certain therapeutic modalities without written orders from a prescribing physician.
3. Discuss the proper time during the healing phase to use certain therapeutic modalities.
4. Apply evidence based practice concepts in the selection and utilization of therapeutic modalities.
5. Properly apply therapeutic modalities to a fellow classmate or model in a simulated clinical setting.

Course Requirements: **NOTE – Other assignments may be added pending instructor discretion**

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|---------------------------------|------------------|
| 1. Pop Quizzes                  | =10 pts each     |
| 2. Journal Club (5 x 20 points) | = 100 pts        |
| 3. Research Paper               | = 150 pts        |
| 4. 3 Exams (100 pts each)       | = 300 pts        |
| 5. Comprehensive Final Exam     | = <u>100 pts</u> |

Grading Scale: A = 89.5 – 100 %  
B = 79.5 – 89.4%  
C = 69.5 – 79.4%  
D = 59.5 – 69.4%  
F = Below 59.4%

- Quizzes:** Throughout the course, there will be quizzes designed to assess retention in between tests. These quizzes will only cover the material discussed in the previous class, and will feature 5 short answer questions worth 2 points a piece.
- Journal Club:** Students will be required to obtain a peer reviewed journal article over the following topics for class.
- Cryotherapy/Thermotherapy
  - Electrotherapy
  - Therapeutic Ultrasound
  - Traction/Massage/Compression
  - Cupping/IASTM/Kinesiotaping/Acupuncture
- Students will take place in an online discussion forum on Canvas with instructions provided for each discussion. **If students have an article that is the same as a fellow student, each student using that article will share the cumulative grade (example: 4 students who earn an average of 20 points would get 5 points a piece).**
- Exams:** There will be three exams throughout the course to assess retention of the course material. The exams will include multiple choice, true false, matching, and short answer questions.
- Final Exam:** This course will feature a comprehensive final exam in the same format as the previous described exam.
- Exam Policy:** In the interest of fairness to all students, examinations are to be taken during their scheduled time. Any student who anticipates missing an examination is responsible for making arrangements to take their exam prior to the absence. Exams may be taken after the scheduled date only in the event of an illness (doctor's note is required) or a personal or family emergency.
- Late Work:** All assignments are expected to be turned in as scheduled in the course syllabus. For each day that an assignment is late, the grade for that assignment will be decreased by 10%.
- Academic Integrity:** We assume that all students and faculty will conduct themselves according to a code of personal and professional integrity. This means that students and faculty will act from the basis of courtesy, honesty and respect for each other in their academic work and interpersonal relationships. Students are expected to complete work individually for assignments and examinations. Copying from other students constitutes unethical behavior, and is not allowed. When references are used, please cite them accordingly.

**Therapeutic Modalities Course Outline**  
*Syllabus subject to change*

January 11-15	Introduction, Syllabus, Course Outline, Tissue Healing, Pain <b>Quiz 1 Due January 15</b>
19-22	Cryotherapy/Thermotherapy <b>Quiz 2 Due January 22</b>
25-29	Cryotherapy/Thermotherapy, Journal Club 1; <b>Exam 1</b>
February 1-5	Electrotherapy, Journal Club 1 Responses Due
8-12	Journal Club 2; Therapeutic Ultrasound <b>Quiz 3 Due February 12</b>
15-19	Journal Club 3, Journal Club 2 Responses Due
22-26	<b>Exam 2</b>
March 1-5	Low Level Laser Therapy, Journal Club 4, Journal Club 3 Responses Due, <b>Quiz 4 Due March 5</b>
8-12	<b>Spring Break</b>
15-19	Intermittent Compression, Journal Club 5, Journal Club 4 Responses Due; <b>Research Paper Assigned</b>
22-26	<b>Exam #3</b>
29-April 2	Non-Traditional Modalities: Dry Needling, Cupping Therapy, Journal Club 5 Responses Due
5-9	Non-Traditional Modalities: Instrument Assisted Soft Tissue Mobilization; <b>Quiz 5 Due April 9</b>
12-15	<b>Additional Time to Work on Research Paper</b>
19-23	<b>Final Exam Review; Research Paper Due April 21</b>
26-30	<b>Final Exam</b>