

“There are many theories and models of foot and lower extremity function and dysfunction. The human locomotor apparatus knows nothing of these, nor cares less.”

- I. Course Prefix & Number** KIN 735
- II. Course Title** Sports Medicine Rehabilitation Principles and Practices
- III. Class Location & Time** BHS 445
Monday 8:30 – 11:00
- IV. Credit** 3 hours
- V. Semester & Year** Fall 2015
- VI. Instructor** Kara Miller, PhD, ATC, LAT
- VII. Office Location & Hours** BHS 325
T/Th 8:30-10 and by appointment
- VIII. Contact Information** 702-895-6559
Kara.miller@unlv.edu
- IX. Course Description**
Provides the opportunity to study the theory and techniques of various exercise rehabilitation processes and apply these processes on a case study basis.

X. Course Objectives (What I hope you take away from this course.)

1. The student will demonstrate expertise in the practical application of advanced rehabilitation techniques.
2. The student will demonstrate the ability to set patient specific rehabilitation goals and implement effective strategies to meet these goals.
3. The student will demonstrate the ability to apply the principles of functional progression in a rehabilitation protocol.
4. The student will demonstrate the ability to assess intervention strategies’ success and modify rehabilitation techniques accordingly.
5. The student will demonstrate the ability to modify a rehabilitation protocol according to the resources, skill level, and phase of the rehabilitation timeline.
6. The student will demonstrate the use of evidence-based practice and the ability to use research to answer rehabilitative exercise questions in their clinical practice.
7. The student will demonstrate skills in the presentation of research findings.

XI. Course Requirements & Grading

In class participation and assignments.....	20 pts.
Research based discussions and reports...	30 pts.
Injury prevention (pre-hab) project.....	40 pts.
FMS intervention project	60 pts.
Rehab presentation and protocol	90 pts.
<u>Critique of presentations</u>	<u>10 pts.</u>
Total	250 pts.

Grades will be calculated based on a percentage of the total possible points and a 10-point scale with +/- grades will be used.

XII. Required Textbooks

- Prentice WE (2004). Rehabilitation Techniques in Sports Medicine (4th ed.). St. Louis: Mosby -Year Book, Inc.
*See me if you would like to use a similar text for approval to use a different text.
- Cook G (2010). Movement. Santa Cruz, CA: On Target Publications.
*Ebook available for a significantly reduced price

XIII. UNLV Policies

Academic Misconduct – Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the **Student Academic Misconduct Policy** and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's function as an educational institution. An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the *Student Academic Misconduct Policy* (approved December 9, 2005) located at: <http://studentconduct.unlv.edu/misconduct/policy.html>.

Copyright – The University requires all members of the University Community to familiarize themselves **with** and to follow copyright and fair use requirements. **You are individually and solely responsible for violations of copyright and fair use laws. The university will neither protect nor defend you nor assume any responsibility for employee or student violations of fair use laws.** Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at: <http://www.unlv.edu/provost/copyright>.

Disability Resource Center (DRC) – The UNLV Disability Resource Center (SSC-A 143, <http://drc.unlv.edu/>, 702-895-0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be available to you.

If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to me during office hours so that we may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach me in the presence of others to discuss your accommodation needs.

Religious Holidays Policy -- Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the instructor no later than the end of the first two weeks of classes, **September 4, 2015**, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=6&navoid=531>.

Incomplete Grades - The grade of I – Incomplete – can be granted when a student has satisfactorily completed three-fourths of course work for that semester/session but for reason(s) beyond the student's control, and acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. The incomplete work must be made up within one calendar year at the discretion of the instructor. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the I grade.

Tutoring -- The Academic Success Center (ASC) provides tutoring and academic assistance for all UNLV students taking UNLV courses. Students are encouraged to stop by the ASC to learn more about subjects offered, tutoring times and other academic resources. The ASC is located across from the Student Services Complex (SSC). Students may learn more about tutoring services by calling 702-895-3177 or visiting the tutoring web site at: <http://academicsuccess.unlv.edu/tutoring/>

UNLV Writing Center -- One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC-3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling 702-895-3908. The student's Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>

Rebelmail -- By policy, faculty and staff should e-mail students' Rebelmail accounts only. Rebelmail is UNLV's official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students' e-mail prefixes are listed on class rosters. Emailing within WebCampus is acceptable.

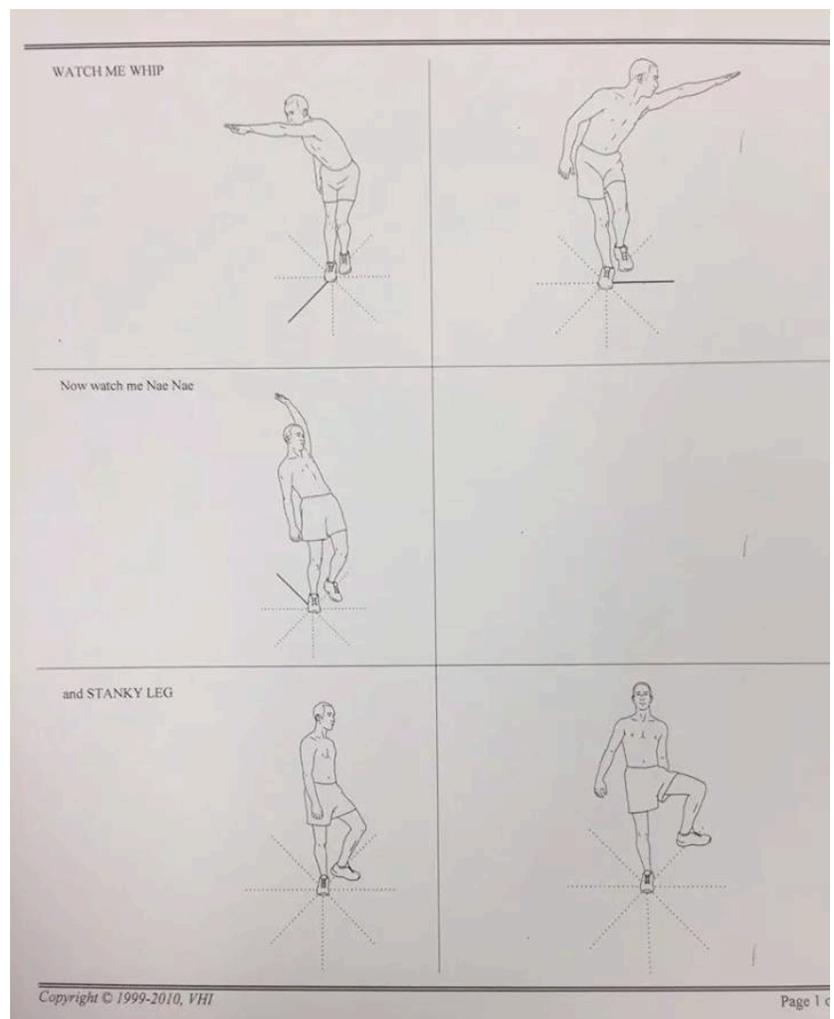
Library Resources –Students may consult with a librarian (www.library.unlv.edu/consultation) about research needs. For this class, the subject librarian is Xan Goodman. UNLV Libraries provides resources to support students' access to information. Discovery, access, and use of information are vital skills for academic work and for successful post-college life. Access library resources and ask questions at www.library.unlv.edu/

Final Examinations – The University requires that final exams given at the end of a course occur at the time and on the day specified in the final exam schedule. See the schedule at: <http://www.unlv.edu/registrar/calendars>.

XIV. Course format and expectations

This course has been designed to be flexible and guided by the needs of the students. I believe that graduate education should be guided by the individual needs of the class; therefore I am welcome to suggestions throughout the semester. The course is primarily a project and presentation based format. Formal lecture will be utilized sparingly. Please be prepared to be physically active during class time as many classes will involve hands-on practice.

I expect everyone to have a fundamental background in rehabilitative exercises and program design, but understand that each student's undergraduate experience was different. I view our differing backgrounds as a positive and I expect everyone to share their knowledge from their previous experiences during this course. I expect students to be fully engaged while in the classroom, which I define as being an active participant in discussions and group work. If electronics become a distraction or are used inappropriately you will be asked to refrain from bring electronics into the classroom. Attendance is mandatory, but if you are unable to attend due to illness or unforeseen circumstances I expect to be notified in a timely manner prior to your absence.



XV. Tentative Schedule – May change at the instructors’ discretion

DATE	TOPIC	READING PRIOR TO CLASS	DUE IN CLASS
8/24	Discuss syllabus Discuss course design and goals		
8/31	1. Healing process 2. Rehab goals 3. EBP and evaluating research	Prentice Ch 1&2	Article critic 1
9/7	Labor Day Holiday – No class		
9/14	1. Neuromuscular control 2. Introduce injury prevention project		Article critic 2
9/21	Work on injury prevention project (Traveling with Team USA)		Article critic 3
9/28	1. Present injury prevention plan 2. FMS and treating the whole athlete 3. Introduce partner project using FMS	Movement text pg 1-106	Injury prevention plan due
10/5	Joint mobilization	Ch 13	Article critic 4 FMS week 1
10/12	PNF	Ch 14	Article critic 5
10/19	TBA		
10/26	Functional progression in rehab	Ch 16	FMS intervention project due
11/2	Functional progression in rehab		
11/9	Potential guest speaker		
11/16	Student presentations 1-5		
11/23	Student presentations 6-10		1-5 critiques due
11/30	Last Class Day Student presentations 11-15		6-10 critiques due
12/9	Finals Week - Written Protocols Due & 11-15 critiques due		
	*Vestibular rehabilitation		