

COURSE SYLLABUS



COURSE TITLE: Therapeutic Modalities

CLASS SECTION: X01

TERM: 2023F

COURSE CREDITS: 3

DELIVERY METHOD(S): Face to face lectures and labs on campus

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Jen Gow, PhD, CAT(C)

EMAIL: gowj@camosun.ca

OFFICE: PISE 212E

HOURS: Tuesdays from 1:30-3:30 pm and Fridays from 1-3 pm or by appointment only, please.

INSTRUCTIONAL ASSISTANT: [Mike Davies, CAT\(C\), BAET](#)

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Theory and methodology to operate therapeutic modalities safely and effectively including the specifications, parameters, indications, contraindications and precautions for each modality. Further focus is on the biological and physiological effects of the modality on the tissues of the body as it pertains to injury/disease and healing. *Open to Athletic & Exercise Therapy students only*

Prerequisites: All of: COM in AET 202, C in AET 261, and C in AET 273

Co-requisites: All of: COM in AET 301 and C in AET 310

COURSE LEARNING OUTCOMES / OBJECTIVES

At the completion of this course, students will be able to:

- Apply therapeutic ultrasound, neuromuscular electrical stimulation, transcutaneous electrical nerve stimulation across a variety of populations.

- Apply stimulation and interferential current units safely, competently, and effectively as well as determine the appropriate modality selection and parameters for their aims of treatment depending on the pathology.
- Assess and determine the indications, contraindications, and precautions for a variety of modalities.
- Perform different therapeutic protocols for various injuries and conditions.
- Discuss and communicate with the client on the contraindications and effects of the machine and what sensations they will feel.
- Assess the best sequence for modality application during the rehabilitation program.
- Assess and apply appropriate modality settings and client position to maximize comfort during therapy.
- Use current research and evidence based knowledge for modality applications.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Knight, Kenneth L. & Draper, David O. Therapeutic Modalities: The Art and Science, Third Edition. Lippincott Williams and Wilkins, Baltimore, 2020. ISBN-10 : 1975121325 ISBN-13 : 978-1975121327. (Second Edition is also acceptable).

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK or DATE RANGE	ACTIVITY or TOPIC
Sept.5	Overview of Course Outline Lab Guidelines and Expectations
Sept. 7	Tissue Response to Injury- Chapter 5 Cryotherapy- Chapter 6, 12, 13
Sept. 11 (Lab)	Clinical Application of Therapeutic Modalities Cryotherapy
Sept. 12	Cryotherapy- Chapter 6, 12, 13
Sept. 14	Cryotherapy- Chapter 6, 12, 13 Thermotherapy- Chapter 10, 11
Sept. 18 (Lab)	Cryotherapy Thermotherapy
Sept. 19	Thermotherapy- Chapter 10, 11 NMES- Chapter 16, 17
Sept. 21	NMES- Chapter 16, 17
Sept. 25 (Lab)	Thermotherapy Introduction to NMES
Sept. 26	NMES- Chapter 16, 17

WEEK or DATE RANGE	ACTIVITY or TOPIC
Sept. 28	NMES- Chapter 16, 17
Oct. 2	College Closed
Oct. 3	NMES- Chapter 16, 17
Oct. 5	NMES- Chapter 16, 17 Ultrasound- Chapter 14
Oct. 9	Thanksgiving- College Closed
Oct. 10	Ultrasound- Chapter 14
Oct. 12	Ultrasound- Chapter 14
Oct. 16 (Lab)	NMES
Oct. 17	Ultrasound- Chapter 14
Oct. 19	Ultrasound- Chapter 14
Oct. 23-27	BAET Midterm Exam Week
Oct. 30 (Lab)	NMES Introduction to Therapeutic Ultrasound
Oct. 31	Therapeutic Massage- Chapter 18
Nov. 2	Case Studies
Nov. 6 (Lab)	Ultrasound
Nov. 7	Physiology of Pain- Chapter 8
Nov. 9	TENS- Chapter 16, 17
Nov. 13	College Closed
Nov. 14	TENS- Chapter 16, 17
Nov. 16	IFC- Chapter 16, 17
Nov. 20 (Lab)	Ultrasound
Nov. 21	LASER- Chapter 21
Nov. 23	Other Modalities- Chapter 22
Nov. 27 (Lab)	TENS IFC
Nov. 28	Differential Application- Chapter 24
Nov. 30	Case Studies- Chapter 25
Dec. 4 (Lab)	IFC, Laser Therapeutic Massage

WEEK or DATE RANGE	ACTIVITY or TOPIC
Dec. 5	Final Exam Reminders
Dec. 7	Review
Dec. 11-19	College Final Exam Period

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Midterm Written Exam	20%
Final Written Exam	30%
Midterm Practical Exam	20%
Final Practical Exam	30%
TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

Please Note:

The final grade will be a combined total of the written and practical marks.

The written exams will include evaluation of comprehension and application from the textbook and from material covered in lecture and lab.

COURSE GUIDELINES & EXPECTATIONS

Schedule:

Lectures: Tues, 11:30 am-12:20 pm in PISE 329A and Thurs, 11:30 am-12:20 pm in PISE 329B

Lab:

Mon, 8:30-10:20 am in CC 107

The applied nature of this course requires a strong linkage between the theoretical components and the applied components, regardless of method of delivery. Students are responsible for catching up on any missed material by asking for peer notes before contacting the instructor. Attendance in all labs is mandatory.

- Missing 10% of classes with unexcused absences will result in a meeting with the respective instructor.

- Missing 20% of classes with unexcused absences may impact your final grade.

An excused absence includes a bonafide intercollegiate trip, permission of the instructor prior to absence, and compassionate reasons.

Exams: Midterm exams and final examinations must be written on the dates scheduled. Final examinations (written and practical) may be scheduled at any time during the examination period; therefore, students should avoid making prior travel, employment, or other commitments for this period. **All students are expected to write the final exam at the time, date, and location set by the Office of the Registrar.**

If a student is unable to write an exam through no fault of his, her, or their own, valid documentation must be provided and it must be discussed with the instructor well in advance of the exam date. If the student is absent for an exam (written or practical) and has not made arrangements with the instructor in advance, a zero grade will be applied.

Additional Information

Use on Calculators: Calculators are permitted during tests. Permission is restricted to nonprogrammable calculators only. Cell phone and watch calculators cannot be used.

Use on Cell Phones, Laptops, Tablets, and other Electronic Devices: Cell phones and other electronic devices (including ear buds, headphones, etc.) are not to be used during class times. Please ensure that they are turned off/removed prior to entering the classroom.

You are permitted to use your laptop/tablet during class, but web surfing, chatting or playing internet games is prohibited. This is distracting and disrespectful to the instructor and your peers. Please be advised that audio/video recordings and photos of lectures and labs are prohibited, unless there is valid documentation for accommodations provided by CAL (Centre for Accessible Learning).

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling

Support Service	Website
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started: <http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit

<http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.