

# COURSE SYLLABUS



COURSE TITLE: AET 401 – Placement 5

CLASS SECTION: X01/X02

TERM: Fall 2024

COURSE CREDITS: 4

DELIVERY METHOD(S): Seminar & Clinical Practice

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](#).

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## INSTRUCTOR DETAILS

NAME: Dr. Johanna Hurtubise

EMAIL: [hurtubisej@camosun.ca](mailto:hurtubisej@camosun.ca)

OFFICE: PISE 212D

HOURS: Monday 11:30-2:00, Thursday 1:00-2:00, or by appointment

*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.*

## PLACEMENT SUPERVISOR

NAME: Melissa Roumanis

EMAIL: [roumanisM@camosun.ca](mailto:roumanisM@camosun.ca)

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## CALENDAR DESCRIPTION

Students will begin to apply assessment and rehabilitation theory and skills in a clinical setting. Students will apply therapeutic modalities in a clinical setting under the direct supervision of a certified preceptor.

PREREQUISITE(S): COM in AET 302

CO-REQUISITE(S): AET 482

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## COURSE LEARNING OUTCOMES / OBJECTIVES

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

- Demonstrate the role and responsibilities of the athletic/exercise therapist in prevention, immediate care, treatment and rehabilitation of injuries and diseases.
- Develop and emergency action plan for the placement.
- Apply the principles of rehabilitation design utilizing exercise prescription and therapeutic modalities for a variety of populations.
- Demonstrate effective prevention, assessment and treatment of common injuries and disease.
- Demonstrate clinical assessment and management skills for a typical concussion in the athlete and non-athlete population.
- Demonstrate effective evaluation of the client's condition to determine their readiness for activity.
- Demonstrate guidance regarding proper warm up and pre-activity readiness.
- Demonstrate effective decision making and communication when working with clients, coaches, medical team members, faculty, and peers.
- Demonstrate athletic/exercise therapy principles with therapeutic modalities by addressing any cultural, ethnic, gender, age, functional ability differences and considerations.

## Applied Learning

- The course is founded in applied learning with the students applying their course work in real life clinical settings for 10 hours a week under the direct supervision of an approved preceptor. Students submits monthly reflections and logging of competencies.

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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### Recommended:

1. Norkin, C.C. & White, J.D. (2003). *Measurement of Joint Motion: A Guide to Goniometry (3rd Edition)*. F.A. Davis Company.
2. Kisner, C. & Colby, L.A. (2007). *Therapeutic Exercise Foundations and Techniques (5th Edition)*. F.A. Davis Company.
3. Higgins, (2011). *Therapeutic Exercises: From theory to practice*. FA Davies.
4. Frontera, Slovik, and Dawson (2006). *Exercise in Rehabilitation Medicine (2<sup>nd</sup> edition)*. Human Kinetics.
5. Magee, David J., Zachazewski, James E. & Quillen, William S. (2007). *Scientific Foundations and Principles of Practice in Musculoskeletal Rehabilitation*. Saunders Elsevier.
6. Houglam, P. (2016). *Therapeutic Exercise for Musculoskeletal Injuries*. Human Kinetics.
7. Flanagan, K W & Cuppett M. (2017). *Medical Conditions in the Athlete (3<sup>rd</sup> Edition)*. Human Kinetics.

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

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

### Seminar:

Thursday      2:30-3:20      LACC 107

### Placement schedule:

Dependent upon clinical agreement with placement.

### AET 401 Topics (Tentative)

- Roles and responsibilities of an Athletic Therapist in the clinic
- Professional goal setting
- Professionalism in the clinical environment
- Dealing with various populations
- What is confidential?
- Charting vs learning book
- Language in the clinical environment
- Assessment process and differential diagnosis
- Clinical concussion assessment
- Lesion site specific modalities
- Sequencing of modalities with respect to the rehabilitation process
- Aims of treatment corresponding to stages of healing
- Stages of Rehabilitation
- Clinical Reasoning & decision-making
- Return to learn, work, & play
- Managing clinical time, space, and clinical workload

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](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

## EVALUATION OF LEARNING

DESCRIPTION	DUE DATE	WEIGHTING
Placement Contract	Friday September 13 <sup>th</sup>	COM
Placement EAP	Friday September 20 <sup>nd</sup>	COM
Monthly Submissions: <ul style="list-style-type: none"> <li>• <i>Reflections</i></li> <li>• <i>Hours Logbook</i></li> <li>• <i>Daily Treatment Log</i></li> </ul>	Friday October 4 <sup>th</sup> Friday November 8 <sup>th</sup> Friday December 6 <sup>th</sup>	COM
Midterm Preceptor Evaluation	Friday October 25 <sup>th</sup>	COM
Midterm Placement Supervisor Evaluation		COM
Midterm Self Evaluation		COM
Final Preceptor Evaluation	Friday December 6 <sup>th</sup>	COM
Final Placement Supervisor Evaluation		COM
Final Self Evaluation		COM
Minimum Hour Completion (140hrs)	Friday December 6 <sup>th</sup>	COM
Summative Competency Practical Exam	TBD (exam schedule)	COM (60% min)

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](https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf) policy for more information. <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

### Competency Based Grading System (Non-GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes.

GRADE	DESCRIPTION
COM	The student has met the goals, criteria, or competencies established for this course, practicum, or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum, or field placement.
NC	The student has not met the goals, criteria, or competencies established for this course, practicum, or field placement.

### Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for information on conversion to final grades, and for additional information on student record and transcript notations.

GRADE	DDESCRIPTION
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In Progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.

## COURSE GUIDELINES & EXPECTATIONS

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Professional standards for students:

- Students are expected to exhibit polite, mature, and respectful behaviour in class (lectures, labs, seminars, or practicums) and actively participate as needed.
- It is the student's responsibility to ensure hours are collected within the designated period of the fall session of AET 401. If there is a problem with acquiring the required hours, please contact the instructor immediately. If the instructor does not hear from a student on this matter. It is implied that the required hours will be achieved by the end of the instructional term as per the Camosun College Calendar.
- It is the student's responsibility to record and keep track of all placement hours. Please retain current log sheets for the term
- Please note that students are not permitted to perform skills at placement which they have not learned yet in class/lab. Students may be held liable for performing skills they have not officially learned yet.
- At any time during the term, the instructor may ask to meet and review the student learning book. Please make sure it is up to date.
- The student AET 401 placement contract is for Clinical work only.

### Policy on Cell Phones, PDAs, other Electronic Devices:

Cell phones, PDAs, and other electronic devices are not to be used during scheduled class and lab times. Please remove ear buds, headphones, etc. prior to entering the classroom. Please be advised that audio/video recordings and photos of lectures and seminars are prohibited unless valid documentation for accommodations are provided by CAL (Centre for Accessible Learning). **YOU MAY NOT RECORD ANY PERSON WITHOUT THEIR CONSENT (VIDEO OR AUDIO/PHOTO CAPTURE ETC.)**

### Attendance Policy:

Research shows a strong correlation with class attendance and academic success. Given the practical nature of this course, and the need to understand the theory utilized during the labs, lab attendance will be taken. An excused absence includes:

- a) Bonafide intercollegiate trip with supporting documentation.
- b) Permission of instructor prior to absence.
- c) Compassionate reasons.

### Exams & Assignments:

The course exams and assignments are pre-scheduled by the instructor and due as outlined in this course outline or as posted on D2L. The final exam will be scheduled by the Registrar's office.

**Exams:** Midterm and final examinations must be written on the date scheduled. Final examinations 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 or presentation and has not made arrangements with the instructor in advance, a zero grade will be applied.

**Assignments:** Papers and/or assignments that are handed in after the due date/time will receive a 10% per day deduction. After the 5th day the assignment will receive a grade of 0%. Papers and/or assignments that are deemed unacceptable by the faculty will be returned and receive an automatic 10% deduction on the grading of said item. Reasons that a faculty may deem an item unacceptable include, but are not limited to the following: grammar, spelling, content, punctuation, and inappropriate referencing/citations. Failure to turn in an assignment may result in an incomplete final grade being assigned for the course.

## STUDENT RESPONSIBILITY

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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

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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 [camosun.ca/services](https://camosun.ca/services).

Support Service	Website
Academic Advising	<a href="https://camosun.ca/services/academic-supports/academic-advising">camosun.ca/services/academic-supports/academic-advising</a>
Accessible Learning	<a href="https://camosun.ca/services/academic-supports/accessible-learning">camosun.ca/services/academic-supports/accessible-learning</a>
Counselling	<a href="https://camosun.ca/services/health-and-wellness/counselling-centre">camosun.ca/services/health-and-wellness/counselling-centre</a>
Career Services	<a href="https://camosun.ca/services/co-operative-education-and-career-services">camosun.ca/services/co-operative-education-and-career-services</a>
Financial Aid and Awards	<a href="https://camosun.ca/registration-records/financial-aid-awards">camosun.ca/registration-records/financial-aid-awards</a>
Help Centres (Math/English/Science)	<a href="https://camosun.ca/services/academic-supports/help-centres">camosun.ca/services/academic-supports/help-centres</a>
Indigenous Student Support	<a href="https://camosun.ca/programs-courses/iecc/indigenous-student-services">camosun.ca/programs-courses/iecc/indigenous-student-services</a>
International Student Support	<a href="https://camosun.ca/international">camosun.ca/international</a>
Learning Skills	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>

Support Service	Website
Library	<a href="https://camosun.ca/services/library">camosun.ca/services/library</a>
Office of Student Support	<a href="https://camosun.ca/services/office-student-support">camosun.ca/services/office-student-support</a>
Ombudsperson	<a href="https://camosun.ca/services/ombudsperson">camosun.ca/services/ombudsperson</a>
Registration	<a href="https://camosun.ca/registration-records/registration">camosun.ca/registration-records/registration</a>
Technology Support	<a href="https://camosun.ca/services/its">camosun.ca/services/its</a>
Writing Centre	<a href="https://camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills">camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills</a>

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.

## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

### Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

### 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:

<https://camosun.ca/services/academic-supports/accessible-learning>

### Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/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 <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

### Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### 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 <https://camosun.ca/sites/default/files/2021-07/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: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and [camosun.ca/services/sexual-violence-support-and-education](https://camosun.ca/services/sexual-violence-support-and-education). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-370-3841

### 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 <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

### Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

**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.