

COURSE SYLLABUS



COURSE TITLE: AET 481 Clinical 3: Spine

CLASS SECTION: X01

TERM: Winter 2023

COURSE CREDITS: 3

DELIVERY METHOD(S): In-person

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://camosun.ca/about/covid-19-updates>

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: Melissa Roumanis

EMAIL: roumanism@camosun.bc.ca

OFFICE: PISE 212A

HOURS: Wednesday 10:30-12:00, 2:30-3:30 and Thursday 1:30-2:30 (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.

CALENDAR DESCRIPTION

PREREQUISITE(S): COM in AET 401 and C in AET 320, AET 440, and AET 482

CO-REQUISITE(S): AET 402 and AET 430

COURSE LEARNING OUTCOMES / OBJECTIVES

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

- a) Design an appropriate orthopedic assessment routine for musculoskeletal injuries of the pelvis, lumbar spine, thoracic spine and cervical spine.
- b) Perform an appropriate orthopedic assessment routine for musculoskeletal injuries of the pelvis, lumbar spine, thoracic spine and cervical spine.
- c) Design the appropriate mobility, stability or functional rehabilitation through recognition of dysfunctions in the mechanics of movements of the vertebral column joints.
- d) Design an appropriate rehabilitation program to facilitate healing following the determination of the injured tissue's healing stage. e) Apply manual techniques, therapeutic modalities and exercises that promote recovery to an active lifestyle or return to sport across a variety of populations.
- f) Develop analytical and interpretive skills to facilitate a professional orthopedic assessment and rehabilitation program.
- g) Demonstrate effective communication in verbal and written forms through the development of advanced listening skills and effective note taking.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

REQUIRED MATERIALS:

1. Magee, D.J. (2014). *Orthopedic Physical Assessment* (6th ed). St. Louis, MI: Saunders Elsevier.
2. Kisner, C., Colby, L.A., & Borstad, J. (2018). *Therapeutic Exercise: Foundations and Techniques* (7th ed). F.A. Favis.

Referenced Texts:

1. Bogduk, N. (2005). *Clinical Anatomy of the Lumbar Spine and Sacrum* (4th ed). Toronto, ON: Elsevier Mosby.
2. Cramer, G. D., & Darby, S. A. (2005). *Spine, Spinal Cord and ANS* (2nd ed). St Louis, MI:Elsevier Mosby.
3. Drake, R., Vogl, A. W., Mitchell, A. W. M., Tibbits, R. M., & Richardson, P. E. (2008).*Gray’s Atlas of Anatomy*. Philadelphia, PA: Churchill Livingstone.
4. Hertling, D. (2005). *Management of Common Musculoskeletal Disorders: Physical Therapy Principles* (4th ed). Philadelphia, PA: Lippincott Williams & Wilkins.
5. Lippert, L.S., Duesterhaus Minor, M. A. (2007). *Laboratory Manual for Clinical Kinesiology and Anatomy* (2nd ed). Philadelphia, PA: F.A Davis.
6. Middletech, A., & Oliver J. (2005). *Functional Anatomy of the spine* (2nd ed.)
7. Kendall, F.P., & Kendall – McCreary, E. (2005). *Muscles: Testing and Function* (Hardcover, 4th ed).

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.

Lecture	Wednesday	8:30 – 10:30am	Portable A, 101
	Wednesday	3:30pm –5:20pm	Portable A, 101
	Thursday	8:30-10:30am	PISE 330
Lab	Monday	11:30-2:30pm	LACC 107
	Wednesday	11:30-2:30pm	LACC 107

Tentative AET 481 Schedule		
Week	Lecture	Lab
1		January 9th Course introduction & Review of Assessment Principles Review of Assessment and Rehabilitation Principles
	January 11th TMJ	January 11th TMJ & TOS
	January 11th Whiplash	
	January 12th Brachial Plexus	
2	January 18th Cervical Spine (Quiz #1)	January 16th Cervical Spine Assessment
	January 18th TOS	January 18th Thoracic Spine Assessment
	January 19th Thoracic Spine (Quiz # 2)	
3	January 25th Lumbar Spine (Quiz # 3)	January 23rd Lumbar Spine Assessment

	January 25th Lumbar Spine	January 25th SIJ Assessment
	January 26th Sacroiliac Joint (Peer Evaluation)	
4	February 1st Sacroiliac Joint	January 30th Review
	February 1st Midterm Practical	February 1st Midterm Practical
	February 2nd Review of Rehabilitation Principles (Reflection Due)	
5	February 8th Nerves Injury & Rehabilitation	February 6th ROM
	February 8th Rehabilitation of the Cervical Spine (Quiz #4)	February 8th Therapeutic Exercise 1
	February 9th Rehabilitation of the Thoracic Spine (Quiz #5)	
6	February 15th Rehabilitation of the Lumbar Spine & Sacrum (Quiz # 6)	February 13th Therapeutic Exercise 2
	February 15th RTP for the Spine (Article Critique Assignment Due)	February 15th Case Studies
	February 16th Concussion - Assessment/Management	
7	February 22nd No Lecture-Part of Reading Week	February 20th & 22nd Family Day/Part of Reading Week
	February 21st- 24th Reading Week	
Final Exam February 27th- March 3rd		

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>

Quizzes:

Online quizzes will be given at the first class of each new module (week) to assess your knowledge of the content covered in the Module Pack/Readings (see the schedule below). Module Packs can be found on D2L. There is a total of 6 quizzes.

Peer Evaluations of Team Work:

Team members will anonymously evaluate the contributions made by all of their team members using the rubric provided (on D2L). You must provide specific comments to your teammates so they are able to write a reflection on the feedback received from their peers (i.e. "Start" doing this, "Stop" doing this, and "Continue" doing this). If there are 5 members in your team you will provide an evaluation of the other 4 members of your team. Note: The **quality of the evaluation you provide will be evaluated** (see rubric posted on D2L).

Reflection of Peer Evaluation of Team Work:

Using the feedback received from your teammate's evaluations write a ~350-word reflection of the feedback received. This should include a summary of the main points of feedback (both positive and points for improvement) and a plan for how you intend to incorporate the feedback received to be a better team member (max. 1 page, double spaced, size 12 Times New Roman font, 1' margins, no title page, name and student number in the header).

Assignment:

Critique of a scholarly article of your choosing related to the spine. This written submission should include an outline of the key points of the article, and your views of the article including new concepts learned and implications of the research from a clinical perspective. (3-4 pages + title page and reference page, double spaced, size 12 Times New Roman font, 1' margins, APA formatting)

Final Written Examination:

Written test questions will cover class lectures and assigned readings. This examination is accumulative. Test format will include multiple choice, true/false, matching, diagrams, short answer, and long answer.

Practical Examinations

Practical exams consist of applying special tests, assessment, and rehabilitation of injuries to the spine. The midterm practical exam will be set up as an OSCE (objective structured clinical examination), based on assessment tests learned to date. The final practical case study based, requiring students to complete a full clinical assessment and rehabilitation plan.

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Quizzes (6 x 3%)	18%
Peer Evaluation	5%
Article Critique Assignment	10%
Midterm Practical (Feb 1 st)	15%
Final Practical (TBA)	30%
Final Written Exam (TBA)	20%
	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>

COURSE GUIDELINES & EXPECTATIONS

Students will be practicing palpation skills on each other. Students must refrain from any inappropriate touching. Students with concerns are to speak to the instructor prior to the beginning of the course or as it arises during the semester. There can be no exception to this participation. Students are expected to respect their peers at all times.

Students must come prepared with “appropriate dress” (loose shorts, T-shirt, socks and shoes). Students must change for every lab unless informed in advance. Students that don’t come prepared to actively participate (appropriate dress) in labs may be asked to leave.

Cell phones will not be permitted in class or lab.

SCHOOL OR DEPARTMENTAL INFORMATION

GRADING SYSTEM

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C	Minimum grade required for courses within the BAET program	2
50-59	D	Minimum level of achievement for which credit is granted at Camosun College; Please note a course with a “D” grade cannot be used as a prerequisite grade or for graduation in the BAET program	1
0-49	F	Minimum level has not been achieved.	0

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.

Temporary Grade	Description
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 that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.
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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
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.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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.