

COURSE SYLLABUS



COURSE TITLE: AET 481

CLASS SECTION: X01A and X01B

TERM: Winter 2022

COURSE CREDITS: 3

DELIVERY METHOD(S):

Lecture: Wednesday 10:30 – 11:50 am (PISE 329B), Friday 12:00 – 1:20 pm (CHW 234)

Lab X01A – Friday 2:00 – 5:00 pm (LACC 107)

Lab X01B – Tuesday 8:30 – 11:20 am (LACC 107)

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

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](#).

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: Noreen Ortilla MRSc, CAT(C), ATC, RMT

EMAIL: ortillan@camosun.bc.ca

OFFICE: 306L PISE

HOURS: Monday 9:30 – 10:30 am by appointment only

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

Advanced theoretical and practical skills to assess and rehabilitate the injured individual as it pertains to the spinal column. Focus is on the musculoskeletal and neurological assessment and rehabilitation of the spinal column. This course is restricted to students in the Athletic & Exercise Therapy program.

Pre – requisites:

- COM in AET 401 and C in AET 320, AET 440 and AET 482

Co – requisite:

- AET 402 and AET 430

COURSE LEARNING OUTCOMES / OBJECTIVES

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

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

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

- *Orthopedic Assessment, Magee, 6e, 2013.*
- *Kisner, C., Colby, L.A., & Borstad, J. (2018). Therapeutic Exercise: Foundations and Techniques*

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.

Topic	Lecture
1	Chapter 4: Magee Temporomandibular joint (TMJ) Review of TMJ anatomy – self guided
2	Quiz 1 - TMJ Chapter 3: Magee Chapter 14: 409-411 Kisner & Colby Cervical spine Review of Cervical Spine Anatomy – self guided
3	Quiz 2 – Cervical Spine Chapter 8: Magee Thoracic spine Rib pain Review of Thoracic Spine Anatomy – self guided
4	Quiz 3 – Thoracic Spine Chapter 9: Magee Lumbar Spine Review of Lumbar Spine Anatomy– self guided

5	Quiz 5 – Lumbar Spine Chapter 10: Pelvis Review of Pelvis Anatomy – self guided
6	MIDTERM WEEK FEBRUARY 28 – MARCH 4
7	Quiz 6 - Pelvis Types of nerve injury Nerve tension disorder
8	Rehabilitation principles - review Management of TMJ disorders
9	Chapter 15: Kisner & Colby Exercise progression and intervention for the spine
10	Chapter 14: Kisner & Colby Peripheral nerve disorder management

WEEK or DATE RANGE	Lab
Jan 10-14	Lab 1: Review of assessment principles
Jan 17 - 21	Lab 2: Assessment of TMJ
Jan 24 - 28	Lab 3: Assessment of Cervical Spine
Jan 31- Feb 4	Lab 4: Assessment of Thoracic Spine
Feb 7- Feb 11	Lab 5: Assessment of Lumbar Spine
Feb 14 – 18	Lab 6: Assessment of Pelvis
Feb 21 – 25	Family Day – Feb 21 – COLLEGE CLOSED Feb 22 – 25 – READING WEEK – NO LECTURE OR LABS
Feb 28 – Mar 4	MIDTERM WEEK – NO LEC/LABS
Mar 7 – 11	Lab 8: Exercise intervention and progressions
Mar 14 – 18	Lab 9: Exercise intervention and progressions
Mar 21- 25	Lab 10: Manual techniques for the spine (stretching, myofascial techniques, traction)
Mar 28- Apr 1	Lab 11: Manual techniques for the spine cont'd
Apr 4 – 8	Lab 12: Management of nerve disorders

Apr 11- 14	Lab 13: Integration No lab – Friday April 15 – COLLEGE IS CLOSED (Good Friday)
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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 noticed 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

EVALUATION TYPE	WEIGHTING
Quizzes (6)	20%
Midterm practical	25%
Final written	30%
Final practical	25%
	100%

COURSE GUIDELINES & EXPECTATIONS

Students participate in role-playing activities to practice skills with each other. Please be aware that learning what the human body feels like in a healthy condition is important when it comes to recognizing unhealthy or injured states. While learning to do assessments, students will need to palpate other students on a regular basis.

Students will maintain optimum levels of safe behavior (personal hygiene, decontamination of personal protective equipment, use of proper body mechanics, etc.) with minimizing the potential for disease transmission.

Students must come appropriately dressed to allow for hands on application / demonstration of assessment techniques.

Low cut shirts, pants / shorts that expose underwear, and flip flop sandals are NOT acceptable dress for labs.

Students that do not come prepared to actively participate (appropriate dress, textbooks, etc.) may be asked to leave.

SCHOOL OR DEPARTMENTAL INFORMATION

Centre for Sport & Exercise Education (CSEE) 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, attendance at lectures is strongly encouraged.

For any of the below, it is required that students contact the instructor.

An excused absence includes:

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

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

Support Service	Website
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.