

COURSE SYLLABUS



COURSE TITLE: MASS-112 : Therapeutic Exercise
CLASS SECTION: X01A, X01B
TERM: W2024
COURSE CREDITS: 3 credits
DELIVERY METHOD(S): Lecture, lab

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̓SÁNEĆ 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>

INSTRUCTOR DETAILS

NAME: Iain Little
EMAIL: littlei@camosun.ca
OFFICE: PISE 203
HOURS: By appointment via Email

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

Students will learn foundational concepts and the applied science of exercise as a therapeutic intervention for commonly occurring clinical conditions relevant to massage therapy. Theoretical and practical knowledge of the effects of various exercise techniques on the patient will be explored, with an emphasis on safe and effective treatment.

PREREQUISITE(S): All of: C in MASS 131, C in MASS 180
Or all of: C in AET 340, C in AET 341, C in AET 381

EXCLUSION(S): Open to students in the Massage Therapy program

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course students will be able to:

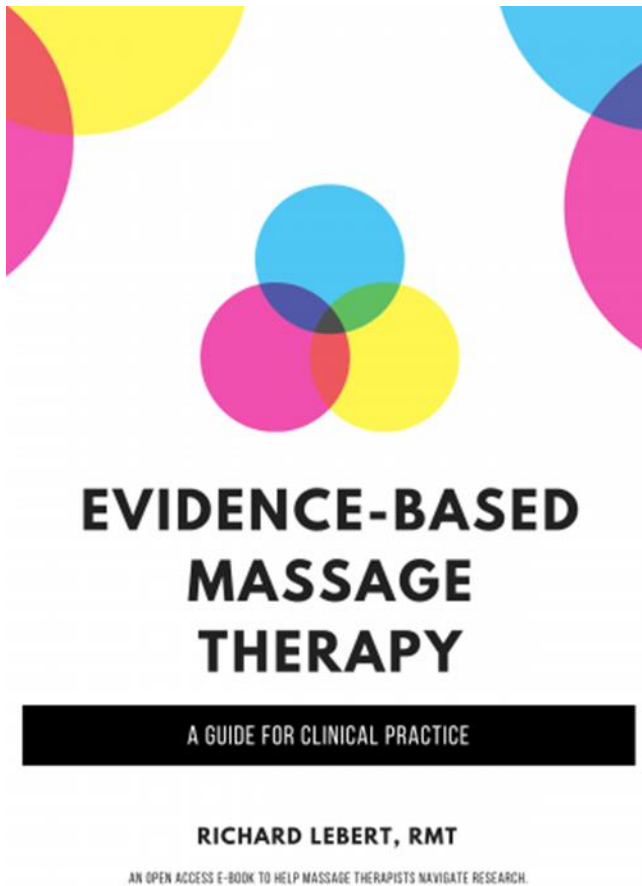
- Identify principles of movement as they pertain to open and closed kinetic chain exercises.
- Define and apply concepts of joint surfaces and movements in clinical applications of therapeutic exercise.
- Describe muscular interactions and how they relate to functional movements in exercise therapy.

- Demonstrate knowledge of indications, safety considerations, effects, and outcomes of stretching, range of motion, strengthening, cardiovascular, proprioception, and exercises to restore capacity in activities of daily living.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Kisner, C., Colby, L. A., & Borstad, J. (2022). *Therapeutic Exercise: Foundations and Techniques, 8e* (8th ed.). F. A. Davis Company. <https://fadavisreader.vitalsource.com/books/9781719649476>

Kisner, Carolyn, and Lynn Allen Colby. Ther Ex Notes. Available from: VitalSource Bookshelf, (3rd Edition). F. A. Davis Company, 2022.



<https://open.bccampus.ca/browse-our-collection/find-open-textbooks/?uuid=f50db397-871f-40bb-861f-35fd1e74b980&contributor=&keyword=&subject=>

In addition, I may post additional required readings, videos and documents online, either as external links or as PDF files on the D2L site for the course. You can read these materials online or print them out, but they will be required, unless specifically marked as optional. All readings should be done by the beginning of that week.

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

MASS-112-X01A: Therapeutic Exercise

Th 11:30 AM - 1:20 PM
 2024/01/08 - 2024/04/13
 Liz Ashton Campus Centre, 121 Laboratory

T 8:30 AM - 10:20 AM
 2024/01/08 - 2024/04/13
 Liz Ashton Campus Centre, 121 Lecture

MASS-112-X01B: Therapeutic Exercise

Th 9:30 AM - 11:20 AM
 2024/01/08 - 2024/04/13
 Liz Ashton Campus Centre, 121 Laboratory

T 8:30 AM - 10:20 AM
 2024/01/08 - 2024/04/13
 Liz Ashton Campus Centre, 121 Lecture

WEEK	DATE and ACTIVITY or TOPIC	OTHER NOTES
1	Key Concepts	Kisner, Chapter 1
2	Prevention, Health Promotion and Wellness/Range of Motion	Kisner, Chapter 3, CSEP
3	Range of Motion and Stretching	Kisner, Chapter 3, 4
4	Resistance Exercise	Kisner, Chapter 6
5	Aerobic Exercise	Kisner, Chapter 7
6	Balance, peer Practical and class feedback	Kisner, Chapter 8
7	Reading Break	
8	Midterms	Specifics to follow
9	Principles of Intervention and Function	Kisner Chapters 10

10	Activities of Daily Living modification and Restoration	
11	Spine	Kisner, Chapter 16
12	Group Projects – material included on final exam	
13	Group Projects – material included on final exam	
14	Preparation for Homecare in Student Clinic	
Finals		Specifics to follow

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	20
Peer Practical and class feedback	10
Group Project	20
Final Written	25
Final Practical	25
	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

Lecture and Lab

- Students will participate in activities to learn and practice a variety of exercise-related skills. When interacting with each other in class, consent will be acquired, and boundaries will be respected.
- Students will come appropriately dressed to perform exercise and allow hands-on application of various techniques.

To get the most out of this course, students are expected to attend all classes and labs, and be on time. It is your responsibility to acquire all information given during a class missed, including notes, hand-outs, changed exam dates etc.

Due Dates for Group Project

If a student does not attend their assigned time to present with their group, they will receive a grade of zero. As per exam procedures, it is understood that emergency circumstances do occur (e.g., illness or family emergency); for such circumstances, accommodation may be offered at the discretion of the instructor, provided the student:

- a) notifies the instructor in advance of the presentation (not after), and
- b) provides documented evidence of the circumstance (e.g., medical certificate).

It is up to the instructor's discretion as to how the mark will be made up.

Exam Procedures

All exams must be written at the scheduled times except for students requiring an accommodation by CAL. It is understood that emergency circumstances do occur (e.g., illness or family emergency); for such circumstances, accommodation may be offered at the discretion of the instructor, provided the student:

- a) notifies the instructor in advance of the exam (not after), and
- b) provides documented evidence of the circumstance (e.g., medical certificate).

If an exam is missed with an excused absence, it is up to the instructor's discretion as to how the mark will be made up.

Be sure not to make travel plans for the end of semester until the final exam schedules are finalized and posted. Please ask any family members who might make travel plans on your behalf to consult you before booking tickets.

Please note: the use of cell phones during a test or quiz is not allowed and may result in a zero for that assessment.

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 camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/services/academic-supports/academic-advising
Accessible Learning	camosun.ca/services/academic-supports/accessible-learning
Counselling	camosun.ca/services/health-and-wellness/counselling-centre
Career Services	camosun.ca/services/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/registration-records/financial-aid-awards
Help Centres (Math/English/Science)	camosun.ca/services/academic-supports/help-centres
Indigenous Student Support	camosun.ca/programs-courses/iecc/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills
Library	camosun.ca/services/library
Office of Student Support	camosun.ca/services/office-student-support
Ombudsperson	camosun.ca/services/ombudsperson
Registration	camosun.ca/registration-records/registration
Technology Support	camosun.ca/services/its
Writing Centre	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

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

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student

with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines:

<https://camosun.ca/cal>

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 ([see policy](#)). Please visit <https://camosun.ca/services/forms#medical> 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. To contact the Office of Student Support: 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.