

# COURSE SYLLABUS



COURSE TITLE: MASS 180

CLASS SECTION: X01

TERM: FALL 2024

COURSE CREDITS: 3

DELIVERY METHOD(S):

Lecture: Tuesday 10:30– 12:20 pm (PA 102)

Lab X01A–Wednesdays 8:30 – 11:20 am (CC 121)

Lab X01B – Wednesday 12:30 – 3:20 am (CC 121)

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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*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

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

EMAIL: [ortillan@camosun.bc.ca](mailto:ortillan@camosun.bc.ca)

OFFICE: 306L PISE

HOURS: 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

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Assessment techniques of common clinical soft tissue conditions and impairments relevant to massage therapy. The components of assessment will be explored, with an emphasis on history taking and conducting a physical examination.

Open to Massage Therapy students only.

Prerequisites: None

Co-Requisites: None

## COURSE LEARNING OUTCOMES / OBJECTIVES

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

- Demonstrate the ability to obtain informed consent prior to performing an assessment.
- Utilize oral communication and active listening skills effectively.
- Complete a patient history utilizing knowledge of commonly occurring conditions and impairments.
- Demonstrate the process for performing a clinically relevant observation, postural assessment, gait analysis, range of motion, muscle strength and special tests, neurological assessment, joint play, and palpation.
- Interpret findings to formulate a clinical impression/differential diagnosis.
- Identify conditions requiring urgent or non-urgent medical attention, and refer accordingly.
- Identify the indications and contraindications to massage therapy treatment based on a clinical assessment of the patient.

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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- Orthopedic Assessment, Magee, 6e, 2013.

## 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.

Topic	LECTURE	LAB Topics
1	Introduction Consent	Observation, gait and palpation Blood pressure measurement
2	History taking – red flags and yellow flags	Ranges of motion and scan exam/rule outs – TMJ, cervical, thoracic spine
3	Pain characteristics – understanding pain and documentation	Ranges of motion and scan exam/rule outs – Lumbar spine, pelvis and hip
4	Observations, gait and vital signs Palpation	Ranges of motion and scan exam/rule outs – knee, ankle and foot
5	Principles of movement examination – scan exam, rule outs, functional testing, outcome measures	Range of motion and scan exam/rule outs – shoulder
6	Ranges of motion Capsular patterns	Range of motion and scan exam/rule outs – elbow and wrist
	<b>MIDTERM EXAM WEEK</b>	
7	Spine assessment and neurological assessment	Special test practice
8	Upper extremity assessment	Special Test practice
9	Lower extremity assessment	Special Test practice
10	Special testing	Special Test practice
11	Integration	Integration

## EVALUATION OF LEARNING

EVALUATION TYPE	WEIGHTING
Midterm written exam	25%
Midterm practical	20%
Final written	30%
Final practical	25%
	100%

## ASSESSMENT OF LEARNING AND TEACHING ACTIVITIES

Learning outcome	Reflections	Practical exam	Written exam	Teaching and learning activities
Demonstrate the ability to obtain informed consent prior to performing an assessment.	X	X	X	Practice on peers Demonstration Class activity Videos Lecture
Utilize oral communication and active listening skills effectively.	X	X	X	Practice on peers Lecture Videos Textbook readings
Complete a patient history utilizing knowledge of commonly occurring conditions and impairments.		X	X	Practice on peers Peer feedback activity/reflection Demonstration Videos Textbook readings
Demonstrate the process for performing a clinically relevant observation, postural assessment, gait analysis, range of motion, muscle strength and special tests, neurological assessment, joint play, and palpation.		X	X	Lecture Demonstration Students working in pairs Textbook readings Videos In class activities
Interpret findings to formulate a clinical impression/differential diagnosis.	X	X	X	Lecture Testing practice on peers Demonstration Peer feedback activity/reflection Text book readings Class activity
Identify conditions requiring urgent or non-urgent medical attention, and refer accordingly.			X	Lecture Classroom discussion
Identify the indications and contraindications to massage therapy			X	Lecture Classroom discussion Classroom activity

treatment based on a clinical assessment of the patient.				Case studies
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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 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>

## COURSE GUIDELINES & EXPECTATIONS

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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

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### *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

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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 <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</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

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### 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](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto: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.