

COURSE SYLLABUS



COURSE TITLE: MASS 272

CLASS SECTION: X01

TERM: WINTER 2023

COURSE CREDITS: 3

DELIVERY METHOD(S):

Lecture: Monday 8:30 – 10:20 am (PA 101)

Lab X01A– Monday 11:30 – 1:20 pm (CC 104)

Lab X01B – Monday 1:30 pm – 3:20 pm (CC 104)

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: Tuesday 1:00 pm - 2:00 pm 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

Students will study joint mobilizations. Students will study the theoretical knowledge of arthrology and arthrokinematics of the peripheral skeleton with an emphasis on the safe and effective application of mobilization techniques for rehabilitation.

Open to Massage Therapy students only.

Prerequisites

All of::

- C in MASS 131
- C in MASS 132
- C in MASS 180

Or all of:

- C in AET 340

- C in AET 341
- C in AET 381
- C in AET 440

COURSE LEARNING OUTCOMES / OBJECTIVES

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

- Upon successful completion of this course students will be able to:
- Define and apply the concepts and principles of joint surfaces and movements in clinical applications in massage therapy.
- Demonstrate knowledge of indications, safety considerations, effects, and outcomes of joint mobilization techniques of the peripheral skeleton.
- Apply different types of joint mobilizations into treatment across a variety of populations within the scope of practice of a massage therapist.
- Modify joint mobilization techniques based on patient history, presentation, and response for safe and effective treatment.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

- Orthopedic Assessment, Magee, 6e, 2013.
- Management of Common Muscular Disorders: Physical Therapy Practice and Methods, Hertlig & Kessler

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

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

Topic	LECTURE	LAB Topics
1	Introduction to joint mobilizations	Introduction to lab, quizzes
2	Principles of evaluation, examination and intervention	Anatomy review
2	Sternoclavicular, acromioclavicular and ribs	Sternoclavicular, acromioclavicular and ribs Mobilizations, review of assessment
3	Scapulothoracic joint and the glenohumeral joint	Scapulothoracic joint and the glenohumeral joint Mobilizations, review of assessment
4	Elbow, wrist and hand	Elbow wrist and hand mobilizations, review of assessment
5	Hip and pelvis	Hip and pelvis mobilizations, review of assessment

6	Knee, patella and tibiofibular joints	Knee, patella and tibiofibular mobilizations, review of assessment
7	Ankle and foot	Ankle and foot mobilizations, review of assessment
8	Temporomandibular joint, cervical, thoracic and lumbar spine	Temporomandibular joint, cervical, thoracic and lumbar spine mobilizations, review of assessment
9	Integration	Case study and application

QUIZ SCHEDULE:

Topics to be covered on the quizzes will be specific to content covered in lecture and lab. Information specific to each quiz will be posted.

Date
January 16
January 23
January 30
February 6
February 13
Feb 27 – Mar 3 – MIDTERM WEEK
March 13
March 20
March 27
April 3

EVALUATION OF LEARNING

EVALUATION TYPE	WEIGHTING
Lab quizzes (9)	25%
Midterm practical	20%
Exam reflections (2)	5%
Final written	30%
Final practical	20%
	100%

ASSESSMENT OF LEARNING AND TEACHING ACTIVITIES

Learning outcome	Reflections	Practical exam	Written exam/Lab quizzes	Teaching and learning activities
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Define and apply the concepts and principles of joint surfaces and movements in clinical applications in massage therapy.	X	X	X	Practice on peers Examine anatomy models Demonstration Class activity Videos Lecture
Demonstrate knowledge of indications, safety considerations, effects, and outcomes of joint mobilization techniques of the peripheral skeleton.	X	X	X	Practice on peers Lecture Videos Textbook readings
Apply different types of joint mobilizations into treatment across a variety of populations within the scope of practice of a massage therapist		X		Practice on peers Peer feedback Demonstration Videos Textbook readings
Modify joint mobilization techniques based on patient history, presentation, and response for safe and effective treatment.		X	X	Lecture Case study Demonstration Students working in pairs Textbook readings Videos In class/lab activities

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 scan 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

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 recognizing unhealthy or injured states. While learning to do assessments, students will need to palpate with other students regularly.

Students will maintain optimum levels of safe behavior (personal hygiene, decontamination of personal protective equipment, use of proper body mechanics, etc.) while 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 between 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 several 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

Support Service	Website
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 planning 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.