

COURSE SYLLABUS



COURSE TITLE: MASS 272 - Joint Mobilizations

CLASS SECTION: MT Year 2, All

TERM: Winter 2022

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: Leslee Watt

EMAIL: wattl@camosun.bc.ca

OFFICE: PISE 203

HOURS: Wednesdays and Fridays 1-3pm (upon request)

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.

PREREQUISITE(S): 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](#)

CO-REQUISITE(S): N/A

EXCLUSION(S): N/A

COURSE LEARNING OUTCOMES / OBJECTIVES

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

REQUIRED:

- Texts – Magee, Hertling and Kessler
- Lecture videos and Power Point presentations.

RECOMMENDED:

- Text – Vizniak, *Joint Play and Mobilization*

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.

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Week 1	Lecture: Intro to Joint Mobs, Philosophy, and Contraindications Lab: Skeletal Variances and Mobility	
Week 2	Lecture: Treatment, Charting, Contraindications Lab: QUIZ, and Rib Springing	
Week 3	Lecture and Lab – The Shoulder (GH) Joint	
Week 4	Lecture and Lab – Scapula and Elbow Joints	
Week 5	Lecture and Lab – Wrist and Hand Joints	
Week 6	Midterm Prep and Review	
Week 7	Reading Week – No Classes	
Week 8	MIDTERMS – Schedule TBA	Written and Practical Exams
Week 9	Lecture and Lab – The Hip Joint	
Week 10	Lecture and Lab – The Knee and TibFib Joints	
Week 11	Lecture and Lab – Ankle and Foot Joints	

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Week 12	Lecture and Lab – Pelvic, Lumbar, & Thoracic Mobilizations	
Week 13	Lecture and Lab – Cervical, TMJ, and Cranial Mobilizations	
Week 14	Lecture and Lab – Exam Review (No lab April 15 th)	
Week 15	FINALS – Schedule TBA	Written and Practical Exams

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
In-Class Quiz (Week 2)	20 Marks	5%
Midterm: Written	10%	25%
: Practical	15%	
Homework Assignments (Weekly)	10 Assignments x 3% each	30%
Final: Written	20%	40%
: Practical	20%	
*BOUNDS ASSIGNMENT	+ *5%	
	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

COURSE ATTENDANCE: Research shows a strong correlation with class attendance and academic success. Live 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.

SCHOOL OR DEPARTMENTAL INFORMATION

FINAL EXAMINATIONS Camosun College's Registrar Office may schedule final examinations at any time during the examination period. All students are expected to write the final exam at the time, date, and location set by the Office of the Registrar. Students should therefore avoid making prior travel, employment, or other commitments for this period. If a student is unable to write an exam through no fault of his or her own for medical or other reason(s), valid documentation must be provided and it must be discussed with the instructor well in advance of the exam date. If the student is absent for an exam (written or practical) and has not made arrangements with the instructor in advance, a zero grade will be applied.

MEDICAL ABSENTEE: A student absent on the day an assignment or exam occurs, a written medical letter from a doctor stating that the student was unable to write the exam / assignment / quiz on "DATE OF EXAM / ASSIGNMENT / QUIZ" is required within 72 hours to avoid a zero grade. GENERIC FORM LETTERS STATING THAT A STUDENT WAS "SEEN" by a doctor will not be accepted. "Make up" assignments and / or exams will be different than the original. All other reasons are unexcused and will not be accommodated for. Students will not receive the associated marks. Students are to be present for the scheduled exam and assignment due dates.

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/

Support Service	Website
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.