

**Course Information**

**Division**  Health and Physical Education  
**Course Number**  HPE 272  
**Title**  Rehabilitative Techniques  
**Credits**  3  
**Developed by**  Andrea Bagnall  
**Lecture/Lab Ratio**  3 Lecture/0 Lab  
**Transfer Status**  

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<th>ASU</th>
<th>NAU</th>
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<td>Non-transferable</td>
<td>PT Departmental Elective</td>
<td>PE Departmental Elective</td>
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**Activity Course**  No  
**CIP Code**  51.0800  
**Assessment Mode**  Pre/Post Test (28 Questions/50 Points)  
**Semester Taught**  Spring  
**GE Category**  None  
**Separate Lab**  No  
**Awareness Course**  No  
**Intensive Writing Course**  No  

**Prerequisites**  
None  

**Educational Value**  
This course is designed for Sports Medicine and Rehabilitative Therapies program and only taught to G.I.F.T. students. It is also designed to meet the needs of students involved in other Health and Physical Education programs.

**Description**  
This course will introduce the student to rehabilitation. Rehabilitation consists of treatment and education designed to help injured patients regain maximum function, a sense of well-being, and the highest level of independence possible. True rehabilitation consists of both psychological and physical recovery. Identical to HHP 272.

**Supplies**  
Rotations at Roadrunner Rehab
Competencies and Performance Standards

1. Explain and demonstrate the assessment techniques of an athlete and documentation of results.
   Learning objectives
   What you will learn as you master the competency:
   a. explain the techniques of taking a proper history
   b. explain the techniques of observation
   c. explain and demonstrate the techniques of palpation
   d. explain and demonstrate the techniques of special tests
   Performance Standards
   You will demonstrate your competence:
   o instructor observation/evaluation of learner explaining and demonstrating these techniques
   o correctly answering test questions pertaining to these techniques
   Your performance will be successful when:
   o you successfully demonstrate these techniques
   o you successfully explain these techniques

2. Explain the Phases of Treatment and implement proper progression
   Learning objectives
   What you will learn as you master the competency:
   a. explain and demonstrate the Initial Inflammatory Phase
   b. explain and demonstrate the Mobility Restoration Phase
   c. explain and demonstrate the Proprioception Phase
   d. explain and demonstrate the Resistance Training Phase
   e. explain the concepts of the Sport Specific Function Phase
   Performance Standards
   You will demonstrate your competence:
   o instructor observation/evaluation of learner explaining and demonstrating these phases
   o correctly answering test questions pertaining to these phases
   Your performance will be successful when:
   o you successfully demonstrate the techniques of these phases
   o you successfully explain the techniques of these phases

3. Explain and demonstrate the techniques of Therapeutic Modalities
   Learning objectives
   What you will learn as you master the competency:
   a. explain and demonstrate the techniques of Cryotherapy
   b. explain and demonstrate the techniques of Electrical Element
   c. explain and demonstrate the techniques of Thermal Element
   d. explain and demonstrate the techniques of Mechanical Element
   e. explain and demonstrate the techniques of Massage
Performance Standards
You will demonstrate your competence:
   o instructor observation/evaluation of learner demonstrating these techniques
   o correctly answering test questions pertaining to these techniques
Your performance will be successful when:
   o you successfully demonstrate these techniques
   o you successfully explain these techniques

4. Explain and demonstrate the techniques of Reconditioning Programs
   Learning objectives
   What you will learn as you master the competency:
   a. explain and demonstrate the techniques of Progressive Resistance Exercises
   b. explain and demonstrate the techniques of Overload Principles
   c. explain and demonstrate the techniques of Specificity of Training
   d. explain and demonstrate the techniques of Muscular Strength and Muscular Endurance
   e. explain and demonstrate the techniques of Joint Flexibility
   Performance Standards
   You will demonstrate your competence:
   o instructor observation/evaluation of learner demonstrating these techniques
   o correctly answering test questions pertaining to these techniques
   Your performance will be successful when:
   o you successfully demonstrate these techniques
   o you successfully explain these techniques

5. Explain the dynamics of the Psychology of the Injured Athlete
   Learning objectives
   What you will learn as you master the competency:
   a. explain the components of Depression
   b. explain the components of Post-Traumatic Response
   c. explain the components of Suicidal Tendencies
   d. explain the components of dealing with the Death of an Athlete
   e. explain the components of Imagery in Athletics
   Performance Standards
   You will demonstrate your competence:
   o correctly answering test questions pertaining to these components and their implications
   Your performance will be successful when:
   o you successfully explain these components and their implications

Types of Instruction
Classroom Presentation
On-Campus Clinical
Grading Information

Grading Rationale
Skills explanation/demonstration 40%
Testing 30%
Assignments 20%
Pre-Post Tests 10%

Grading Scale
A 90% - 100%
B 80% - 89%
C 70% - 79%
D 60% - 69%
F Below 60%