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Fall 9-1-2000

### PT 595.03: Sports Physical Therapy

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# PT 595 - Fall 2000

## Sports Physical Therapy

### Course Coordinator:

James Laskin, M.S., P.T., Ph.D. (candidate)

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Phone: 243 - 4757

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Office Hours: by appointment (individual or groups)

### Tapping Unit:

Scott Richter, M.S., Ph.D. (candidate)

- Credits: PT 595 (2 units)
- Lecture & Laboratory Times: Friday - 2:10 to 4:00 PM

### Required Textbooks:

Sports Medicine Council of British Columbia, *Manual of Athletic Taping*, F.A. Davis 1994.

Irvin, R., Iversen, D., & Roy S. *Sports Medicine*, 2<sup>nd</sup> edition. Allyn and Bacon, 1998

### Supplemental Readings:

Selected readings will either be available in required text from another course, a master copy will be placed in a binder in the student area, or online at [Network Neighborhood/Skaggs-03/PTherapy/Pt2/PT 595 Sports](#).

### Unit Description:

The purpose of this elective is to familiarize the student with Sport Physical

Therapy. The intent is to give the student the basic tools to be safe and competent in Sports Medicine as an entry level physical therapist. This course will cover taping, ethics & scope of practice, basics of emergency care, on-field injury assessment, environmental injuries, pre-season evaluation, as well as several other related topics.

### **Unit Objectives:**

To be handed out separately.

### **Unit Evaluation:**

Completion of required on-site/field visits	
- (2 clinical, 4 practice, 2 game)	P/F
Completion of site/field visit journal	P/F
Sport/Activity Oral Presentation	
- Presentation	40
- Summary/Annotated Bibliography	10
Research Article Written Assignment	30
Research Article Oral Presentation	20
Attendance and participation in lecture and labs	P/F

### **Journal:**

A brief summary of each on-site/field visit. Please include the following:

- the setting
- the types of activities observed or participated in
- any points to remember or "information nuggets"
- general observations of the activities that took place

Each week I will ask you to share with the group the highlights of your on-field experience.

### **Research Article Written Assignment:**

This assignment will require that each student find a recent (within the last five years) research article (no descriptive or literature review articles) from a peer reviewed journal. The selected article must be related to sports medicine (e.g., the effectiveness and/or the

clinical application of a modality/treatment regimen/assessment technique, epidemiology, training technique, injury prevention, & etc.). If you have any questions please see Professor Laskin. The student will prepare a concisely written summary which includes the rationale, methodology, and results of the study. The student will then provide a critique of the research article and provide some insight as to the clinical relevance and the clinical application of the results.

**A copy of the article must be attached to the assignment.**

This assignment must be typed (maximum three typed pages) and be prepared in APA format.

Each student must review a different article. We will use a first come first served approach - in other words I will have a list posted on the student bulletin board. When you have selected an article please come and put the details on the list. I would suggest that when you do your literature search you select several potential articles.

The grading scheme for this assignment is as follows:

- 5 points - overall presentation, grammar, appropriate language, use of the APA format, and etc.
- 5 points - reporting of the article's introduction and purpose
- 10 points - accurately and concisely reporting the article's methodology and results
- 10 points - discussion of the clinical relevance/application

### **Research Article Oral Presentation:**

Each student will have 10 minutes (7 minutes for the presentation and 3 minutes for questions) to present their research article assignment to their assigned research group. The presentation will be based on the previously completed research article assignment. As in the assignment the presentation will included the purpose of the study, the methodology, and most importantly focus on the clinical relevance and the clinical application of the results. For each presentation a student within the class will be assigned to ask the initial question(s) and will be responsible to have read

the article being presented prior to class. The presenters performance based primarily on the following criteria:

1) Clarity of the presentation (5 points)

- appropriate language
- clarity of speaking voice
- quality of AV and handout

2) Quality of the presentation (15 points)

- logical and concise presentation of material
- addressed each of the required components
- appropriate responses to questions
- adherence to the time limit

**Sport/Activity Presentation:**

You are to prepare a 20 minute sport/activity specific presentation. Common sport/activities such as American football, golf, and baseball are not acceptable topics. The goal is to enlighten the class as to the "rules", "participant population", "epidemiology of injuries", "equipment", "potential concerns", "benefits", etc. of this sport or activity. In other words I want you to present the who, what, where, when, why and how.

Submission of topic for approval. Include an outline of your presentation, AV needs and information sources. Due Friday, September 29, 2000.

At the time of presentation you will be required to provide the class a comprehensive handout which includes:

- 1) a concise summary of your presentation
- 2) an annotated reference list in APA format.

Presentations will begin on - TBA.

This project will be evaluated in terms of the quality of the AV aids, quality of the information presented, communication skills of the presenter, and the quality of the handout material.

## **Unit Schedule (Revised):**

F-Sep 8	Introduction, Safety, Ethics, Liability
F-Sep 15	Taping (James)
F-Sep 22	Taping (Scott and James)
F-Sep 29	Taping (Scott and James)
F-Oct 6	Taping & Athletic Therapy (Scott)
F-Oct 13	Environmental Injuries
F-Oct 20	Pre-Season Evaluation
F-Oct 27	Emergency Care & On-field Assessment
F-Nov 3	Sport for People with Disabilities - Lecture
F-Nov 10	Sport for People with Disabilities - Lab
F-Nov 17	Research Article Oral Presentations
F-Nov 24	Thanksgiving Break
F-Dec 1	Sport/Activity Presentations 1-4
F-Dec 8	Sport/Activity Presentations 5-8
F-Dec 15	Sport/Activity Presentations 9-10