**HHPA 340.01E: Therapeutic Rehabilitation Lab**
Spring 2026
Tuesdays 2-3:15p; NHS 162

**Instructor: Dr. Sarah M. Mitchell, PhD, ATC, LAT**
Office Location: Nursing & Health Sciences #116
Office Hours: By Appointment, TR 11a-2p, or Virtual
Office Phone: (903) 886-5543
Email: Sarah.Mitchell@etamu.edu
Preferred Form of Communication: Email
Communication Response Time: 24-48 hours

## COURSE INFORMATION

**Textbook(s) Required**

Houglum, P, Boyle-Walker, K. and Houglum, D. (2023). Rehabilitation of Musculoskeletal Injuries, 5th edition, Human Kinetics. ISBN: 978-1-7182-0315-0

**Course Description**

Students will learn the application of therapeutic exercises and rehab equipment. Indications, contraindications and legal implications of applying therapeutic rehabilitation programs will be taught. Course fees and lab fees are listed in the current course schedule. Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval. Corequisites: HHPA 339.

**Student Learning Outcomes**

1. Obtain an understanding of the basic principles, components, and progression of a therapeutic rehabilitation plan.
2. Develop the skills needed to instruct patients on proper techniques for therapeutic exercise, to include muscular strength, endurance, speed, power, balance, neuromuscular control, coordination, agility, cardiorespiratory endurance, and sport specific skills.
3. Demonstrate the ability to design a comprehensive rehabilitation program for upper and lower extremity injuries including: setting goals and objectives; selecting correct rehabilitation techniques; and evaluating patient's progress to determine return to competition. Demonstrate the ability to appropriately document a therapeutic rehabilitation plan.

## COURSE REQUIREMENTS

**Minimal Technical Skills Needed**

Students must have working knowledge of and know how to use the MyLeo Online: D2L Brightspace learning management system, and Microsoft Word/Excel/PowerPoint. Students must utilize their University assigned email (Leo mail) for all course communications. All email communication from the instructor will be sent to the student's Leo mail.

**Student Responsibilities or Tips for Success in the Course**

Students can expect to do well in this course when they attend class on-time, complete all assignments/quizzes/exams, participate in discussions, and seek assistance when they do not understand course material. Students should also utilize the course resources provided through D2L, such as, course lecture notes, assignments, and course information. This course will require using D2L. It is the students responsibly to have internet access, check this site frequently, and become familiar with how it works.

**Grading**

Each assignment will be worth a pre-determined amount of points. Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course: 850/1000 = 85% "B"). Grades will be assigned based upon the percentages below.

Lab Assignments: 500 pts
Lab Exam: 100 pts
Total Points = 600

Grading Scale:
A = 90-100%
B = 80-89%
C = 70-79%
D = 60-69%
F = 0-50

Students are expected to earn points toward their final grade during the course of the semester with the assignments and tests that are scheduled. Extra Credit Assignments WILL NOT be given at the end of the semester. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

Students will receive back all graded assignments in a timely manner (typically within 1 week of the due date). Students are encouraged to keep all graded assignments as well as keep up with their grades throughout the semester. Any questions or concerns about assignments/grades should be brought to the instructor's attention immediately (i.e. Do not wait until the end of the semester)

## ASSESSMENTS

**Lab Assignments**

In class lab assignments will be given each week. Each lab assignment will be due at the following week's lab time. Point values for each assignment will be given when the assignment is made. All

assignments are due at the beginning of the assigned class time to receive full credit; this includes assignments that are due when a student misses class.

**Exam**
Exam will be in the form of a written exam. The purpose of the exam is to allow the student to demonstrate the ability to plan and design a rehab plan for an athlete using the skills taught throughout the course.

**Required Attire**
Due to the hands-on nature of this lab course, you will need to bring or wear a t-shirt and shorts for each class. If this becomes a problem, failure to come to lab dressed appropriately will be recorded as an absence.

## TECHNOLOGY REQUIREMENTS

### LMS

All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements
LMS Requirements:
https://community.brightspace.com/s/article/Brightspace-Platform-Requirements
LMS Browser Support:
https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

## ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@etamu.edu**.**

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a ETAMU campus open computer lab, etc.

## COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

**Technical Support**
If you are having technical difficulty with any part of Brightspace, please
contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:
https://community.brightspace.com/support/s/contactsupport

**Interaction with Instructor Statement**
Email is the best way to contact the instructor if you need assistance with any aspect of the course. Instructor will typically respond to emails within 24 hours (except on weekends). Students are also welcome to utilize instructor's office hours if they prefer a face to face conversation.

## COURSE AND UNIVERSITY PROCEDURES/POLICIES

**Attendance**
Class attendance is **required**. Excused absences include university approved absences or those that I receive appropriate notification of (i.e. sudden/serious illness, death to immediate family member, etc.). It is the student's responsibility to be aware of assignment due dates as the dates are posted on D2L. In the case of missing deadlines due to unavoidable or emergency situations, or illness (including Covid), the student must promptly notify the instructor via email explaining the circumstances. Prompt notification (within three days) is required to have an absence excused; additionally, written documentation may be required to have the absence excused. Assignment deadlines may be modified for students with excused absences. Technical and/or computer problems associated with D2L are not a valid excuse for turning in an assignment late. **NO LATE ASSIGNMENTS WILL BE GRADED.**

**Syllabus Change Policy**
The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

## University Specific Procedures

**Student Conduct**
All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.
http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: https://www.britannica.com/topic/netiquette
Students are expected to prepare for, participate in, and attend each scheduled class. Failure to do so may/will lead to a decline in the student's overall grade. In order to succeed in this class, students should read each chapter prior to beginning that section in the course. Forming study groups to prepare for class and tests will also greatly benefit students throughout the semester. Students are also expected to behave appropriately in class and avoid being a distraction to their fellow students and the instructor. Appropriate behavior involves paying attention, actively participating, and following instructions. Cell phones (including text messaging), music, inappropriate language/gestures, and any other behavior determined to be a distraction will not be tolerated. Students who are considered to be a disturbance in class will be asked to leave.

**ETAMU Attendance**
For more information about the attendance policy please visit the Attendance webpage and Procedure 13.99.99.R0.01.

The *syllabus/schedule are subject to change.*

http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf

**Academic Integrity**
Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:
Undergraduate Academic Dishonesty 13.99.99.R0.03
Undergraduate Student Academic Dishonesty Form
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf
Graduate Student Academic Dishonesty Form
http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf

All work submitted for this course must be your own work, must have been developed specifically for this course, and may not have been submitted for evaluation or assessment in any other course.

**AI Tools**
East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course. Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Like an encyclopedia or a dictionary or Wikipedia, AI tools can be used to begin the process of writing; in other words, it is a tool for preliminary research, not a reliable source. Preliminary research assists writers in learning the basics about a topic so that they can research the specifics using credible, academic sources which can be cited in the assignment. Thus, AI is used to generate ideas in the same way that a brainstorm or a Freewrite is used in the prewriting stage of the writing process. While no one would drop a brainstorm into a formal document, the ideas that are generated from the brainstorm can be developed as part of a writing assignment. The same is true of AI. In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

**Students with Disabilities-- ADA Statement**
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for

reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact: **Office of Student Disability Resources and Services,** Velma K. Waters Library Rm 162, Phone (903) 886-5150 or (903) 886-5835, Fax (903) 468-8148
Email: studentdisabilityservices@etamu.edu
Website: Office of Student Disability Resources and Services
http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/

**Nondiscrimination Notice**
East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

**Campus Concealed Carry Statement**
Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and East Texas A&M University Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.
For a list of locations, please refer to the Carrying Concealed Handguns On Campus document and/or consult your event organizer. Web url:
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

**Mental Health and Well-Being**
The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

**Assumption of Risk**
I hereby waive any claim I may have as a result of my participation in the above mentioned course. I hereby agree to indemnify, defend, and hold harmless the State of Texas, the Texas A&M University

System, East Texas A&M University, and the Department of Health and Human Performance, and all of the officers, trustees, directors, agents, representatives, and employees of the foregoing entities against any and all claims, including attorneys' fees and costs, which may be brought against any of them by anyone claiming to have been injured as a result of my participation in the this course.

**COURSE OUTLINE / CALENDAR**

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| Wk 1 | Tues | 1/13 | Intro/Syllabus |
| Wk 2 | Tues | 1/20 | Evaluation & Documentation in Rehab; Goal Setting; Psychological Concerns |
| Wk 3 | Tues | 1/27 | ROM & Flexibility: assessment and rehab techniques |
| Wk 4 | Tues | 2/3 | Muscular Strength & Endurance Exercise; OKC vs CKC Exercise; PNF patterns |
| Wk 5 | Tues | 2/10 | Cardio Activities; Functional Progression/Testing; Biofeedback devices and uses in Rehab |
| Wk 6 | Tues | 2/17 | Neuromuscular Control; Balance; Coordination; Proprioception; Plyometrics, Agility |
| Wk 7 | Tues | 2/24 | Manual Therapy, traction, joint mobilizations |
| Wk 8 | Tues | 3/3 | Core Stabilization; Swiss Balls & Foam Rollers; Spine Rehab |
| | | 3/10 | Spring Break - No Class |
| Wk 9 | Tues | 3/17 | Aquatic Rehab |
| Wk 10 | Tues | 3/24 | Alter-G |
| Wk 11 | Tues | 3/31 | Groin, Hip, & Thigh Rehab |
| Wk 12 | Tues | 4/7 | Knee Rehab |
| Wk 13 | Tues | 4/21 | Lower Leg, Ankle, Foot, & Toes Rehab |
| Wk 14 | Tues | 4/28 | Shoulder, Elbow, Wrist, Hand & Fingers Rehab |
| Wk 15 | Tues | 5/5 | Final Exam |

The *syllabus/schedule are subject to change.*