

The University of British Columbia
SCHOOL OF KINESIOLOGY

KIN 500L – Therapeutic Modalities and Exercise Performance
Term I, 2021

Course Format:

- This is an online course. Lectures will be delivered as a series of pre-recorded videos that should be viewed prior to our live virtual sessions via Zoom. Our live sessions are an opportunity to explore the content in greater depth.
 - **Live Zoom sessions take place Tuesdays, 1:00pm – 2:00pm PST**

Instructor:

- **Anne Lasinsky, PhD, MSc, MA**
E-mail: anne.lasinsky@ubc.ca
Office Hours: By appointment

COURSE OVERVIEW

This course examines the how and why of utilizing therapeutic modalities in an exercise, injury treatment, or sport setting. Ranging from long-used modalities like thermo- and cryo-therapy to newer electronic modalities like cold laser, we will look at the background behind their purported effects, indications and contraindications for their use, and what the literature says about their effectiveness. We will also examine exercise itself as a therapeutic modality and other manual techniques like massage. Is it better to get into the hot tub or the cold tub after a heavy training session? What is the most effective way to manage muscle soreness after exercise? Does that thing I saw on TV actually work? These are some the questions we will try to answer in this course.

COURSE TOOLS AND RESOURCES

There is no required textbook for this course, but a suggested textbook is listed below. Other reading materials include published research articles available through the UBC Library website or posted to our Canvas page.

Suggested Textbook:

Therapeutic Modalities: The Art and Science, 3rd edition (2020). Publisher: Wolters Kluwer

- **ISBN-10: 1975121325**
- **ISBN-13: 978-1975121327**

Canvas: Information about this course, lectures, and important reminders will be made available on the course website. This information can be accessed on Canvas, so please check the site regularly. *You are responsible for obtaining the information posted to Canvas.*

ATTENDANCE

You should plan to login for a live virtual session each week. You are responsible for all material covered in our virtual sessions and any information given whether you are present or not. You are also responsible for all of the content covered in our recorded lecture videos.

If you miss a quiz or exam without advanced notice and proper declaration, you cannot make up that assessment and will be given a mark of zero. If you have a reasonable academic concession request (medical issue, compassionate grounds, religious observation, etc.), you should self-declare that, using the procedures outlined in the COURSE EVALUATION section of this course outline.

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EMAIL

Attempting to teach or explain material over e-mail can be difficult and ineffective. **If you have questions about course material or concepts** (e.g. "I wasn't quite sure what you meant when you said..." or "Can you explain how that concept would work in this situation..."), **those questions are best addressed face-to-face (which, in the current circumstances, means setting up a time to talk via Zoom)**. I really encourage you to make use of office hours.

E-mail should be used for a limited number of reasons, including: scheduling a time to meet during office hours, in cases of emergency that may cause you to miss an exam or quiz, or situations otherwise detailed in class. It may take up to 24 hours to respond to your email during the week and I do not check my email on weekends. Please keep this in mind around exam time. Please include "KIN 500L" in the subject line of emails.

OFFICE HOURS

If you aren't comfortable speaking up during our live virtual sessions, questions about course material are best handled during virtual office hours. If something is unclear, please seek clarification within that week. Avoid waiting until the week before an exam to review material that was unclear weeks before. Office hours are a good option for seeking clarification or further understanding on course concepts. Setting up a meeting during office hours is also a good way to get to know your instructor.

COURSE NOTES AND RECORDED LECTURES

Class notes and recorded lectures will be made available through the course website on Canvas. Please keep in mind that these notes and lectures do not contain information related to discussions or detailed examples, which will be covered in our virtual sessions.

You should have already viewed all previously recorded lectures and completed assigned readings prior to logging into your weekly virtual session. It will help inform our discussions together.

COPYRIGHT

As the instructor, I hold the copyright to the lectures and all course materials presented in class, unless otherwise noted. The copyright also extends to student notes and summaries that substantially reflect these lectures or materials. Materials are made available to students for personal use only. Students may not distribute or reproduce the materials for commercial purposes without my express written consent. No classroom content should be posted to CourseHero or other similar websites which undermine the teaching and learning process.

UNIVERSITY POLICIES

It is your responsibility to become familiar with the University of British Columbia's Academic Honesty and Plagiarism Policies, as well as the Student Declaration and the consequences of violating these policies.

UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious and cultural observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions. Details of the policies and how to access support are available here (<https://senate.ubc.ca/policiesresources-support-student-success>).

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COURSE EVALUATION

The breakdown of marking for the course is as follows:

Quiz I:	15%
Quiz II:	15%
Quiz III:	15%
Quiz IV:	15%
Assignment:	30%
Discussion:	10%

If an absence is anticipated before an assessment, please speak to your instructor to discuss your personal situation **before you miss the class**. Quizzes will be rescheduled for: self-declared medical circumstances, compassionate grounds, religious observation or conflicting responsibilities. Please review those policies here: <https://kin.educ.ubc.ca/undergraduate/bkin/academic-concession/>. Please keep in mind that things like vacationing are not a valid excuse to miss an assessment. There is no individual extra credit in this course. Please keep that in mind from the beginning of the course. In the instance that an extra credit opportunity is made available, it will be made available to everyone in the class.

QUIZZES

There will be a series of four quizzes in the course. Quiz style will be multiple choice or short answer, unless I note otherwise. Quizzes will be conducted through Canvas.

Each quiz is worth fifteen percent of your overall mark for the course. Details of individual quizzes will be discussed during the virtual session before the quiz. Missed quizzes are subject to the policies outlined in the section titled "Course Evaluation." In some circumstances, the value of a missed quiz may be re-weighted onto the other quizzes, but only in the case of self-declared conflicts.

ASSIGNMENT

There will be one assignment in this course worth 30% of your overall mark. We will discuss details of your assignment in class.

DISCUSSION

You will be asked to choose an article related to one of our topics and share that article with the group. I will also ask that you develop questions associated with that article that we can discuss in our live Zoom session.

Students Learning Outside of Canada

During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit <http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,33,86,0> for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit: <https://academic.ubc.ca/supportresources/freedom-expression>.

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COURSE SCHEDULE

Date	Class Content	Assessment	Chapter
Sept. 7	Introduction + Course Outline		--
Sept. 14	Evidence-based Practice		2
Sept. 21	Musculoskeletal Injury Process		5-7
Sept. 28	Pain and Injury	Quiz 1	8, 9
Oct. 5	Thermotherapy and Cryotherapy		10-13
Oct. 12	Ultrasound and Diathermy	Quiz 2	14, 15
Oct. 19	Electrotherapy		16, 17
Oct. 26	Manual Modalities	Quiz 3	18-20
Nov. 2	Laser and Other Modalities		21-23
Nov. 9	No Class		
Nov. 16	Case Studies	Quiz 4	25
Nov. 23	Emerging Literature in the Field		--
Nov. 30	Last Live Session Course Wrap-Up		