I. COURSE INFORMATION  
A. Health and Physical Education 234 Introduction to Rehabilitation and Modalities  
B. 3 credit hours  
D. Prerequisites: HPE 134 Care and Prevention of Athletic Injuries  

II. COURSE DESCRIPTION  
This course introduces the student to the principles of physical rehabilitation following sport-related activities. The class will emphasize the healing process, rehabilitation principles, use of therapeutic modalities, and functional activities. This is recommended for students interested in athletic training, physical therapy, or chiropractic medicine.  

III. LEARNING OUTCOMES  
A. Understand the healing process and how it applies to rehabilitation  
B. Understand evaluation techniques that are necessary in the rehabilitation process  
C. Understand the concepts of reestablishing neuromuscular control; improving range of motion; regaining strength, endurance, and power; regaining postural stability and balance as they apply to rehabilitation  
D. Apply functional progressions and functional testing in rehabilitation  
E. Understand core stabilization training in rehabilitation  
F. Understand the use of electrical modalities in the rehabilitation process  
G. Understand the use of thermal modalities in the rehabilitation process  

IV. MAJOR CONTENT AREAS  
A. Managing the healing process  
B. Restoring range of motion  
C. Functional progression in injury management  
D. Rehabilitation techniques for specific injuries  
E. Therapeutic modality application  

V. ASSIGNMENTS (may include but are not limited to)  
A. Lateral ankle injury rehabilitation program  
B. Anterior cruciate ligament injury rehabilitation program  
C. Rotator cuff injury rehabilitation program  

VI. EVALUATION METHODS (may include but are not limited to)  
A. Attendance and participation  
B. Assignments and labs  
C. Quizzes and exams  
D. Practical evaluations