# THERAPEUTIC REHABILITATION FOR THE STUDENT ATHLETIC TRAINING AIDE

## Course Syllabus

**Course Number:** SATA-0558  
**OHLAP Credit:** No  
**OCAS Code:** None  
**Course Length:** 30 Hours  
**Career Cluster:** Health Science  
**Career Pathway:** Therapeutic Service  
**Career Major(s):** Student Athletic Training Aide

**Pre-requisite(s):**

This course will provide knowledge of rehabilitation techniques and equipment. Students will gain knowledge and skills in the importance of exercise in the rehabilitation of patients.

**Textbooks:**  
*Need Book*

**Course Objectives:**

A. Demonstrate a working knowledge of rehabilitation as it pertains to individualized patient's needs.  
B. Demonstrate a working knowledge of that phases of healing.  
C. Demonstrate and use rehabilitation techniques and equipment:  
   - Decrease pain  
   - Increase range of motion and flexibility  
   - Increase strength  
   - Increase proprioception  
   - Increase cardiovascular endurance  
   - Return to activities or activities of daily living  
D. Identify core stability and strengthening exercises.  
E. Demonstrate bilateral range-of-motion exercises.  
   - Passive ROM  
   - Active ROM

1 ODCTE Objective  
All unmarked objectives are TTC instructor developed.

**Teaching Methods:**

The class will primarily be taught by the lecture and demonstration method and supported by various media materials to address various learning styles. There will be question and answer sessions over material covered in lecture and media presentations. Supervised lab time is provided for students to complete required projects.
Grading Procedures:
1. Students are graded on theory and lab practice and performance.
2. Each course must be passed with seventy (70%) percent or better.
3. Grading scale: A=90-100%, B=80-89%, C=70-79%, D=60-69%, F=50-59%.
4. Career Major grades established during coursework are a major criteria in successfully obtaining certification.

Description of Classroom, Laboratories, and Equipment:
Tulsa Technology Center campuses are owned and operated by Tulsa Technology Center School District No. 18. All programs provide students the opportunity to work with professionally certified instructors in modern, well-equipped facilities.

Available Certifications/College Credit
The student may be eligible to take state, national or industry exam after completion of the program. College credit may be issued from Oklahoma State University-Okmulgee or Tulsa Community College. See program counselor for additional information.

College Credit Eligibility:
The student must maintain a grade point average of 2.0 or better.