

PT 539: PREVENTION AND WELLNESS
Lecture/Lab: 3-5 pm Monday & Wednesday Rm E312
Fall 2021 2 credits
Instructors: Mark Romanick, Schawnn Decker, Steve Halcrow

<u>Date</u>	<u>Topic</u>
	<u>General Prevention & Wellness</u>
8/25	Promoting Health and Wellness in Physical Therapy (Mark) Social Determinants of Health Theories of Behavior Change & Cost-Benefit Analysis
8/30	Spirituality – Schawnn
9/1	Spirituality
9/6	LABOR DAY—no class
9/8	Introduction to Prevention Practice/Optimizing Wellness roundtables In-class group work for September/October roundtables
9/13	Wellness for Special Populations (Steve)
9/15	General & Athletic Nutrition
9/20	Prevention Practice/Optimizing Wellness Roundtables
9/22	Prevention Practice/Optimizing Wellness Roundtables
9/27	Complementary and Alternative Medicine (Sue Jenö)
	<u>Industrial Medicine</u>
9/29	Introduction; scope of industrial medicine (Schawnn) Industrial and clerical ergonomics
10/4	WSI and documentation
10/6	<u>1-5 pm</u> Functional assessment/job site analysis Post offer screens/pre-employment and return to work
10/11	Identifying substance abuse in clientele and coworkers
10/13	Ergonomic Training (Schawnn)

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10/18 Ergonomic training (Schawnn)
10/20 PT 526 written/practical exams all afternoon
10/25 Exercise instruction and progression (Steve)
10/27 Exercise instruction and progression (Steve)

Sports PT

11/1 Acute athletic injury prevention/management (Mark)
11/3 Preparticipation exam/Sports psychology (Mark)
Female athlete
Prepubescent athlete
11/8 Sport-related concussion
11/10 Sports rehabilitation – selected conditions (Mark)
11/15 The running athlete
11/17 The overhead athlete
Sports PT Exam open online (due 11/23/21)
11/22 Taping/splinting [Group A] 1-4 pm
11/23 Sports PT Exam due at midnight
11/24 THANKSGIVING BREAK—no class
Sports PT Exam due at midnight
11/29 Taping/splinting [Group B] 3-6 pm
12/1 Special topics in Sports PT (Mark)
Dec 6 Week Final exam

Bolded dates special

Academic Integrity:

In accordance with the rules concerning scholastic dishonesty in the *Code of Student Life** at the University of North Dakota, I affirm that I understand these rules and I agree to comply with them.

I will not:

- a) receive any additional information or assistance for any exam other than what was provided during class or approved tutor sessions
- b) copy from another student's test
- c) collaborate with or seek aid from another student who may have previously taken the exam
- d) knowingly use, buy, sell, steal, or solicit in whole or in part the contents of any exam
- e) bribe another person to obtain information about any exam

Notice of Nondiscrimination

It is the policy of the University of North Dakota that no person shall be discriminated against because of race, religion, age, color, gender, disability, national origin, creed, sexual orientation, gender identity, genetic information, marital status, veteran's status, or political belief or affiliation and the equal opportunity and access to facilities shall be available to all. Concerns regarding Title IX, Title VI, Title VII, ADA, and Section 504 may be addressed to Donna Smith, Director of Equal Employment Opportunity/Affirmative Action and Title IX Coordinator, 401 Twamley Hall, 701.777.4171, und.affirmativeactionoffice@UND.edu or the Office for Civil Rights, U.S. Dept. of Education, 500 West Madison, Suite 1475, Chicago, IL 60611 or any other federal agency.

Disability Access Statement

Contact me, Mark Romanick (mark.romanick@med.und.edu; 777-3668), to request disability accommodations, discuss medical information, or plan for an [emergency evacuation](#). To get confidential guidance and support for disability accommodation requests, students are expected to register with DSS at UND.edu/disability-services 180 McCannel Hall, or 701.777.3425.

Reporting Sexual Violence

If you or a friend has experienced sexual violence, such as sexual assault, domestic violence, dating violence or stalking, or sex-based harassment, please contact UND's Title IX Coordinator, Donna Smith, for assistance: 701.777.4171; donna.smith@UND.edu or go to UND.edu/affirmative-action/title-ix.

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Faculty Reporting Obligations Regarding Sexual Violence

It is important for students to understand that faculty are required to share with UND's Title IX Coordinator any incidents of sexual violence they become aware of, even if those incidents occurred in the past or are disclosed as part of a class assignment. This does not mean an investigation will occur if the student does not want that, but it does allow UND to provide resources to help the student continue to be successful at UND. If you have been the victim of sexual violence, you can find information about confidential support services at [UND.edu/affirmative-action/title-ix](https://und.edu/affirmative-action/title-ix).

COVID-19 SPECIAL STATEMENT:

All members of the University community have a role in creating and maintaining a COVID-19 resilient campus. There are several expectations from the School of Medicine and Health Sciences that require compliance, including: Wear face coverings during interactions with others and in the classroom; Wash hands often and use hand sanitizer; Properly clean spaces; and, if you are experiencing any symptoms, Stay home and call your health care provider. Students who fail to comply with any of the COVID related requirements will not be permitted in the classroom and may be subject to disciplinary action. We encourage all members of the University community to model positive behavior both on- and off-campus. Any changes in the SMHS COVID related requirements will be communicated to you through the Friday weekly email "For your health" from the Dean's office and email from the program director or chair.

Students who test positive for COVID-19 are expected to immediately self-isolate/quarantine. If you have tested positive for COVID-19 we strongly recommend that you report the information to the Office of Student Rights and Responsibilities at 701.777.2664 or online at <https://veoci.com/veoci/p/w/ss2x4cq9238u>. Doing so will ensure students have the support they need to continue with their academic goals and to protect others. The policy related to COVID-19 may change throughout the semester due to community spread and updated CDC guidelines. Please check the policy frequently and ask faculty if you have any questions.