



Jordan University of Science and Technology
 Faculty of Applied Medical Sciences
 Department of Rehab sciences
 Second Semester 2014
 Course Syllabus

Course Information	
Course Title	Therapeutic Exercise (1)
Course Code	PT 244
Prerequisites	PT 231
Course Website	-----
Instructor	Dr. Elham Al-Shorman
Office Location	
Office Phone #	-----
Office Hours	
E-mail	ejalshorman@just.edu.jo
Teaching Assistant(s)	
Course teaching days; class room	
Course credit	3 cr (2 theory (2 contact hours per week) and 1 practical (attended as 2 contact hours per week))
Course Description	
<p>This course offer in-depth exploration of therapeutic exercise procedures and techniques used in physiotherapy. The ultimate goal of any therapeutic exercise (TE) program is the achievement of symptom-free movement and function. In order to effectively administer TE to a patient, the therapist must know the basic principles and effects of treatment; also he/she must know the interrelationships of the anatomy and kinesiology of the part being treated. Additionally, students should have an understanding of the state of disability and its potential rate of recovery, complications, precautions and contraindications.</p>	

Textbook	
Title	Therapeutic exercise, Foundations and Techniques
Author(s)	Carolyn Kinser & Lynn Colby.
Year	2007
Edition	5th Edition
Book Website	None
Other references	Lecture notes and handout

Assessment		
Assessment	Expected Due Date	Percentage
First Exam		20%
Second Exam		20%
Continuous lab evaluation		20%
Final practical exam		17%
Final theory exam		23%

Course Objectives
<p>After studying this course, the student will be able to:</p> <ol style="list-style-type: none"> 1. Outline a standard approach to patient evaluation and program development related to goals and plan of care. 2. Describe the goals of therapeutic exercise and define related terminology. 3. Describe the positive effects of TE including the improvement, restoration, or maintenance of functional ability and underpinning impairments. 4. Describe the indications, contraindications and precautions of different types of therapeutic exercise techniques covered in this course. 5. Administer different types of therapeutic exercises which include strength, endurance, mobility and flexibility, relaxation and coordination exercises.

Teaching & Learning Methods
<p>Students are asked to become an active participant within the interactive teaching/ learning environment. Each student is expected to understand the objective course requirements and expectation placed upon them. Students are expected to be prepared for discussion and identify areas of confusion should they develop. The following methods will be used:</p> <ol style="list-style-type: none"> 1. Lectures. 2. Discussion. 3. Group tutorials in the lab.

Additional Notes
<p>Attendance policy:</p> <ul style="list-style-type: none"> ▪ The philosophy of the course coordinator is that attendance at all lectures and laboratories is necessary to attain and integrate the knowledge and clinical skills being presented in this course. ▪ Attendance is mandatory. Students are expected to attend more than 90% of lectures ▪ The course coordinator reserves the right to exclude students from the course who miss more than 10% of course lectures or labs. ▪ It is the responsibility of the student to notify the course director if a lecture or lab will be missed, and to arrange to have the missed material remediated. ▪ All absences will be entered electronically into the University site <p>Expected workload: Students are expected to take every effort to ensure satisfactory learning of the material given.</p>

**Course Schedule
Lectures**

Week #	Date	Lecture Title	Lecturer	Chapter in text book
1	Week 1	Introduction to the course	Dr.Al-Shorman	-----
2	Week 2	Therapeutic exercise/ foundational concepts Range of motion exercises	Dr.Al-Shorman	Chapter 1 Chapter 3
3	Week 3	Range of motion exercises	Dr.Al-Shorman	Chapter 3
4	Week 4	Stretching exercises	Dr.Al-Shorman	Chapter 4
5	Week 5	Stretching exercises	Dr.Al-Shorman	Chapter 4
6	Week 6	First exam	Dr.Al-Shorman	-----
7	Week 7	Strengthening exercises	Dr.Al-Shorman	Chapter 6
8	Week 8	Strengthening exercises	Dr.Al-Shorman	Chapter 6
9	Week 9	Peripheral joint mobilization	Dr.Al-Shorman	Chapter 5
10	Week 10	Peripheral joint mobilization	Dr.Al-Shorman	Chapter 5
	Week 11	Holiday		
11	Week 12	Second exam	Dr.Al-Shorman	-----
13	Week 13	Aerobic exercises	Dr.Al-Shorman	Chapter 7
14	Week 14	Aerobic exercises Balance training	Dr.Al-Shorman	Chapter 7 Chapter 8
15	Week 15	Final practical exam period	Dr.Al-Shorman	-----
16	Week 16	Final theory exam period	Dr.Al-Shorman	-----

**Lab component
Laboratories**

Section 1 and 2 (Sundays)		
Week	Date	Topic
1	Week 1	-----
2	Week 2	Orientation to lab/Revision
3	Week 3	Range of motion exercises
4	Week 4	Range of motion exercises
5	Week 5	Stretching exercises
6	Week 6	Stretching exercises
7	Week 7	Stretching exercises/ Revision
8	Week 8	Strengthening exercises
9	Week 9	Strengthening exercises
10	Week 10	Peripheral joint mobilization
11	Week 11	Peripheral joint mobilization
12	Week 12	Peripheral joint mobilization
13	Week 13	Open lab/Revision
14	Week 14	Aerobic exercises/Balance exercises
15	Week 15	Final practical exam
Section 3 (Mondays)		
Week	Date	Topic
1	Week 1	-----
2	Week 2	Orientation to lab/Revision
3	Week 3	Range of motion exercises
4	Week 4	Range of motion exercises
5	Week 5	Stretching exercises
6	Week 6	Stretching exercises
7	Week 7	Stretching exercises/ Revision
8	Week 8	Strengthening exercises
9	Week 9	Strengthening exercises
10	Week 10	Peripheral joint mobilization
11	Week 11	Peripheral joint mobilization
12	Week 12	Peripheral joint mobilization
13	Week 13	Open lab/Revision
14	Week 14	Aerobic exercises/Balance exercises
15	Week 15	Final practical exam
Section 4 (Tuesdays)		
Week	Date	Topic
1	Week 1	-----
2	Week 2	Orientation to lab/Revision
3	Week 3	Range of motion exercises
4	Week 4	Range of motion exercises
5	Week 5	Stretching exercises
6	Week 6	Stretching exercises
7	Week 7	Stretching exercises/ Revision
8	Week 8	Strengthening exercises
9	Week 9	Strengthening exercises
10	Week 10	Peripheral joint mobilization
11	Week 11	Peripheral joint mobilization
12	Week 12	Peripheral joint mobilization

13	Week 13	Open lab/Revision
14	Week 14	Aerobic exercises/Balance exercises
15	Week 15	Final practical exam

Lab component

Laboratory experiences and evaluation

Organization - Students will meet once a week in the PT labs during the morning hours unless otherwise scheduled. Students will change lab partners on a bi-weekly basis. The lab coordinator for each component will convey information regarding lab partners or groups as well as lab attire for the upcoming week. **Students are asked to become an active participant** within the interactive teaching/ learning environment of the lab session in which they will be asked to discuss each therapeutic exercise technique within their groups, identify areas of indications, contraindications and precautions and provide principles of applying different techniques. Each student is expected to understand the objective of the course and its requirements and expectation placed upon them. Students are expected to be prepared for discussion and be actively involved in the lab sessions.

Lab log book- each student will be required to record each lab skills, in a file that will be marked at the end of each lab session (See Appendix 1). **Students who fail more than 50% of their lab sessions will fail the course.**

Lab assignments- Students will be divided into groups and each group will be assigned a specific task. Grades from these assignments will be averaged over the course of the semester. Please refer to assignment listed on e-learning website.

General evaluation in lab participation- This will include marking regarding commitment to the dress code, professional attitude toward colleagues and members of staff, participation in the lab skills and activities as well as quizzes and assignments. **Please note that the quizzes can be either on the practical or the theory components of the course.** The marks will be distributed as the following:

Quizzes	5%
Assessment	10%
Lab log book	5%

Lab component Student responsibilities

A. General Responsibilities

1. Attend all scheduled labs.
2. Arrive on time to all scheduled labs. Students who arrive after the start of the lab will not be allowed to attend that lab session.
3. Students should be dressed in proper attire at the start of lab.
4. No food or beverages are allowed in the labs.
5. After completion of a lab session, all equipment should be returned to its original location.
6. Mobile phones should be turned off during the lab session.
7. Good communication skills are required with staff members and colleagues.

B. Lab Maintenance Duty

1. All students will be required to be on "LAB DUTY" for one week during the semester.
2. The schedule and responsibilities will remain posted outside the labs.
3. Each student is responsible for maintaining the labs during their scheduled week. This responsibility includes the following:

****Each Lab Session**

Before Lab:

- Arrive 10 minutes early to every lab scheduled during your week to assist the lab instructors in set up of labs.

After Lab:

- Return plinths and all other equipment (if applicable) to proper location
- Replace pillow cases and plinth paper (if used)
- Close and lock all open windows (if required)
- Clean any equipment as requested by Lab Coordinator

Lab component

Lab 1- lab log book/ (to be marked by lab instructor)

Lab 1 (Range of motion exercises for upper limbs, cervical spine and lumbar spine)					
Task	To be ticked by lab instructor				Comments placed by lab instructor
	Position of therapist	Position of patient	Hand placements	Procedure	
Shoulder flexion/extension					
Shoulder horizontal abduction/ adduction					
Shoulder internal/external rotation					
Scapula: elevation, depression, protraction/retraction and upward and downward rotation					
Elbow flexion/extension					
Forearm pronation/ supination					
Wrist movements					
Cervical spine flexion/extension					
Lumbar spine flexion/extension					
Lumbar spine rotation					
Total mark/ 5					

"Kisner and Colby's Therapeutic Exercise: Foundations and Techniques continues its tenure as the premier textbook for therapeutic exercise with this enhanced new 5th edition. Now including new anatomical illustrations to complement the review of the structure and function of each body region, additional other new line drawings, and new photos of exercise techniques in the foundational chapters (1, 3, 4, 5, and 6), this edition makes an already great text even better. A new feature, "Focus on Evidence," highlights summaries of research from the current literature on key topics. Therapeutic Exercise for Physical Therapy Assistants: Techniques for Intervention (Point Lippincott Williams & Wilkins). William D. Bandy. 4.7 out of 5 stars 20. Pages with related products. See and discover other items: foundation of nursing, foundations of nursing, physical therapy. There's a problem loading this menu right now. Learn more about Amazon Prime.