

Philadelphia University	 PHILADELPHIA UNIVERSITY <small>THE WAY TO THE FUTURE</small>	Approval date: 20/10/2022
Faculty: Allied Medical Sciences		
Department: Physical Therapy		Credit hours: 2
Academic year 2022/2023	Course Syllabus	Bachelor

Course information

Course#	Course title	Co /Pre-requisite
1120229	Therapeutic Exercises - 1	1120122 + 1120220
Course type		Class time
<input type="checkbox"/> University Requirement <input type="checkbox"/> Faculty Requirement <input checked="" type="checkbox"/> Major Requirement <input type="checkbox"/> Elective <input type="checkbox"/> Compulsory		Room #
		Sun-Tue 8.15 – 9.15
		9315

Instructor Information

Name	Office No.	Phone No.	Office Hours	E-mail
Prof. Fuad Abdulla	0915307	2326	Sunday: 9.30 – 11.00 Monday: 8.15 – 9.45 Tuesday: 12.30 – 2.00 Wednesday: 9.30 – 11.00	fabdulla@philadelphia.edu.jo

Course Delivery Method

Course Delivery Method			
<input checked="" type="checkbox"/> Physical <input type="checkbox"/> Online <input type="checkbox"/> Blended			
Learning Model			
Precentage	Synchronous	Asynchronous	Physical
			%100

Course Description

This course focuses on acquainting students with different type of therapeutic exercise. For every type indications, contraindications, precautions, and applications will be discussed. Evidence based practice will be used to Justify the type of therapeutic exercise selected for a particular condition. Case scenarios will be used to enforce the concepts covered in the course

Course Learning Outcomes

	Number	Outcomes	Corresponding Program outcomes
Knowledge			
1	K1	Describe basic goals of therapeutic exercise and define related terminology	Kp1
2	K2	Describe different types of therapeutic exercises and their characteristics.	Kp2
3	K3	Recognize the basic principles, indications, contraindications, precautions, and applications of different types of therapeutic exercises.	Kp2
4	K4	Justify the selection of types of therapeutic exercises	Kp2
Skills			
5	S1	Analyze the different types of therapeutic movements.	Sp2
6	S2	Evaluate the movement problem of patient based on available assessment	Sp2
Competencies			
7	C1	Design a therapeutic exercise program according to assessment outcomes.	Cp1

Learning Resources

Course textbook	Kisner C., Colby, L.A., and Borstad, J. (2018) Therapeutic Exercise Foundation and Techniques. 7th edition. F.A. Davis company, Philadelphia.
Supporting References	Hollis, M. and Fletcher-Cook, P. Practical Exercise Therapy. 4 th edition
Supporting websites	Exercise Library & Database — Rehab Hero
Teaching Environment	<input checked="" type="checkbox"/> Classroom <input type="checkbox"/> laboratory <input checked="" type="checkbox"/> Learning platform <input type="checkbox"/> Other

Meetings and subjects timetable

Week	Topic	Learning Methods	Learning Material
1	Introduction to Therapeutic Exercises	Lecture Discussion	Chapter 1
2	Principles of Motor Learning Clinical Decision Making	Lecture Discussion	Chapter 1
3	Prevention, Health, and Wellness	Lecture Case Scenarios	Chapter 2
4	Range of Motion Exercises	Lecture	Chapter 3

		Case Scenarios	
5	Quiz-1 Stretching Exercises	Lecture	Chapter 4
6	Stretching Exercises	Lecture Case Scenarios	Chapter 4
7	Resistance Exercises	Lecture	Chapter 6
8	Resistance Exercises	Lecture Case Scenarios	Chapter 6
9	Midterm Exam Revision		
10	Aerobic Exercises	Lecture Discussion	Chapter 7
11	Balance Exercises	Lecture Case Scenarios	Chapter 8
12	Aquatic Exercises	Lecture	Chapter 9
13	Aquatic Exercises	Lecture Case Scenarios	Chapter 9
14	Quiz-2 Coordination Exercises	Lecture Case Scenarios	Slides, Reading
15	Therapeutic Exercises for special groups	Lecture Case Scenarios	Chapter 34, Reading
16	Final Examination		

* includes: Lecture, flipped Class, project- based learning, problem solving based learning, collaborative learning

Course Contributing to Learner Skill Development

Using Technology
Students will be introduced to navigating and reading professional websites.
Communication skills
Students will be introduced to communicate with patient/client regarding assessment outcomes and therapeutic program
Application of concepts learnt
Students will be introduced to interpretation and integration of finding from multiple sources

Assessment Methods and Grade Distribution

Assessment Methods	Grade Weight	Assessment Time (Week No.)	Link to Course Outcomes
Mid Term Exam	30%	8 th week	K1, K2, K3, K4
Various Assessments *	30%	Overall course duration	S1, S2, C1

Final Exam	% 40	16th week	K1, K2, K3, K4, S1, S2 and C1
Total	%100		

* includes: quiz, in class and out of class assignment, presentations, reports, videotaped assignment, group or individual projects.

Alignment of Course Outcomes with Learning and Assessment Methods

Number	Learning Outcomes	Learning Method*	Assessment Method**
Knowledge			
K1	Describe basic goals of therapeutic exercise and define related terminology	Lecture, case scenarios	Exam and quizzes
K2	Describe different types of therapeutic exercises and their characteristics.	Lecture, case scenarios	Exam and quizzes
K3	Recognize the basic principles, indications, contraindications, precautions, and applications of different types of therapeutic exercises.	Lecture, Discussion, case scenarios	Exam and quizzes
K4	Justify the selection of types of therapeutic exercises	Lecture, Discussion, case scenarios	Exam and quizzes
Skills			
S1	Analyze the different types of therapeutic movements.	Lecture, case scenarios	Exam, quizzes, and assignment
S2	Evaluate the movement problem of patient based on available assessment	Lecture, case scenarios	Exam, quizzes, and assignment
Competencies			
C1	Design a therapeutic exercise program according to assessment outcomes.	Lecture, case scenarios	Exam, quizzes, and assignment

* includes: Lecture, flipped Class, project- based learning, problem solving based learning, collaborative learning

** includes: quiz, in class and out of class assignment, presentations, reports, videotaped assignment, group or individual projects.

Assignment

Each student will select a pathological condition and write a general therapeutic exercise program (500 words) for such condition. **Assignment is due January 08, 2023.**

Course Policies

Policy	Policy Requirements
Passing Grade	The minimum passing grade for the course is (50%) and the minimum final mark recorded on transcript is (35%).
	<ul style="list-style-type: none"> Missing an exam without a valid excuse will result in a zero grade to be assigned to the exam or assessment.

Missing Exams	<ul style="list-style-type: none"> • A Student who misses an exam or scheduled assessment, for a legitimate reason, must submit an official written excuse within a week from the exam or assessment due date. • A student who has an excuse for missing a final exam should submit the excuse to the dean within three days of the missed exam date.
Attendance	The student is not allowed to be absent more than (15%) of the total hours prescribed for the course, which equates to 4.5 hours of lectures days (Sun, Tus). If the student misses more than (15%) of the total hours prescribed for the course without a satisfactory excuse accepted by the dean of the faculty, she/he will be prohibited from taking the final exam and the grade in that course is considered (zero), but if the absence is due to illness or a compulsive excuse accepted by the dean of the college, then withdrawal grade will be recorded.
Academic Honesty	Philadelphia University pays special attention to the issue of academic integrity, and the penalties stipulated in the university's instructions are applied to those who are proven to have committed an act that violates academic integrity, such as: cheating , plagiarism (academic theft), collusion, and violating intellectual property rights.

Program Learning Outcomes to be assessed in this Course

Number	Learning Outcome	Course Title	Assessment Method	Target Performance level
Kp1	The program will graduate students able recognize the role of physiotherapy in the context of the health needs of the community and national priorities in the health sector	Therapeutic Exercises -1	Exams, Quizzes	75% of students will get 60% or more of the total score
Kp2	The program will graduate students able to acquire knowledge in basic medical sciences, various medical conditions, and surgical treatments, and determine their impact on the individual and society.	Therapeutic Exercises -1	Exams, Quizzes	75% of students will get 60% or more of the total score
Sp2	The program will graduate students able to perform a safe, systematic and appropriate assessment and intervention for different physiotherapy circumstances.	Therapeutic Exercises -1	Exams, Quizzes, Assignment	75% of students will get 60% or more of the total score
Cp1		Therapeutic Exercises -1	Exams, Quizzes, Assignment	75% of students will get 60% or

				more of the total score
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Description of Program Learning Outcome Assessment Method

Number	Detailed Description of Assessment
Kp1	Short exams will be done on 1st year by clinical practice
Kp2	Short exams will be done on 1st year by clinical practice
Sp1	Short exams will be done on 1st year by clinical practice
Cp1	Short exams will be done on 1st year by clinical practice