

Philadelphia University	 PHILADELPHIA UNIVERSITY THE WAY TO THE FUTURE	Approved Date: 8-10-2025
Faculty: Allied Medical Sciences		Issue: 1
Department:- Physical therapy		Credit Hours:2
Academic Year:2025/2026		Bachelor:

Course Information

Course No.	Course Title	Prerequisite	
1120351	Physiotherapy for geriatrics	-----	
Course Type		Class Time	Room No.
☐ University Requirement ☐ Faculty Requirement ☐ Major Requirement ☐ Elective ☒ Compulsory		Mon 14.15 – 15.05 Wed: 21.10 – 22.00	61209 Online

Course Level*	Hours No.*
☐ 6 th ☒ 7 th ☐ 8 th ☐ 9 th	2

Instructor Information

Name	Office No.	Phone No.	Office Hours	E-mail
Dr. Mohamed Ali	61-214	2319	Sat 9:15-11:15 Sun 8:15-10:15 Mon 9:15-11:15	mabdullah@philadelphia.edu.jo

Course Delivery Method

☒ Blended ☐ Online ☐ Physical			
Learning Model			
Percentage	Synchronous	Asynchronous	Physical
		50	50%

Course Description

This course provides the student with knowledge about :

Introduction of geriatrics and geriatric theories, Physical therapy for atherosclerosis, Physical therapy evaluation and treatment for obesity, P.T for burger disease, P.T for hypertension, Cardiovascular changes in elderly, Pulmonary changes in elderly, Comprehensive geriatric assessment, Physical therapy for elderly pressure ulcers, Physical therapy for aneurysm, Physical therapy for elderly with osteoporosis, Physical therapy for chronic venous insufficiency, Physical therapy for balance assessment and training in elderly, Physical therapy for varicose veins, Metabolic changes with aging, Physical therapy for Raynaud's phenomenon, Physical therapy for constipation, Physical therapy for lower limb lymphatic disorders (lymphedema), Physical therapy evaluation and treatment of hypotension, Chill plains, Musculoskeletal and posture changes in elderly and Physical therapy for diabetes mellitus.

Course Learning Outcomes

Number	Outcome	Corresponding Program Outcomes
Knowledge		
K1	Incorporate knowledge of the physical, psychological, biological and social changes frequently associated with aging into a comprehensive assessment and treatment of an older adult.	KP2
K2	Explain evidence-based physiotherapy treatment for a given medical conditions of older adults including palliative and hospice care using comprehensive geriatric assesment.	KP3
Skills		
S1	Analyze reliable and validated instrument tools appropriately for a given older adult problems to assess all functions and pain.	Sp1
Comptencies		
C1	Advocate for interventions and behaviors that improve physical and mental health, function, safety, social contacts, independence, and quality of life among older individuals and their caregivers.	CP1
C2	Apply ethical principles and practices for the use of safe, appropriate, and successful exercise regimens in older	CP4

	adults.	
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Learning Resources

Course Textbook	A Clinical Approach to Geriatric Rehabilitation, Jennifer M Bottomley, 4th edition; 2020; ISBN-13: 978-1630913274
Supporting References	Physiotherapy practice in residential aged care by Jenneifer C Nitz, and Susan R Hourigan, 1st edition; 2004: ISBN-978-0750687720 A Comprehensive Guide to Rehabilitation of the Older Patient E-Book, Elsevier Health Sciences. 2020. ISBN:9780702080173,0702080179
Supporting Websites	www.scinedirect.com, www.youtube.com, www.ebesco.com
Teaching Environment	☒ Classroom ☐ laboratory ☒ Learning Platform ☐ Other

Week	Topic	Learning Method*	Learning Material
1 w (13-15 Oct)	Course syllabus, Introduction to Geriatrics	Lecture	Vision and Mission of allied medical sciences Course Syllabus Powerpoint presentation Text Book
2 W (20-22 Oct)	- Ageing Theories - Anatomical and physiological changes in elderly - Musculoskeletal system	Lecture problem-solving-based learning	Powerpoint presentation Text Book,
3 W (27-29 Oct)	Anatomical and physiological changes in elderly - Musculoskeletal system - Vision and Hearing	Lecture problem-solving-based learning	Powerpoint presentation Text Book,
4 W (3-5 Nov)	Anatomical and physiological changes in elderly Cardio respiratory system Nervous system + Quiz 1	Lecture Problem sloving-based learning	Powerpoint presentation Text Book
5 W (10-12 Nov)	Comprehensive Geriatric Assessment and its tools - Physical assessment - Mental assessment	Lecture problem-solving-based learning	Powerpoint presentation Text Book,

6 W (17-19 Nov)	Comprehensive Geriatric Assessment and its tools • Environmental assessment and Functional assessment	Lecture Problem sloving-based learning	Powerpoint presenattion Text Book
7 W (24-26 Nov)	Common clinical problems in elderly people and its management • Falls	Lecture problem-solving-based learning powerpoint presentation	Powerpoint presenattion Text Book
8 W 29 Nov – 10 Dec	MID exam		
9 W (15-17 Dec)	Common clinical problems in elderly people and its management • constipation	Lecture problem-solving-based learning	Powerpoint presenattion Text Book
10 W (22-24 Dec)	Common clinical problems in elderly people and its management • Sarcopenia • Frailty + Quiz 2	Lecture problem-solving-based learning	Powerpoint presenattion Text Book
11 W (29-31 Dec)	Common clinical problems in elderly people and its management • Osteoporosis • Anorexia of ageing	Lecture problem-solving-based learning	Powerpoint presenattion Text Book
12 W (5 -7 Jan)	Common clinical problems in elderly people and its management Incontinence Dementia + Assignment	Lecture Problem sloving-based powerpoint presentation	Powerpoint presenattion Text Book
13 W (12-14 Jan)	Bed ridden complication and its management	Lecture problem-solving-based learning	Powerpoint presenattion Text Book
14 W (19-21 Jan)	Ethical considerations + Physiotherapy in palliative and hospice care	Lecture	Powerpoint presenattion Text Book
15 W (24 Jan – 4 Feb)	FINAL EXAM		

Meetings and Subjects TimeTable

*Includes lecture, flipped Class, project-based learning, problem-solving-based learning, and collaboration learning.

Course Contributing to Learner Skill Development

Using Technology
Using Microsoft programs (word, PowerPoint), YouTube videos, Google and scientific websites
Communication Skills
Videos and home works discussion
Application of Concept Learnt
Transfer learnt information of physiological aging changes in addition to assessment and rehabilitation of geriatrics

Assessment Methods and Grade Distribution

Assessment Methods	Grade	Assessment Time (Week No.)	Course Outcomes to be Assessed
Mid Term Exam	% 30	Refer University calendar	K1-2
Term Works*	% 30 Quizzes :10 marks Assignments: 20 marks	Quiz 1: 3 Nov-2025 Quiz 2: 22 Dec- 2025 Assign 1: 5 Jan 2026	S1, C1-C2
Final Exam	% 40	Refer University calendar	K1-K2, S1, C1-C2
Total	%100		

* Include: quizzes, in-class and out of class assignments, presentations, reports, Videotaped assignment, group or individual project.

Alignment of Course Outcomes with Learning and Assessment Methods

Number	Learning Outcomes	Learning Method*	Assessment Method**
	Knowledge		
K1	Incorporate knowledge of the physical, psychological, biological and social changes frequently associated with aging into a comprehensive assessment and treatment of an older adult.	Lecture	Quizzes Exam
K2	Explain evidence-based physiotherapy treatment for a given medical conditions of older adults including palliative and hospice care using comprehensive geriatric assesment.	Lecture	Exam Quiz

	Skills		
S1	Analyze reliable and validated instrument tools appropriately for a given older adult problems to assess all functions and pain.	Lecture problem-solving-based learning powerpoint presentation	assignment quizzes Exam
	Competencies		
C1	Advocate for interventions and behaviors that improve physical and mental health, function, safety, social contacts, independence, and quality of life among older individuals and their caregivers.	Lecture problem-solving-based learning Problem sloving-based powerpoint presentation	Assignment quizzes Exam
C2	Apply ethical principles and practices for the use of safe, appropriate, and successful exercise regimens in older adults.	Lecture problem-solving-based learning powerpoint presentation	Assignment quizzes Exam

*Include: lecture, flipped class, project based learning, problem solving based learning, collaboration learning.

** Include: quizzes, in-class and out of class assignments, presentations, reports, videotaped assignments, group or individual projects.

Course Polices

Policy	Policy Requirements
Passing Grade	The minimum pass for the course is (50%) and the minimum final mark is (35%).
Missing Exams	- Missing an exam/term work without a valid excuse will result in a zero grade to be assigned to the exam or term work even late submission. - 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 (20%) of the total hours prescribed for the course, which equates to 6 lecture days. If the student misses more than (20%) of the total hours prescribed for the course without a satisfactory or compulsive excuse accepted by the dean of the faculty, he is prohibited from taking the final exam and his result in that subject is considered (zero), but if the absence is due to illness or a compulsive excuse accepted by the dean of the college that is considered. The article is introduced, it is considered withdrawn from that article, and the provisions of withdrawal shall apply to it.
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, intellectual property rights

Program Learning Outcomes to be Assessed in this Course

Number	Learning Outcome	Course Title	Assessment Method	Targeted Performance Level
KP2	Integrate knowledge and skills gained in basic, clinical, medical, and behavioral sciences and apply them to patient care	Physiotherapy for geriatrics	Multiple choice questions + theory exam & quizzes	70 of the students will achieve 6/10
KP3	Develop an individualized appropriate plan of care based on information collected and assessment performed for each patient/ client.	Physiotherapy for geriatrics	Multiple choice questions + theory exam & quizzes	70 of the students will achieve 6/10
SP1	Demonstrate competent entry-level skills and abilities to critically reason in terms of screening, evaluation, re-evaluation, diagnosis, prognosis, and development of a plan of care for clients and patients seeking physical therapy services	Physiotherapy for geriatrics	Multiple choice questions + theory exam & quizzes	70 of the students will achieve 6/10
CP1	Develop critical analysis and clinical decision-making skills to integrate basic and clinical knowledge within an evidence-based framework.	Physiotherapy for geriatrics	Multiple choice questions + theory exam & assignment	70 of the students will achieve 6/10
CP4	Integrate ethical principles into patient care while being sensitive to diverse cultural backgrounds and their impact on healthcare	Physiotherapy for geriatrics	Multiple choice questions+ theory exam & quizzes	70 of the students will achieve 6/10

Description of Program Learning Outcomes Assessment Method

Number	Detailed Description of Assessment
KP2	Multiple choice questions
KP3	Multiple choice questions
SP1	The assessment will based on students' ability: (1) to solve geriatric issues related to chronic diseases in exams, (2) to determine physiotherapy methods to treat geriatric problem as a MCQ-based case study solved in the final exam
CP1	The assessment will based on students' ability: (1) to solve geriatric issues related to chronic diseases in exams, (2) to determine physiotherapy methods to treat geriatric problem as a MCQ-based case study solved in the final exam
CP4	The assessment will based on students' ability: (1) to solve geriatric issues related to chronic diseases in exams, (2) to determine physiotherapy methods to treat geriatric problem as a MCQ-based case study solved in the final exam

Assessment Rubric of the Program Learning Outcomes

Rubrics

	Criteria	Weak (0-2)	Average (3-5)	Satisfactory (6-8)	Competent (9-10)	Score
1	Identify the main issue/ problem	Unable to identify issue/proble m in complex situations. Uncertain and unable to assess adequately.	Able to identify an issue/problem in a complex situation but less able to assess adequately.	Able to identify a problem with clarity but moderately able to assess and justify the situation.	Able to identify issue/ problem in a complex situation and able to assess and justify the situation.	____ x 2
2	Analysis of the issue/problem	Unable to analyze issue/proble m in complex situations and uncertain and unable to assess adequately.	Able to analyze issue/ problem in a complex situation but less able to assess adequately.	Able to analyze issue/problem with clarity but moderately able to assess and justify the situation.	Able to analyze issue/problem in a complex situation and able to assess and justify the situation.	____ x 2
3	Informati on managem ent	Poorly updated the information and lack of correlation	Minimum updated information and needs improvement	Adequate updated information lack of correlation	High correlation of information with current trends and advances	____ x 2
4	Relevance and List of references	No relevance and fails to use the references in a correct way	Sufficient relevance, partially fulfill the required number of references	Good relevance, fulfill and appropriate use of references	Excellent relevance and exceed the required number of references	____ x 1

Guidelines for Assignment

1. Use Times New Roman. The font size for headings is 14 and the font size for text is 12. Use 1.5 lines of spacing between sentences in the text.
2. Limit your assignment to a word count of less than 500 words (maximum 2 pages).
3. Write your assignment carefully, with more focus on the criteria of the rubrics provided in the course syllabus.
4. Use this plagiarism checker website, <https://www.check-plagiarism.com/>, or Turnitin to check for plagiarism in your assignment. It's free. Take a screen shot of your plagiarism report and submit it along with your assignment. Plagiarism should be less than 20%.
5. Assignments with more than 20% plagiarism will not be accepted and copy from your peer group/uploading assignment in unsupported format will also result in zero grade
6. On or before Jan 5 , 2026 for assignment 1 submit your assignment via MOODLE.
7. Penalty for late submission: 15% of your marks per day.

Note: Assignment should be submitted through Moodle only. Other forms of submission will not be accepted for grading. It is your responsibility to sort out any problem arises during assignment submission through Moodle.