

Philadelphia University	 PHILADELPHIA UNIVERSITY THE WAY TO THE FUTURE	Approval date:8-10-2025
Faculty: Allied Medical Sciences		Version: 1
Department: Physiotherapy		Credit hours: 2 Lab : 1 hours
Academic year 2025/2026		Bachelor

Course information

Course#	Course title	Pre-requisite	
1120230	Therapeutic Exercises - 1		
Course type		Class time	Room #
☐ University Requirement ☐ Faculty Requirement ☒ Major Requirement ☐ Elective ☐ Compulsory		Sun 12:15-01:05 Tue 12:15-01:05	9314

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

Course Delivery Method			
☒ Physical ☐ Online ☐ Blended			
Learning Model			
Precentage	Synchronous	Asynchronous	Physical
			100%

Course Description

This course focuses on acquainting students with different types of therapeutic exercise. Scientific Basis of Therapeutic Exercise, Types of joints and Passive range of motion, Active assisted and active free Ex, Resistance Exercise, Posture, Stretching, Core stability exercises, Balance exercises, Aquatic Exercises Coordination exercises, Plyometrics exercises, open and closed kinetic chain exercises , Lymphedema Exercises and Exercises for Old Adults

For every type indication, contraindication, precautions and applications will be discussed.

Evidence based practice will be used to justify the type of therapeutic exercise selected for 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 and justify 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
	Skills		
1	S1	Analyze the different types of therapeutic movements	SP2
2	S2	Evaluate the movement problem of patient based on available assessment	SP2
	Competencies		
1			

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. Hollis, M. and Fletcher-Cook, P. Practical Exercise Therapy. 4" edition Delavier, F. (2001). Strength training anatomy. Champaign, IL: Human Kinetics.
Supporting References	Exercise Librarv & Database - Rehab Hero
Supporting websites	https://journals.lww.com/pedpt/pages/default.aspx
Teaching Environment	☒ Classroom ☐ laboratory ☐ Learning platform ☐ Other

Meetings and subjects timetable

Week	Topic	Learning Methods	Learning Material
1 W (12-14 Oct)	Introduction to Therapeutic Exercises	Lecture	Chapter 1
2 W (19-21 Oct)	Range of Motion Exercise U.L.	Lecture	Chapter 3
3 W (26-28 Oct)	Range of Motion Exercise L.L	Lecture	Chapter 3
4 W (2-4 Nov)	Stretching Exercises U.L. + Quiz 1	Lecture& Problem solving based learning	Chapter 4
5 W (9-11 Nov)	Stretching Exercises L.L.	Lecture	Chapter 4
6 W (16-18 Nov)	Resistance Exercises UE	Lecture	Chapter 6
7 W (24-26 Nov)	Resistance Exercises LE	Lecture	Chapter 6
8 W (29Nov-10 Dec)	Mid term exam		
9 W (14 -16 Dec)	Aerobic Exercises	Lecture	Chapter 7
10 W (21-23 Dec)	Strength training anatomy I	Lecture	Chapter 1,2
11 W (28-30 Dec)	Strength training anatomy II) + Quiz 2	Lecture& Problem solving based learning	Chapter 3,4
12 W (4-6 Jan)	Strength training anatomy III	Lecture	Chapter 5
13 W (11-13 Jan)	Aquatic Exercises +Assignments	lecture	Chapter 9
14 W (18-20 Jan)	Health, Wellness, and Prevention	Lecture& Problem solving based learning	Chapter 2
15 W (24Jan-4 Feb)	Final Exam		

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

☐ Online session

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
Midterm exam	30%	Refer University calendar	K1,K2,K3,
Term Work* 1) Quiz 1 (10 %) 2) Quiz 2 (10 %) Best of 1 quiz 3) Assignment 1 (20 %)	30%	Quiz 1: 4 Nov-2025 Quiz 2: 30 Dec- 2025 Assign 1: 11 Jan 2026	S1, S2& C1
Final Exam	40%	Refer University calendar	K1,K2,K3, S1, S2& C1
Total	100%		

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

Note: Best of 1 quiz marks will be taken for Term work (30%) and Assignment 1 is compulsory.

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 & Quizzes
K2	Describe different types of therapeutic exercises and their characteristics.	Lecture & case scenarios	Exam & Quizzes
K3	Recognize the basic principles, indications, contraindications, precautions, and applications of different types of therapeutic exercises	Lecture , Discussion & case scenarios	Exam & Quizzes
Skills			
S1	Analyze the different types of therapeutic movements.	Lecture & case scenarios	Exam, Quizzes & assignment
S2	Evaluate the movement problem of patient based on available assessment	Lecture & case scenarios	Exam, Quizzes & assignment
Competencies			
C1			

* 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.

Course Policies

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 - 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 Six 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	Target Performance level
KP1	Demonstrate profound and contemporary knowledge in basic, clinical, medical, and psychosocial sciences relevant to physical therapy.	Therapeutic exercise 1	Exam & Quizzes	75% of students will get 60 % or more of the total score
KP2	Integrate knowledge and skills gained in basic, clinical, medical, and behavioral sciences and apply them to patient care.	Therapeutic exercise 1	Exam & Quizzes	75% of students will get 60 % or more of the total score
SP2	Demonstrate effective clinical, interpersonal, and communication skills in examination, treatment plan development, and management of various conditions across the life span in the field of physical therapy.	Therapeutic exercise 1	Exam, Quizzes & Assignments	75% of students will get 60 % or more of the total score
CP1				

Description of Program Learning Outcome Assessment Method

Number	Detailed Description of Assessment
KP1	This intended program learning outcome (IPLO) will be assessed by theory exam (MCQ and Essay questions), and Quiz
SP1	This IPLO will be assessed by using out of class assignment. The following rubrics will be used to evaluate the student's skills.
CP1	This IPLO will be assessed by using theory exam, Quiz

Assignment Question 1

1. Scientific articles related to specific topics in therapeutic exercise 1 will be distributed, and you will be required as groups to analyze, explain, and clarify the scientific papers in the form of a presentation (ppt file) that will be presented at the end of the semester.

Explanation will be required from all group members, and the mark will be divided into 10 marks for explanation and presentation 10 marks for each student, as each student will be asked separately

Assignment 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/problem 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/problem 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	Information management	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	Sufficient relevance, partially fulfill the	Good relevance, fulfill and appropriate	Excellent relevance and exceed the required	___ x 1

		a correct way	required number of references	use of references	number of references	
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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 (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 11, 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. Suggestion: Please avoid last minute submission.