Course Title - Therapeutic Exercise
Course Prefix and Number – PTHA 2409
Department – Physical Therapist Assistant  Division – Allied Health
Course Type: (check one)
☐ Academic General Education Course (from ACGM – but not in WCJC Core)
☐ Academic WCJC Core Course
☒ WECM course (This course is a Special Topics or Unique Needs Course: Y ☒ or N ☐)

Semester Credit Hours #: Lecture hours#: Lab/other hours #  4:3:4

Equated Pay hours for course - 5

Course Catalog Description - Concepts, principles, and application of techniques related to therapeutic exercise and functional training.

Prerequisites/Co requisites - PTHA 1409 and PTHA 1413. Offered during the spring semester to first year PTA students.

Prepared by Kelly Wallace, PT, DPT            Date 6/23/11
Reviewed by department head Betty Salas          Date 6-28-11
Accuracy verified by Division Chair Carol Derkowski    Date 7-25-11
Approved by Dean of Vocational Instruction or Vice President of Instruction Stephanie Dees     Date 8/2/2011

List Lab/ Other Hours
Lab Hours 4
Clinical Hours 0
Practicum Hours 0
Other (list) 0
I. Topical Outline – Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, clinical or other non-lecture instruction):
1. Therapeutic exercise; a historical perspective
2. Strengthening Exercise
3. Stretching Exercise
4. Gait
5. Respiratory Management
6. Specific & General Exercise Programs
7. Critical Analysis of Exercise Programs
8. Special equipment in the ICU

II. Course Learning Outcomes

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<tr>
<th>Course Learning Outcome</th>
<th>Method of Assessment</th>
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| Describe the principles of therapeutic exercise; demonstrate techniques of therapeutic exercise and functional training; formulate a rationale for the application and modification of therapeutic exercise; demonstrate patient education; and communicate outcomes of the intervention. | 1. Written exams (4)  
2. Lab Practicals (2)  
3. Comprehensive Final  
4. Project  
5. Professionalism (Attendance, Punctuality, Attitude, and Participation) |

III. Required Text(s), Optional Text(s) and/or Materials to be Supplied by Student.

IV. Suggested Course Maximum - 16

V. List any specific spatial or physical requirements beyond a typical classroom required to teach the course.
Physical Therapist Assistant laboratory and classroom.

VI. Course Requirements/Grading System – Describe any course specific requirements such as research papers or reading assignments and the generalized grading format for the course

<table>
<thead>
<tr>
<th></th>
<th>Percentage</th>
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<tbody>
<tr>
<td>(4) Written exams</td>
<td>.60%</td>
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<tr>
<td>Comprehensive Final</td>
<td>.15%</td>
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<tr>
<td>(2) Lab exams</td>
<td>.15%</td>
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<tr>
<td>Professionalism Grade</td>
<td>.3%</td>
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<tr>
<td>Project (1)</td>
<td>.7%</td>
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<tr>
<td>Total</td>
<td>100%</td>
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100 - 90 = A  
89 - 80 = B  
79 - 75 = C  
74 - 60 = D  
BELOW 59 = F
VII. Curriculum Checklist

☐ - Academic General Education Course (from ACGM – but not in WCJC Core)
   No additional documentation needed

☐ - Academic WCJC Core Course
   Attach the Core Curriculum Checklist, including the following:
   • Basic Intellectual Competencies
   • Perspectives
   • Exemplary Educational Objectives

☒ - WECM Courses
   If needed, revise the Program SCANS Matrix & Competencies Checklist.