

## Administrative Master Syllabus

### Course Information

<b>Course Title</b>	Therapeutic Exercise
<b>Course Prefix, Num. and Title</b>	PTHA 2409 Therapeutic Exercise
<b>Division</b>	Allied Health
<b>Department</b>	Physical Therapist Assistant
<b>Course Type</b>	WECM Course
<b>Course Catalog Description</b>	Concepts, principles, and application of techniques related to therapeutic exercise and functional training.
<b>Pre-Requisites</b>	PTHA 1409 and PTHA 1413
<b>Co-Requisites</b>	N/A

### Semester Credit Hours

<b>Total Semester Credit Hours (SCH): Lecture Hours:</b>	4:3:4
<b>Lab/Other Hours</b>	
<b>Equated Pay Hours</b>	5
<b>Lab/Other Hours Breakdown: Lab Hours</b>	4
<b>Lab/Other Hours Breakdown: Clinical Hours</b>	0
<b>Lab/Other Hours Breakdown: Practicum Hours</b>	0
<b>Other Hours Breakdown</b>	0

### Approval Signatures

Title	Signature	Date
<b>Department Head:</b>		
<b>Division Chair:</b>		
<b>VPI:</b>		

## Additional Course Information

**Topical Outline:** Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, and clinical or other non-lecture instruction).

- I. Therapeutic exercise; a historical perspective
- II. Strengthening Exercises
- III. Stretching Exercises
- IV. Gait
- V. Respiratory Management
- VI. Specific & General Exercise Programs
- VII. Critical Analysis of Exercise Programs
- VIII. Special equipment in the ICU
- IX. Laboratory Values
- X. Gait Skills
- XI. Palpation Skills

### Course Learning Outcomes:

**Learning Outcomes – Upon successful completion of this course, students will:**

1. Describe the principles of therapeutic exercise.
2. Formulate a rationale for the application and modification of therapeutic exercise.
3. Demonstrate techniques of therapeutic exercise and functional training.
4. Execute patient education.
5. Demonstrate communication skills.

### Methods of Assessment:

1. Written exams (4)
2. Lab Practicals (2)
3. Comprehensive Final
4. Project
5. Assignments

### Required text(s), optional text(s) and/or materials to be supplied by the student:

Kisner, C, Colby LA: Therapeutic Exercise: Foundations and Techniques, Current Edition, F.A. Davis Company, Philadelphia, PA., N.

Minor and Minor, Patient Care Skills, Current Edition, Appleton & Lange, Stamford Conn.

### Suggested Course Maximum:

16

### List any specific or physical requirements beyond a typical classroom required to teach the course.

PTA Lab

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

4 Written exams = 55%

Rev. June 2023

Comprehensive Final = 15%

2 Lab exams = 15%

Assignments = 5 %

Project = 10%

100 - 90 = A

89 - 80 = B

79 - 75 = C

74-70=D

Below 70 =D

Students must achieve a 75% or higher on the course final in order to pass the course.

### **Curriculum Checklist:**

- Administrative General Education Course** (from ACGM, but not in WCJC Core) – No additional documents needed.
- Administrative WCJC Core Course** – Attach the Core Curriculum Review Forms
  - Critical Thinking
  - Communication
  - Empirical & Quantitative Skills
  - Teamwork
  - Social Responsibility
  - Personal Responsibility
- WECM Course** – If needed, revise the Program SCANS Matrix and Competencies Checklist