



Course Information

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

Semester Credit Hours

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

Approval Signatures

Title	Signature	Date
Department Head:	Kelly Wallace	08/09/2023
Division Chair:	CJDerkowski	10/24/2023
Dean/VPI:		

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).

1. Therapeutic exercise; a historical perspective
2. Strengthening Exercises
3. Stretching Exercises
4. Gait
5. Respiratory Management
6. Specific & General Exercise Programs
7. Critical Analysis of Exercise Programs
8. Special equipment in the ICU
9. Laboratory Values
10. Gait Skills
11. 11. Palpation Skills

Course Learning Outcomes:

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

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

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, 7th Edition, F.A. Davis Company, Philadelphia, PA., 2018.

Minor and Minor, Patient Care Skills, 7th Edition, Appleton & Lange, Stamford Conn. 2014.

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%, Comprehensive Final 15%, (2) Lab exams 15%, Assignments 5 % (1) 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.

Rev. June 2023

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