



Purpose: It is the intention of this Administrative-Master Syllabus to provide a general description of the course, outline the required elements of the course and to lay the foundation for course assessment for the improvement of student learning, as specified by the faculty of Wharton County Junior College, regardless of who teaches the course, the timeframe by which it is instructed, or the instructional method by which the course is delivered. It is not intended to restrict the manner by which an individual faculty member teaches the course but to be an administrative tool to aid in the improvement of instruction.

Course Title – Therapeutic Exercise

Course Prefix and Number – PTHA 2409

Department – Physical Therapist Assistant

Division - AH

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/Corequisites - PTHA 1413 and PTHA 1409

List Lab/ Other Hours
Lab Hours 4
Clinical Hours 0
Practicum Hours 0
Other (list)

Approvals – the contents of this document have been reviewed and are found to be accurate.

Prepared by <i>PHIL CARTER</i>	Signature <i>Phil Carter</i>	Date <i>9-10-2007</i>
Department Head <i>PHIL CARTER</i>	Signature <i>Phil Carter</i>	Date <i>9-10-2007</i>
Division Chair <i>Leigh Ann Collins</i>	Signature <i>Lac</i>	Date <i>9-20-07</i>
Vice President <i>Dr. Ty Pate</i>	Signature <i>Ty Pate</i>	Date <i>9-26-07</i>



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

II. Course Learning Outcomes

Course Learning Outcome	Method of Assessment
<ol style="list-style-type: none"> 1. Define and give the goals, indications, contraindications, and various techniques of therapeutic exercise, including both general and specific exercise regimes (with and without equipment). 2. Identify the equipment related to therapeutic exercise generally found in a Physical Therapy Clinic and correctly demonstrate its use. 3. Identify normal and abnormal gait patterns through gait analysis and suggest exercises to correct any deviations. 4. Demonstrate the correct techniques used for pre gait and gait training. 5. Differentiate between the various techniques used to elongate soft tissues; passive stretching, active inhibition, and self-stretching 6. Identify indications and contraindications for soft tissue stretching techniques 7. Demonstrate a working knowledge of soft tissue stretching by applying the techniques in a laboratory setting 8. Analyze specific exercise programs by identifying the agonist, antagonist, and synergist and be able to identify the type of muscle contraction being demonstrated 9. Identify the components of an aerobic exercise program and differentiate between the components of typical anaerobic strength training regimens 	<p>Four written examinations Two laboratory examinations Student Project Professionalism grade Comprehensive course examination</p>

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

Kisner C, Colby LA: Therapeutic Exercise: Foundations and Techniques, 4th Edition, F.A. Davis Company, Philadelphia, PA., 2000.
Minor and Minor, Patient Care Skills, 4th Edition, Appleton & Lange, Stamford Conn. 1999.

IV. Suggested Course Maximum - 16

V. List any specific spatial or physical requirements beyond a typical classroom required to teach the course.
None

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

During the course of a semester, there will be a written exam following each unit of material. The unit exams will account for 50% of the final course grade. Two laboratory practical examinations will be administered; one covering the material on stretching techniques and the other on gait training. Both lab practicals will account for 20% of the final grade. A student presentation/project will account for 10% of the final grade, a comprehensive course final examination will account for 15% and a "Professionalism" grade will be responsible for the remaining 5% of the final grade.

A letter grade will be assigned for the course based on the following scale:

100	-	90	=	A
89	-	80	=	B
79	-	75	=	C
74	-	60	=	D
BELOW		59	=	F

No exams will be dropped when determining the final grade. Make-up exams will be provided for excused absences only. Make-up exams will be mostly essay and given at a time agreed upon by both the student and instructor.

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**
Attach the following:
 - Program SCANS Matrix
 - Course SCANS Competencies Checklist

SCANS Matrix

Program: Physical Therapist Assistant CIP: 51.0806									
LIST ALL COURSES REQUIRED AND IDENTIFIED COMPETENCIES									
Competencies								Course Number	Course Title
1	2	3	4	5	6	7	8		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 1321	Pathophysiology
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 1409	Introduction to Physical Therapy
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 1413	Functional Anatomy
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	PTHA 1531	Physical Agents
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 2201	Essentials of Data Collection
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 2205	Neurology
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 2339	Professional Issues
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 2409	Therapeutic Exercise
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 2431	Management of Neurological Disorders
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 2435	Rehabilitation Techniques
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 1360	Clinical-Physical Therapist Assistant-I
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 2360	Clinical-Physical Therapist Assistant-II
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PTHA 2460	Clinical-Physical Therapist Assistant-III
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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								COMPETENCY REFERENCES	
								8 Basic use of computers	
								7 Workplace Competencies: resources; interpersonal skills; information; systems; and technology.	
								6 Personal Qualities: A worker must display responsibility, self-esteem, sociability, self-management, integrity, and honesty.	
								5 Thinking Skills: A worker must think creatively, make decisions, solve problems, visualize, know how to learn, and reason effectively.	
								4 Speaking and Listening: Organize ideas and communicate orally; receive, attend to, interpret, and respond to verbal messages and other cues.	
								3 Arithmetic or Mathematics: Perform basic computations and approach practical problems by choosing appropriately from a variety of mathematical techniques.	
								2 Writing: Communicate thoughts, ideas, information, and messages in writing, and create documents such as letters, directions, manuals, reports, graphs, and flow charts.	
								1 Reading: Locate, understand, and interpret written information in prose and in documents such as manuals, graphs, and schedules.	



Course Prefix & Number: PTHA 2409	
SCANS COMPETENCIES FOR THIS COURSE	
Competency	Method of Assessment
1 READING: Locate, understand, and interpret written information in prose and in documents such as manuals, graphs, and schedules.	Unit Exams
2 WRITING: Communicate thoughts, ideas, information, and messages in writing, and create documents such as letters, directions, manuals, reports, graphs, and flow charts.	Unit Exams Student Project
3 ARITHMETIC OR MATHEMATICS: Perform basic computations and approach practical problems by choosing appropriately from a variety of mathematical techniques.	Unit Exams (VO2max & Target Heart Rate)
4 SPEAKING AND LISTENING: Organize ideas and communicate orally; receive, attend to, interpret, and respond to verbal messages and other cues.	Lab Practical Exams
5 THINKING SKILLS: A worker must think creatively, make decisions, solve problems, visualize, know how to learn, and reason effectively.	Unit Exams Lab Practical Exams
6 PERSON QUALITIES: A worker must display responsibility, self-esteem, sociability, self-management, integrity, and honesty.	Unit Exams Professionalism grade
7 WORKPLACE COMPETENCIES: resources; interpersonal skills; information; systems; and technology	Lab Practical Exams Student Project
8 BASIC USE OF COMPUTERS	Student Project