

**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.

<b>Course Title:</b>	Therapeutic Exercise
<b>Course Prefix &amp; Number:</b>	PTHA 2409
<b>Division &amp; Department:</b>	Allied Health: Physical Therapy Asst

Course Type	
<input type="checkbox"/>	Academic General Education Course (from ACGM, but not WCJC Core)
<input type="checkbox"/>	Academic WCJC Core Course
<input checked="" type="checkbox"/>	WECM Course
<input type="checkbox"/>	This course is a Special Topics or Unique Needs Course.

Semester Credit Hours (SCH): Lecture Hours: Lab/Other Hours    4 : 3 : 4

Equated Pay Hours:    5

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

Pre-Requisites:  
PTHA 1409 and PTHA 1413

Co-Requisites:

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

Signature		Date
<b>Prepared by:</b>		
<b>Department Head:</b>		
<b>Division Chair:</b>		
<b>Dean/VPI:</b>		
<b>Approved by CIR:</b>		

**I. 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. Palpation Skills

## II. 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

## III. 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.

**IV. Suggested Course Maximum:**     16

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

PTA Lab

**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.

(4) Written exams . . . . . 55%  
Comprehensive Final . . . . .15%  
(2) Lab exams . . . . .15%  
Assignments 5%(1) Project . . . . . 10%  
Total . . . . . 100%

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

100 - 90 = A

89 - 80 = B

79 - 75 = C

74-70=D Below 70 =D

**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 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