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| --- | --- | --- |
| **Philadelphia University** |  | **Approval date:** |
| **Faculty: Allied Medical**  **Sciences** | **Version: 1** |
| **Department:**  **Physiotherapy** | **Credit hours: 2**  **Credit hours:1 practical** |
| **Academic year 2024/2025** | **Course Syllabus** | **Bachelor** |

# Course information

|  |  |  |  |
| --- | --- | --- | --- |
| **Course#** | **Course title** | **Pre-requisite** | |
| **1120321** | **Therapeutic Exercise (2)** | **1120230** | |
| **Course type** | | **Class time** | **Room #** |
| ☐ University Requirement ☐ Faculty  Requirement  ☒ Major Requirement ☐ Elective ☒ Compulsory | | **Saturday-Monday**  **(10:15-11:05**) | **902020** |

|  |  |  |
| --- | --- | --- |
| **Hours No.\*** | **Course Level\*** | |
| **2** | | 6th ☒ 7th  8th  9th |

# Instructor Information

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Office No.** | **Phone No.** | **Office Hours** | **E-mail** |
| **Assistant**  **Professor**  **Dr.Atef M. Doweir** | **61-215** | **2336** | **-Sat (12:15-14:15)** | **adoweir@philadelphia.edu.jo** |
| **Monday(12:15-16:00)** |

# Course Delivery Method

|  |  |  |  |
| --- | --- | --- | --- |
| **Course Delivery Method** | | | |
| ☒ **Physical** ☐ **Online** ☐ **Blended** | | | |
| **Learning Model** | | | |
| **Percentage** | **Synchronous** | **Asynchronous** | **Physical** |
|  |  | **100 %** |

# Course Description

This course focus on therapeutic specialized therapeutic exercise techniques. Topics covered in the course include special strength exercises (mechanical strength), massage techniques, self-stretch techniques, basic principles of joints mobilization, PNF and nerve gliding. The theoretical course includes a study of selected cases and a discussion of the latest developments in scientific research and how to design treatment programs.

**Course Learning Outcomes**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  | **Corresponding** |
|  | **Number** | **Outcomes** | **Program outcomes** |
|  |  | **Knowledge** |  |
| **1** | **K1** | Conclude the principles of therapeutic modalities. | **KP1** |
| **2** | **K2** | Develop relevant therapeutic modalities that address the client’s needs in response to sound evaluation | **KP2** |
|  |  | **Skills** |  |
| **1** | **S1** | Analyze muscle strengthening mechanically, neuromuscular facilitation techniques. | **SP1** |
| **2** | **S2** | Emphasize different mobilization techniques, self-stretching techniques. | **SP2** |
|  |  | **Competencies** |  |
| **1** | **C1** | Apply the neuromuscular facilitation techniques of muscles and manual massage techniques. | **CP1** |
| **2** | **C2** | Apply the mobilization skills for joints of the body. | **CP1** |

**Learning Resources**

|  |  |
| --- | --- |
| Course textbook | Therapeutic Exercise Foundation And Techniques, Carolyn Kisner.Lynn Allen Colby**,** Davis plus-Philadelphia, latest EDITION. |
| Supporting References | Therapeutic Exercise Techniques and Intervention, William D.  Bandy and Barbara Sanders. \*Therapeutic modalities in  Rehabilitation, edited by William E. Prentice, 3rd edition, Mc Grow Hill Comp.2019 |
| Supporting websites | www.Medicine.com www.Medscape.com \www.Biomedcentral.com  www.sport injury clinic.net \physiopedia.com |
| Teaching Environment | ☒**Classroom** ☐ **laboratory** ☐**Learning platform** ☐**Other** |

**Meetings and subjects timetable**

|  |  |  |  |
| --- | --- | --- | --- |
| **Week** | **Topic** | **Learning Methods** | **Learning Material** |
| **Week 1**  **12, 14 October** | **Course syllabus, Vision,**  **Mission, Aim and LO of the Program**  **-introduction to therapeutic exercises II** | **Lecture** | **Vision, Mission,**  **Aim and ILOs of the Program** |
| **Week 2**  **19,21 October** | **Factors affecting muscle performance** | **Lecture** | |  | | --- | | **Pre-prepared Presentations Text book reference** | |
| **Week 3**  **26, 28 October** | **Mechanical resistance** | **Lecture &**  **Problem solving based learning** | **Pre-prepared Presentations Text book reference** |
| **Week 4**  **2,4 November** | **PNF 1** | **Lecture** | **Pre-prepared Presentations Text book reference** |
| **Week 5**  **9,11 November** | **PNF 2**  **Quiz 1** | **Lecture &**  **Problem solving based learning** | **Pre-prepared Presentations Text book reference** |
| **Week 6**  **16,18**  **November** | **Manual therapy massage** | **Lecture** | **Pre-prepared Presentations Text book reference** |
| **Week 7**  **23,25 November** | **Revision** | **Lecture** | **Pre-prepared Presentations Text book reference** |
| **Week 8** | **Midterm** | **Exam** | **Exam** |
| **Week 9**  **7,9 December** | **Principles of joint mobilization I**  **Assignment** | **Lecture** | **Pre-prepared Presentations Text book reference** |
| **Week 10**  **14,16**  **December** | **Principles of joint mobilization II**  **Quiz 2** | **Lecture &**  **Problem solving based learning** | **Pre-prepared Presentations Text book reference** |
| **Week 11**  **21, 23**  **December** | **Strength training anatomy I** | **Lecture** | **Pre-prepared Presentations Text book reference** |
| **Week 12**  **28, 30 December** | **Strength training anatomy II** | **Lecture &**  **Problem solving based learning** | **Pre-prepared Presentations Text book reference** |
| **Week 13**  **4,6 January** | **Strength training anatomy III** | **Lecture &**  **Problem solving based learning** | **Pre-prepared Presentations Text book reference** |
| **Week 14**  **11, 13 January** | **Basic principles Nerve gliding** | **Lecture** | **Pre-prepared Presentations Text book reference** |
| **Week 15**  **18, 20 January** | **Revision** | **Lecture** | **Pre-prepared Presentations Text book reference** |
| **Week 16** | **Final exam** |  |  |

# Course Contributing to Learner Skill Development

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| --- |
| Using Technology |
| Learnt evidence based assessment tools in this course will develop their critical thinking and problem solving skills |
| Communication skills |
| Develops interpersonal skills while interacting with the simulator |
| Application of concepts learnt |
| Learnt concepts in this course will facilitate critical thinking, clinical reasoning and decision making skills while assessing the patients/simulator |

# Assessment Methods and Grade Distribution

|  |  |  |  |
| --- | --- | --- | --- |
| **Assessment Methods** | **Grade Weight** | **Assessment Time (Week No.)** | **Link to Course Outcomes** |
| **Midterm exam** | **30%** | Week 7-8 | **K1 &K2** |
| **Term Work\***   1. **Quiz\* (10 %)** 2. **Quiz\* (10 %)**   **4) Assignment\* (20 %)** | **30%** | Quiz 1: 9-11  November  Quiz 2:14-16  December  Assign: 26 December  (due date) | **S1,2, K2& K1** |
| **Final Exam** | **40%** | Jan | **K 1, 2 &S1,2& C1, 2** |
| **Total** | **100%** |  |  |

\* includes: quiz, in class and out of class assignment, presentations, reports, videotaped assignment, group or individual projects.

**Note: Best three marks will be taken for Term work (30%)**

# Alignment of Course Outcomes with Learning and Assessment Methods

|  |  |  |  |
| --- | --- | --- | --- |
| **Number** | **Learning Outcomes** | **Learning Method\*** | **Assessment Method\*\*** |
|  | **Knowledge** |  |  |
| **K1** | Conclude the principles of therapeutic modalities. | **Lecture & Problem solving based learning** | **Exam & Quiz** |
| **K2** | Develop relevant therapeutic modalities that address the client’s needs in response to sound evaluation. | **Lecture** | **Exam, Quiz** |
|  | **Skills** |  |  |
| **S1** | Analyze muscle strengthening mechanically, neuromuscular facilitation techniques. | **Lecture & Problem solving based learning** | **Assignment** |
| **S2** | Emphasize different mobilization techniques, self-stretching techniques. | **Lecture** | **Exam, Quiz** |
|  | **Competencies** |  |  |
| **C1** | Apply the neuromuscular facilitation techniques of muscles and manual massage techniques. | **Lecture & Problem solving based learning** | **Exam, Quiz** |
| **C2** | Apply the mobilization skills for joints of the body. | **Lecture & Problem solving based**  **learning** | **Exam, Quiz** |

\* includes: Lecture, flipped Class, project- based learning, problem solving based learning, collaborative learning \*\* includes: quiz, in class and out of class assignment, presentations, reports, videotaped assignment, group or individual projects.

# Course Polices

|  |  |
| --- | --- |
| **Policy** | **Policy Requirements** |
| **Passing Grade** | The minimum pass for the course is (50%) and the minimum final mark is (35%). |
|  |  Missing an exam/term work without a valid excuse will result in a zero grade to be assigned to the exam or term work |
| **Missing Exams** | * A Student who misses an exam or scheduled assessment, for a legitimate reason, must submit an official written excuse within a week from the exam or assessment due date. * A student who has an excuse for missing a final exam should submit the excuse to the dean within three days of the missed exam date. |
| **Attendance** | The student is not allowed to be absent more than (20%) of the total hours prescribed for the course, which equates to Six lecture days. If the student misses more than (20%) of the total hours prescribed for the course without a satisfactory or compulsive excuse accepted by the dean of the faculty, he is prohibited from taking the final exam and his result in that subject is considered (zero), but if the absence is due to illness or a compulsive excuse accepted by the dean of the college that is considered. The article is introduced, it is considered withdrawn from that article, and the provisions of withdrawal shall apply to it. |
| **Academic Honesty** | Philadelphia University pays special attention to the issue of academic integrity, and the penalties stipulated in the university's instructions are applied to those who are proven to have committed an act that violates academic integrity, such as cheating, plagiarism (academic theft), collusion, intellectual property rights |

**Program Learning Outcomes to be assessed in this Course**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Number** | **Learning Outcome** | **Course Title** | **Assessment Method** | **Target**  **Performance level** |
| **KP1** | Demonstrate profound and contemporary knowledge in basic, clinical, medical, and psychosocial sciences relevant to physical therapy. | Therapeutic exercises II | **Theory**  **Exam & Quiz** | 75% of students have a minimum  score 6 out of  10 |
| **KP2** | Integrate knowledge and skills gained in basic, clinical, medical, and behavioral sciences and apply them to patient care | Therapeutic exercises II | **Assignment** | 75% of students have a minimum  score 6 out of  10 |
| **SP1** | Demonstrate competent entry-level skills and abilities to critically reason in terms of screening, evaluation, re-evaluation, diagnosis, prognosis, and development of a plan of care for clients and patients seeking physical therapy services. | Therapeutic exercises II | **Theory Exam** | 75% of students have a minimum |
| **SP2** | Demonstrate effective clinical, interpersonal, and communication skills in examination, treatment plan development, and management of various conditions across the life span in the field of physical therapy | Therapeutic exercises II | **Theory Exam** | 75% of students have a minimum  score 6 out of  10 |
| **CP1** | Develop critical analysis and clinical decision-making skills to integrate basic and clinical knowledge within an evidence-based framework | Therapeutic exercises II | **Theory Exam** | 75% of students have a minimum  score 6 out of  10 |

# Description of Program Learning Outcome Assessment Method

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| --- | --- |
| **Number** | **Detailed Description of Assessment** |
| **KP1, KP2** | This intended program learning outcome (IPLO) will be assessed by theory exam (MCQ and Essay questions), and Quiz |
| **SP1,SP2** | This IPLO will be assessed by using out of class assignment. The following rubrics will be used to evaluate the student’s skills. |
| **CP1** | This IPLO will be assessed by using theory exam, Quiz |

**Assignment Rubrics**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Criteria** | **Weak (0-2)** | **Average (3-**  **5)** | **Satisfactory (6-8)** | **Competent (9-10)** | **Score** |
| 1 | **Identify the main issue/ problem** | Unable to identify issue/problem in complex situations.  Uncertain and unable to assess  adequately. | Able to identify an issue/problem in a complex situation but less able to assess  adequately. | Able to identify a problem with clarity but moderately able to assess and justify  the situation. | Able to identify issue/ problem in a complex situation and able to assess and justify the situation. | \_\_\_ x  2 |
| 2 | **Analysis of the issue/problem** | Unable to analyze issue/problem in complex situations and uncertain and unable to assess  adequately. | Able to analyze issue/ problem in a complex situation but less able to assess  adequately. | Able to analyze issue/problem with clarity but moderately able to assess and justify  the situation. | Able to analyze issue/problem in a complex situation and able to assess and justify the situation. | \_\_\_ x  2 |
| 3 | **Information management** | Poorly updated the information and lack of correlation | Minimum updated information and needs improvement | Adequate updated information lack of  correlation | High correlation of information with current trends and advances | \_\_\_ x 2 |
| 4 | **Relevance and List of references** | No relevance and fails to use the references in a correct way | Sufficient relevance, partially fulfill the required number of references | Good relevance, fulfill and appropriate use of  references | Excellent relevance and exceed the required number of references | \_\_\_ x 1 |

**Guidelines for Assignment**

1. Use Times New Roman. The font size for headings is 14 and the font size for text is 12.

Use 1.5 lines of spacing between sentences in the text.

1. Limit your assignment to a word count of less than 500 words (2 pages).
2. Write your assignment carefully, with more focus on the criteria of the rubrics provided in the course syllabus.
3. Use this plagiarism checker website, [https://www.check-plagiarism.com/,](https://www.check-plagiarism.com/) or Turnitin to check for plagiarism in your assignment. It’s free. Take a screen shot of your plagiarism report and submit it along with your assignment. Plagiarism should be less than 20%.
4. Assignments with more than 20% plagiarism will not be accepted and copy from your peer group/uploading assignment in unsupported format will also result in zero grade.
5. On or before duedate, submit your assignment via MOODLE.
6. Penalty for late submission: 15% of your marks per day.

**Note: Assignment should be submitted through Moodle only. Other forms of submission will not be accepted for grading. It is your responsibility to sort out any problem arises during assignment submission through Moodle.**