



Jordan University of Science and Technology
Faculty of Applied Medical Sciences
Physical Therapy Department

P.T232 Therapeutic Exercise - JNQF Level: 7

Second Semester 2023-2024

Course Catalog

2 Credit Hours. This course offer in-depth exploration of therapeutic exercise procedures and techniques used in physiotherapy. The ultimate goal of any therapeutic exercise (TE) program is the achievement of symptom-free movement and function. In order to effectively administer TE to a patient, the therapist must know the basic principles and effects of treatment; also he/she must know the interrelationships of the anatomy and kinesiology of the part being treated. Additionally, students should have an understanding of the state of disability and its potential rate of recovery, complications, precautions and contraindications.

Teaching Method: On Campus

Text Book

Title	Therapeutic exercise foundation and techniques.
Author(s)	Carolyn Kisner, Lynn Allen,
Edition	7th Edition
Short Name	Therapeutic exercise foundation
Other Information	

Course References

Short name	Book name	Author(s)	Edition	Other Information
ACSM?s guidelines	ACSM?s guidelines for exercise testing and prescription	Walter R. Thompson	8th Edition	

Instructor

Name	Dr. Ala Aburub
Office Location	-
Office Hours	
Email	asaburub@just.edu.jo

Class Schedule & Room
Section 1: Lecture Time: Tue, Thu : 12:30 - 13:30 Room: N1303

Prerequisites		
Line Number	Course Name	Prerequisite Type
1112231	P.T223 Musculoskeletal Assessment (Lab)	Prerequisite / Study
1112070	P.T207 Exercise Physiology	Pre./Con.

Tentative List of Topics Covered		
Weeks	Topic	References
Weeks 1, 2	Therapeutic exercise/ foundational concepts, Range of motion exercises	From Therapeutic exercise foundation, From ACSM?s guidelines
Weeks 3, 4, 5	Stretching exercises /Endurance	From Therapeutic exercise foundation, From ACSM?s guidelines
Week 6	Exam	From Therapeutic exercise foundation, From ACSM?s guidelines
Weeks 7, 8	Strengthening exercises	From Therapeutic exercise foundation, From ACSM?s guidelines
Week 9	Core training	From Therapeutic exercise foundation, From ACSM?s guidelines
Weeks 10, 11	Aerobic exercises	From Therapeutic exercise foundation, From ACSM?s guidelines
Weeks 12, 13	Balance Exercise	From Therapeutic exercise foundation, From ACSM?s guidelines
Week 14	Revision	From Therapeutic exercise foundation, From ACSM?s guidelines
Week 15	Final Exam	From Therapeutic exercise foundation, From ACSM?s guidelines

Mapping of Course Outcomes to Program Outcomes and NQF Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Understand the concept of therapeutic exercise [1PLO1 -K1] [1L7K1, 1L7S2]	30%	Midterm, Final
Differentiate between exercise types such as ROM, Stretch, strength, Endurance, aerobic , and balance exercise [1PLO1 -K1] [1L7K1, 1L7S1]	70%	Midterm, Final

Relationship to Program Student Outcomes (Out of 100%)									
PLO1 - K1	CLO2- K2	PLO3- K3	CLO4- K4	PLO5- S1	PLO6-S2	PLO7-S3	PLO8-C1	PLO9-C2	PLO10-C3
100									

Relationship to NQF Outcomes (Out of 100%)		
L7K1	L7S1	L7S2
50	35	15

Evaluation	
Assessment Tool	Weight
Midterm	50%
Final	50%

Policy	
Policy	<p>Attendance policy:</p> <ol style="list-style-type: none"> The philosophy of the course coordinator is that attendance at all lectures and laboratories is necessary to attain and integrate the knowledge and clinical skills being presented in this course. Attendance is mandatory. Students are expected to attend more than 90% of lectures The course coordinator reserves the right to exclude students from the course who miss more than 10% of course lectures or labs. It is the responsibility of the student to notify the course director if a lecture or lab will be missed and to arrange to have the missed material remediated. All absences will be entered electronically into the University site <p>Expected workload: Students are expected to take every effort to ensure satisfactory learning of the material given.</p>

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