

JEFFERSON COLLEGE

COURSE SYLLABUS

PTA116

PRINCIPLES OF THERAPEUTIC EXERCISE

2 Credit Hours

Prepared by:

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PTA116 Principles of Therapeutic Exercise

I. CATALOGUE DESCRIPTION

- A. Pre-requisites: Admission to the Physical Therapist Assistant Program, and Reading Proficiency
- B. Credit hour award: 2 credit hours
- C. Description: This course prepares the student in principles of different types of therapeutic exercise interventions to include passive, active assistive, active, and resistance exercises for the purposes of improving strength, flexibility, balance, and aerobic capacity. These principles and specific exercise interventions are applied to and practiced on the trunk, upper, and lower extremities. Special considerations for exercises in light of basic patient injuries or general deconditioning are introduced. (S)

II. EXPECTED LEARNING OUTCOMES/CORRESPONDING ASSESSMENT MEASURES (numbers in parentheses refer to CAPTE Evaluative Criteria)

Demonstrate effective verbal and non-verbal communication with the patient, the physical therapist, health care delivery personnel, and others in an effective, appropriate, and capable manner (3.3.2.1.).	Written Assignment: Home Exercise Program Instruction Practical Examinations
Demonstrate conduct that reflects a commitment to meet the expectations of members of society receiving health care services and members of the profession of physical therapy (3.3.2.3, 3.3.2.4.).	Practical Examinations Professionalism Points
Demonstrate competence in implementing components of interventions identified in the plan of care established by the physical therapist to include passive range of motion, aerobic conditioning, balance and coordination training, breathing exercises, conditioning and reconditioning, posture awareness training, range of motion exercises, stretching exercises, strengthening exercises (3.3.2.7.10, 3.3.2.7.20-27.).	Practical Examinations Written Assignments Written Examinations
Demonstrate competency in performing components of data collection skills essential for carrying out the plan of care to include vital signs; response to activities; thoraco-abdominal movements and breathing; normal and abnormal joint movements; administration of pain scales;	Practical Examinations Written Assignments Written Examinations

description of resting posture; alignment of trunk and extremities at rest and during activities; recognize cyanosis; recognize activities that aggravate or relieve edema, pain, dyspnea, or other symptoms; describe chest wall expansion and excursion (3.3.2.8.1-3, 3.3.2.8.14, 3.3.2.8.22., 3.3.2.8.32-34.).	
Select an appropriate intervention within the plan of care established by the physical therapist in response to patient clinical indications and report this to the supervising physical therapist (3.3.2.9.).	Written Assignments Practical Examinations Written Examinations
Identify when an intervention should not be provided due to changes in the patient's status and reports\ this to the supervising physical therapist (3.3.2.10.), and report any changes in the patients' status to the supervising physical therapist (3.3.2.11.).	Written Assignments Practical Examinations Written Examinations
Identify when the direction to perform an intervention is beyond that which is appropriate for a physical therapist assistant and inform the physical therapist (3.3.2.12.).	Written Assignments Practical Examinations Written Examinations
Create a home exercise program and effectively instruct patients, family members, and caregivers to achieve patient outcomes based on the plan of care established by the supervising physical therapist (3.3.2.13-14.).	Written Assignments Practical Examinations
Select the appropriate action to take in an emergency situation (3.3.2.15.).	Written Assignments Written Examinations Practical Examinations
Prepare thorough, accurate, logical, concise, timely, and legible documentation that follows guidelines and specific documentation formats required by state practice acts, the practice setting, and other regulatory agencies (3.3.2.16.).	Written Assignments Practical Examinations

III. OUTLINE OF TOPICS

- A. Exercise Physiology and Oxygen Transport
- B. Foundations of Exercise
- C. Prevention, Health, and Wellness

- D. Pain Assessment
- E. Range of Motion
- F. Stretching
- G. Resistance Exercise
 - a. Concentric
 - b. Eccentric
- H. Aerobic Exercise
- I. Balance Exercise
- J. Aquatic Exercise
- K. Exercise Interventions by Body Region
 - a. The Spine
 - b. The Shoulder and Shoulder Girdle
 - c. The Elbow and Forearm
 - d. The Wrist and Hand
 - e. The Hip
 - f. The Knee
 - g. The Ankle and Foot
- L. Principles of Intervention
 - a. Related to Soft Tissue Injury
 - b. Related to Connective Tissue Injury
 - c. Post Operative Management
 - d. Peripheral Nerve Disorder Management
- M. Exercise Plan Development and Implementation
 - a. Exercise Goal Establishment
 - b. Legal, Ethical, and Safe Practice

IV. METHODS OF INSTRUCTION:

- A. Lecture
- B. Lab

V. REQUIRED TEXTBOOK

Kisner, C & Colby, L. *Therapeutic Exercise: Foundations and Techniques* (current edition). Philadelphia, PA: F.A. Davis.

VI. REQUIRED MATERIALS

- A. Textbook
- B. Computer access to Blackboard for course homepage

VII. SUPPLEMENTAL REFERENCES

Pescatello, L.S., et al. *ACSM's Guidelines for Exercise Testing and Prescription* (current edition). Baltimore, MD: Lippincott, Williams, and Wilkins

VIII. METHODS OF EVALUATION

- A. Written Examinations: 40%
- B. Practical Examination: 20%
- C. Written Assignments, Home Exercise and Program Instruction: 30%
- D. Professionalism Points: 10%

IX. ADA AA STATEMENT

Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (Library; phone 636-481-3169).

X. ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies as stated in the Student Handbook. (See College website <http://www.jeffco.edu>).

XI. ATTENDANCE STATEMENT

Regular and punctual attendance is expected of all students. Any one of these four options may result in the student being removed from the class and an administrative withdrawal being processed: (1) Student fails to begin class; (2) Student ceases participation for at least two consecutive weeks; (3) Student misses 15 percent or more of the coursework; and/or (4) Student misses 15 percent or more of the course as defined by the instructor. Students earn their financial aid by regularly attending and actively participating in their coursework. If a student does not actively participate, he/she may have to return financial aid funds. Consult the College Catalog or a Student Financial Services representative for more details.

XII. OUTSIDE OF CLASS ACADEMICALLY RELATED ACTIVITIES

The U.S. Department of Education mandates that students be made aware of expectations regarding coursework to be completed outside the classroom. Students are expected to spend substantial time outside of class meetings engaging in academically related activities such as reading, studying, and completing assignments. Specifically, time spent on academically related activities outside of class combined with time spent in class meetings is expected to be a minimum of 37.5 hours over the duration of the term for each credit hour.