

Master Syllabus

PTA 1140 - Introduction to Therapeutic Exercise Lecture

Division: Health Sciences

Department: Rehabilitation Services

Credit Hour Total: 1.0

Lecture Hrs: 1.0

Prerequisite(s): PTA 1000

Other Prerequisite(s): Restricted to Majors

Date Revised: March 2016

Course Description:

Theory of the use of basic therapeutic exercises and functional activities.

General Education Outcomes:

- Critical Thinking/Problem Solving Competency

Course Outcomes:

Intervention Selection

Students will understand how to select appropriate exercises, including mode and dose for patients in various stages of healing.

Assessment Method: Locally developed exams

Performance Criteria:

77% based on written exams and team exercises

Intervention Application

Students will understand how to instruct, apply, monitor, and progress exercise interventions for patients in various stages of healing, and to document the treatment.

Assessment Method: Locally developed exams

Performance Criteria:

77% based on written exams and team exercises

Principles

Students will understand the principles of exercise and how to appropriately apply them to patients in various stages of healing.

Assessment Method: Locally developed exams

Performance Criteria:

77% based on written exams and team exercises

Patient Assessment

Students will understand how to assess the patient's readiness for exercise and how to monitor the patient's response.

Assessment Method: Locally developed exams

Performance Criteria:

77% based on written exams and team exercises

Outline:

Theory and principles of therapeutic exercise

Patient assessment

Modes of therapeutic exercise

Dosing therapeutic exercise

Application of therapeutic exercise