

## Master Syllabus

### PTA 1145 - Introduction to Therapeutic Exercise Lab

**Division:** Health Sciences

**Department:** Rehabilitation Services

**Credit Hour Total:** 2.0

**Lab Hrs:** 6.0

**Prerequisite(s):** PTA 1000

**Other Prerequisite(s):** Restricted to Majors

**Date Revised:** March 2016

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#### Course Description:

Performance of basic treatment, therapeutic exercises, and functional activities. Six lab hours per week.

#### General Education Outcomes:

- Oral Communication Competency
- Critical Thinking/Problem Solving Competency

#### Course Outcomes:

##### Principles

Students will apply the principles of exercise to patients in various stages of healing.

**Assessment Method:** Oral examination

**Performance Criteria:**

77% based on lab practicals

**Assessment Method:** Simulations

**Performance Criteria:**

77% based on competencies

##### Patient Assessment

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

**Assessment Method:** Oral examination

**Performance Criteria:**

77% based on lab practicals

**Assessment Method:** Simulations

**Performance Criteria:**

77% based on competencies

##### Intervention Selection

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

**Assessment Method:** Oral examination

**Performance Criteria:**

77% based on lab practicals

**Assessment Method:** Simulations

**Performance Criteria:**

77% based on competencies

##### Intervention Application

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

**Assessment Method:** Oral examination

**Performance Criteria:**

77% based on lab practicals

**Assessment Method:** Simulations

**Performance Criteria:**

77% based on competencies

#### Outline:

Theory and principles of therapeutic exercise

Patient assessment

Modes of therapeutic exercise

Dosing therapeutic exercise

Application of therapeutic exercise