

Planning and Quality Assurance Affairs

Form (A)

Course Specifications

General Information

Course name	Therapeutic Exercises (1) Practical
Course number	AMSP2114
Faculty	
Department	
Course type	Major Needs
Course level	2
Credit hours (theoretical)	0
Credit hours (practical)	1
Course Prerequisites	

Course Objectives

- 1 - 1. Teaching the students to use the theoretical basis in applying different types of Stretching exercise.
- 2 - 2. Training students to apply stretching techniques for upper and lower limbs and trunk.
- 3 - 3. Teaching students to apply peripheral joint mobilizations for all joints and in different grades.
- 4 - 4. Training the students on skills of PNF and all the diagonals.

## Intended Learning Outcomes

<b>Knowledge and Understanding</b>	<ul style="list-style-type: none"><li>* 1. Practical stretching techniques and types.</li><li>* 2. Different self stretching techniques.</li><li>* 3. Resting positions of joints.</li><li>* 4. Types of joint mobilizations.</li><li>* 5. Diagonals of PNF of upper and lower limbs.</li><li>* 8. Practice upper extremity and lower extremity D1 and D2 PNF exercises.</li></ul>
<b>Intellectual Skills</b>	<ul style="list-style-type: none"><li>* 1. Design an effective and efficient series of self-stretching exercises.</li><li>* 2. Design functional activities using the PNF diagonals</li><li>* 3. Design self mobilization for joints.</li></ul>
<b>Professional Skills</b>	<ul style="list-style-type: none"><li>* 1. Manually stretch as many major muscle groups of the upper and lower extremities as is safe and practical with the patient in different positions.</li><li>* 2. Train the student how to stretch major muscle groups of the upper and lower extremities using either body weight or a cuff weight as the stretch force with effective stabilization procedures.</li><li>* 3. The student will be able of using either the hold-relax or contract-relax and the hold-relax agonist contraction neuromuscular inhibition techniques.</li><li>* 4. The student can practice mobilizing each joint in the upper and lower extremities.</li><li>* 5. The student is skilled to begin with the joint in its resting position and apply distraction techniques at each intensity (sustained grades I,II, and III) with appropriate stabilization.</li><li>* 6. The student practices all appropriate glides for joints and varies the techniques between sustained and oscillation.</li><li>* 7. Practice progressing each technique by taking the joint to a point which is end of the range.</li></ul>
<b>General Skill</b>	<ul style="list-style-type: none"><li>* 1. Connect the theory with practice.</li><li>* 2. Design plans of therapeutic exercise for different kinds of patients.</li><li>* 3. Design self -practiced exercise for home program</li></ul>

## Course Contents

1 - 1. Practical stretching exercises for upper and lower limb muscles and with different types.
2 - 2. Practical Peripheral joint mobilization techniques with all grades and types.
3 - 3. Practical PNF techniques and diagonals of upper and lower limbs.

## Teaching and Learning Methods

1 - Performing practical demonstration
2 - lectures
3 - colleagues application
4 - case study
5 - Discussion

## Teaching and Learning Methods for the Disabled Students

1 - None
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## Students Assessment

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
Attendance	all weeks	30
Theory part	all weeks	10
Final exam	15th week	60

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## Books and References

Course note	Kisner, C., Colby, L. A., & Borstad, J. (2017). Therapeutic exercise: foundations and techniques. Fa Davis.
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