

Planning and Quality Assurance Affairs

Form (A)

Course Specifications

General Information

Course name	Therapeutic Exercises (1) Theoretical
Course number	AMSP2213
Faculty	
Department	
Course type	Major Needs
Course level	2
Credit hours (theoretical)	2
Credit hours (practical)	0
Course Prerequisites	

Course Objectives

- 1 - 1. This course provides the student with the theoretical basis of stretching exercises with its different types in order to be applied correctly. 2. This course provides the student with the theoretical basis for peripheral joint mobilization techniques to be applied according to its rules. 3. Building the student knowledge and skills in the Proprioceptive neuromuscular facilitation techniques to apply them correctly. 4. Giving the student all the skills needed to decide the correct therapeutic technique according to the case.

Intended Learning Outcomes

Knowledge and Understanding	<ul style="list-style-type: none">* 1. Stretching techniques definition of terms related to mobility.* 2. Stretching anatomical backgrounds.* 3. Determinants of stretching exercise* 4. Types and all related physiological and anatomical concepts.* 5. Peripheral joint mobilization concepts.* 6. PJM types and concepts of application techniques.* 7. Definition of terms related to PNF* 8. Motor control and motor learning theory* 9. Diagonal patterns in PNF
Intellectual Skills	<ul style="list-style-type: none">* 1. Make the appropriate decision by diagnosis whether to use stretching exercise or not.* 2. Differential diagnosis in cases who are in need to PJM or PNF or stretching.* 3. Choose the suitable type pf stretching for the case.* 4. Choose the suitable type of PJM for the joint.* 5. Choose the right needed diagonal of PNF.
Professional Skills	<ul style="list-style-type: none">* 1. Use the theoretical background to design the appropriate plane of treatment based on the therapeutic techniques learnt.* 2. Decide which type of many types in each technique to be used for the patient.* 3. Well applied techniques according to skills taken.
General Skill	<ul style="list-style-type: none">* 1. Applying knowledge into practice.* 2. Differential diagnosis.* 3. Designing therapeutic plan of treatment.

Course Contents

1 - Stretching for impaired mobility1.
2 - Peripheral joint mobilization2.
3 - Proprioceptive neuromuscular facilitation

Teaching and Learning Methods

1 - Lectures
2 - Discussion
3 - Presentations
4 - Research readings

Teaching and Learning Methods for the Disabled Students

1 - None

Students Assessment

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
Mid term	7th week	30
1assignments	3rd week	10
2nd assignment	6th week	10
3rd assignment	12th week	10
Final exam	week15th	40

Books and References

Course note	power point
	Davies, P. M. (2000). Steps to follow: the comprehensive treatment of patients with hemiplegia. Springer Science & Business Media.
Essential books	Kisner, C., Colby, L. A., & Borstad, J. (2017). Therapeutic exercise: foundations and techniques. Fa Davis.