

Planning and Quality Assurance Affairs

Form (A)

Course Specifications

General Information

Course name	Women's Health
Course number	AMSP4137
Faculty	
Department	
Course type	Major Needs
Course level	4
Credit hours (theoretical)	0
Credit hours (practical)	1
Course Prerequisites	

Course Objectives

- 1 - 1- Recognizing the characteristic of pregnancy and labor
- 2 - 2- Understand the anatomical and physiological change of pregnancy
- 3 - 3- Analyzing the pelvic floor dysfunction
- 4 - 4- Evaluating the pathology induced by pregnancy
- 5 - 5- Prepare plane of exercises for pelvic floor dysfunction
- 6 - 6- Determine the aerobic exercises during pregnancy
- 7 - 7- Planning the exercises program for uncomplicated pregnancy and postpartum
- 8 - 8- Select the appropriate exercises for cesarean childbirth and high risk pregnancy

Intended Learning Outcomes

Knowledge and Understanding	<ul style="list-style-type: none"> * 1- Recognize the characteristic of pregnancy and labor * 2- Demonstrate the anatomical and physiological changes of pregnancy * 3- Numerate the pelvic floor dysfunction * 4- Identify the pathology induced by pregnancy * 5- Able to select the exercises for pelvic floor dysfunctions * 6- Apply the aerobic exercises during pregnancy * 7- Prepare the exercises program for uncomplicated pregnancy and postpartum * 8- Manage the cesarean childbirth and high-risk pregnancy problems
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Course Contents

- 1 - 1- Characteristics of Pregnancy and Labor
- 2 - 2- Anatomical and Physiological Changes of Pregnancy
- 3 - 3- Pelvic Floor Anatomy, Function, and Dysfunction
- 4 - 4- Pregnancy-Induced Pathology
- 5 - 5- Exercises for the Pelvic Floor
- 6 - 6- Aerobic Exercise During Pregnancy
- 7 - 7- Exercise for the Uncomplicated Pregnancy and Postpartum
- 8 - 8- Cesarean Childbirth
- 9 - 9- High-Risk Pregnancy

Teaching and Learning Methods

- 1 - 1- Lecture: One hour per week
- 2 - 2- Visual aids
- 3 - 3- Hand out

Teaching and Learning Methods for the Disabled Students

- 1 - Hand out 3A Copies

Students Assessment

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
1- Attendance and participation	One hour	5%
2- Three Assignments	One hour	30 %
3-Midterm written exam.	One hour	30%
3-Final written exam	One hour	40%

Books and References

Course note	1- o Therapeutic exercise, foundations and techniques, 5th edition, by Carolyn Kisner, Lynn Colby.
	2- o Tidys physiotherapy, 13th edition, by Stuart Porter.
	3- o Physical Rehabilitation, 5th edition by Suzan B. Osullivan, Thomas J.Schmitz.

Knowledge and Skills Matrix

Main Course Contents	Study Week	Knowledge and Understanding	Intellectual Skills	Professional Skills	General Skill
Characteristics of pregnancy and labor	First and second weeks	Explicit and priori knowledge remembering understanding	Memories skills	Interpersonal skills	Communication skills
Anatomical and physiological changes of pregnancy	Third and fourth week	Implicit knowledge remembering and understanding	Memory and reasoning skills	Time management skills	communication skills
Pelvic anatomy, function and dysfunction	Fifth week	Explicit and tacit knowledge	Memory and comprehension skills	Problem solving skills	Problem solving and time management skills
Pregnancy induced pathology	sixth and Seventh week	Implicit and declarative knowledge understanding and analyzing	Comprehension and analyzing skills	Problem solving teamwork skills	Flexibility and communication skills
Exercise for pelvic floor	eighth week	Tacit and procedural knowledge Applying and evaluating understanding	Memory and reasoning skills	Teamwork interpersonal skills	Communication teamwork and organization skills
Aerobic exercises during pregnancy	ninth week	Tacit and procedure knowledge applying and analyzing skills	Reasoning and analyzing skills	Communication and teamwork skills	Critical teamwork skills
Exercises for uncomplicated pregnancy and postpartum	Tenth week	Tacit and procedural knowledge Applying and analyzing understanding	reasoning and analyzing skills	Time management and interpersonal skills	Critical thinking and teamwork skills
Cesarean childbirth	Eleventh week	Explicit priori knowledge Creating understanding	reasoning and problem solving	Teamwork skills	Critical thinking and communication skills
High risk pregnancy	Twelfth week	Tacit and declarative knowledge evaluating understanding	Reasoning and problem solving skills	Teamwork, work ethic and problem solving skills	Communication and problem solving and teamwork skills