

## Planning and Quality Assurance Affairs

Form (A)

### Course Specifications

#### General Information

Course name	Women's Health Field Training
Course number	AMSP4138
Faculty	
Department	
Course type	Major Needs
Course level	4
Credit hours (theoretical)	0
Credit hours (practical)	1
Course Prerequisites	

#### Course Objectives

- 1 - 1-Prepare plane of exercise for pelvic floor dysfunction
- 2 - Organize the aerobic exercises during pregnancy
- 3 - 3- Planning the exercises program for uncomplicated pregnancy and postpartum
- 4 - 4-Applying exercises for cesarean childbirth
- 5 - 5- Select the appropriate exercises for high risk pregnancy

#### Intended Learning Outcomes

Knowledge and Understanding	<ul style="list-style-type: none"> <li>* 1-Able to apply exercises for pelvic floor dysfunction</li> <li>* 2-Use the aerobic exercises during pregnancy</li> <li>* 3-Select the appropriate exercises program for uncomplicated pregnancy and postpartum</li> <li>* 4- Apply exercises after cesarean childbirth</li> <li>* 5- Choose exercises for specific high risk pregnancy</li> </ul>
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#### Course Contents

<ol style="list-style-type: none"> <li>1 - 1-Exercises for pelvic floor dysfunction</li> <li>2 - 2- Aerobic exercises during pregnancy</li> <li>3 - 3- Exercises program for uncomPLICATE pregnancy and postpartum</li> <li>4 - 4-Exercises for cesarean childbirth</li> <li>5 - 5- Exercises for high risk pregnancy</li> </ol>
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#### Teaching and Learning Methods

<ol style="list-style-type: none"> <li>1 - 1--Demonstration</li> <li>2 - 2- Clinical cases</li> <li>3 - 3- Hand out</li> </ol>
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## Students Assessment

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
Assignments	One hour	30
Midterm Exam.	One hour	30
Final Exam.	One hour	40

## Books and References

Course note	1-Tlids physiotherapy, 15th edition, by Stuart Port. 2-Therapeutic exercise, foundations and techniques, 5th edition, by Carolyn Kisner.
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## Knowledge and Skills Matrix

Main Course Contents	Study Week	Knowledge and Understanding	Intellectual Skills	Professional Skills	General Skill
Exercises for pelvic floor dysfunctions	First and second week	Procedural and priori knowledge Applying and evaluating understanding	reasoning and problem solving	Work ethic and interpersonal skills	Team work and self motivation skills
Aerobic exercises during pregnancy	Third and fourth week	Tacit and procedural knowledge Applying and analyzing understanding	ship and time management	Communication and interpersonal skills	leadership and organization skills
Exercises program for uncomplicated pregnancy and postpartum	Fifth and sixth week	Implicit and procedure knowledge Applying and analyzing understanding	Comprehension and problem solving skills	Time management and leadership skills	Team work , flexibility and leadership skills
Exercises for cesarean childbirth	Seventh and eighth week	Explicit and declarative knowledge Applying and evaluating understanding	Memory and problem solving skills	Team work and interpersonal skills	Organizational and critical thinking skill
Exercises for high risk pregnancy	Ninth and tenth week	Tacit and declarative knowledge evaluating and creating understanding	Reasoning and problem solving skills	Communication, leadership and work ethic skills	emotional intelligence skills and flexibility skills