Course Number

PTA 201

Course Title

Therapeutic Exercise

Credits

2

Hours: lecture/Lab/Other

1/2/0

Pre-requisite

PTA 105

Co-requisite

PTA 107

Implementation

Summer 2019

Catalog description:

Review and discussion of treatment interventions correlating with therapy goals. Topics include interpreting a physical therapy initial evaluation, stretching, strengthening, joint mobilization, massage, aerobic exercise, exercise parameters and progression. Students develop skills through practice with each other using patient scenarios to promote clinical decision making. Competencies evaluated throughout the course. Restricted to approved PTA majors.

Required texts/other materials:


Recommended Texts:


Revision date: Fall 2018

Course coordinator: Holly Kaiser, 609-570-3478, Kaiserh@mccc.edu

Information resources:

This course makes use of the required texts for the course and in addition, youtube videos identified by the course instructor, and the college library’s database to access current research in the field of physical therapy.

Course Competencies/Goals:

Following the successful completion of this course with a grade of C+ or higher, the learner will be able to:
1. Recognize that there is a relationship between impairments, functional limitations, patient goals and the therapeutic interventions chosen to address them.
2. Provide appropriate therapeutic interventions for a given patient scenario, including possible progressions and taking into account precautions and contraindications.
3. Demonstrate therapeutic interventions including clear instructions, verbal cues and tactile cues that results in proper performance of the exercise or intervention.

Course-specific General Education Knowledge Goals and Core Skills.

**General Education Knowledge Goals**

**Goal 1. Communication.** Students will communicate effectively in both speech and writing.

**Goal 2. Mathematics.** Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems.

**MCCC Core Skills**

**Goal A. Written and Oral Communication in English.** Students will communicate effectively in speech and writing, and demonstrate proficiency in reading.

**Goal B. Critical Thinking and Problem-solving.** Students will use critical thinking and problem solving skills in analyzing information.

**Goal D. Information Literacy.** Students will recognize when information is needed and have the knowledge and skills to locate, evaluate, and effectively use information for college level work.

**Goal F. Collaboration and Cooperation.** Students will develop the interpersonal skills required for effective performance in group situations.

**Units of study in detail:**

<table>
<thead>
<tr>
<th>Unit</th>
<th>Goals:</th>
<th>Learning Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Unit 1</strong></td>
<td>Introduction, Course Handbook, Terminology, Practice and PT Evaluation, Exercise Safety, Intensity, WarmUps/Cool Downs</td>
<td>1, A, B, D, F</td>
</tr>
<tr>
<td><strong>Unit 2</strong></td>
<td>Spine</td>
<td>1, 2, A, B, D, F</td>
</tr>
<tr>
<td><strong>Unit 3</strong></td>
<td>Hip</td>
<td>1, 2, A, B, D, F</td>
</tr>
<tr>
<td><strong>Unit 4</strong></td>
<td>Knee</td>
<td>1, 2, A, B, D, F</td>
</tr>
<tr>
<td><strong>Unit 5</strong></td>
<td>Knee, Ankle, Foot</td>
<td>1, 2, A, B, D, F</td>
</tr>
<tr>
<td><strong>Unit 6</strong></td>
<td>Shoulder</td>
<td>1, 2, A, B, D, F</td>
</tr>
<tr>
<td><strong>Unit 7</strong></td>
<td>Elbow, Wrist, Hand</td>
<td>1, A, B, D, F</td>
</tr>
<tr>
<td><strong>Unit 8</strong></td>
<td>Massage</td>
<td>1, A, B, D, F</td>
</tr>
<tr>
<td><strong>Unit 9</strong></td>
<td>Fitness Center, Use of Equipment</td>
<td>1, A, B, D, F</td>
</tr>
</tbody>
</table>

**Learning Objectives have been identified in each of the following domains of learning:**

The student will be able to...

**Cognitive:** The learner will be able to successfully:

1. Define therapeutic exercise
2. Identify factors related to exercise safety
3. Describe the current disability model
4. Define and differentiate between a medical diagnosis, physical therapy diagnosis, impairments and functional limitations
5. Describe the process for managing patient/client care as per the Guide to PT Practice
6. Read and interpret an initial physical therapy evaluation and understand the clinical relevance of data found within it
7. Distinguish between all components of an initial physical therapy evaluation
8. Prepare a physical therapy intervention plan based on goals outlined in an initial physical therapy evaluation
9. Identify appropriate therapeutic exercise to address a variety of impairments
10. Recall indications, contraindications and precautions for range of motion exercises, stretching, strengthening, joint mobilization and aerobic exercise
11. Identify planes of movement, type of muscle contraction, prime movers and the effects of gravity for various therapeutic exercises
12. Indicate an understanding of appropriate warm up and cool down periods
13. Indicate an understanding of joint mobilization technique
14. Identify which factors would indicate that the intensity of therapeutic exercise needs to be adjusted
15. Indicate how to adjust (increase or decrease) the intensity of stretching and strengthening by changing factors including duration, force, resistance, position, etc.
16. Provided with a muscle or muscle group, identify isometric, eccentric and concentric strengthening exercises
17. Integrate knowledge from PTA 105, 107 & 112 into the new material in this PTA 201 course during lab scenarios, classroom case studies, quizzes and written exams
18. Integrate knowledge from PTA 105, 107 & 112 into the new material in this PTA 201 course during lab scenarios, classroom case studies, competency tests, practical exams, quizzes and written exams
19. Compare and contrast multiple approaches to soft tissue massage as a physical therapy intervention.
20. Differentiate between the role of the physical therapist assistant with the role of the massage therapist.
21. Understand the indications, precautions, and contraindications for various methods of soft tissue massage.
22. Relate billing procedures to the use of various therapeutic exercises and soft tissue massage techniques.

**Psychomotor:** The student /learner will be able to successfully:

1. Demonstrate proper set up and use of exercise equipment, including Cybex, in the gym
2. Demonstrate passive range of motion during lab, a presentation, and psychomotor assessments
3. Demonstrate self stretch and provide instructions for self stretches during lab, a presentation, and psychomotor assessments
4. Demonstrate stretching of a muscle during lab, a presentation, and psychomotor assessments
5. Demonstrate strengthening and provide instructions for strengthening during lab, a presentation, and psychomotor assessments
6. Provide appropriate and adequate verbal, visual and tactile cues to ensure proper execution of exercise instructions during lab, a presentation, and psychomotor assessments
7. Incorporate clinical considerations into the application of soft tissue massage (environment, hands, jewelry, clothing, body mechanics, patient position, draping, etc.)
8. Perform effleurage, petrissage, and tapotement strokes safely and competently on classmates during lab and psychomotor assessments.

**Affective:** The student/learner will be able to successfully:

A1. Demonstrate professional behaviors consistent with the values of the profession (Generic Abilities)
   A1.1: Utilize professional and respectful communication styles utilized in a professional setting
   A1.2: Demonstrate a commitment to learning by attending class consistently and showing up on time
   A1.3: Demonstrate a commitment to learning by preparing for each class
   A1.4: Demonstrate the ability to manage time and resources effectively by completing assignments in a timely manner
   A1.5: Demonstrate the ability to receive feedback in a non-defensive and receptive manner
   A1.6: Take responsibility for the outcomes of personal and professional actions
   A1.7: Exhibit appropriate and professional conduct consistent with the values of the profession
   A1.8: Identify sources of stress and implement effective coping behaviors.
   A1.9 Demonstrate a commitment to the physical therapy profession

**Evaluation of student learning**

<table>
<thead>
<tr>
<th>% of grade</th>
<th>Activity</th>
<th>Number within course</th>
</tr>
</thead>
<tbody>
<tr>
<td>45</td>
<td>Written Exams</td>
<td>3</td>
</tr>
<tr>
<td>NA</td>
<td>Quizzes**</td>
<td>0</td>
</tr>
<tr>
<td>NA</td>
<td>Article Reviews</td>
<td>0</td>
</tr>
<tr>
<td>10</td>
<td>Papers</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>Presentation(s)</td>
<td>1</td>
</tr>
<tr>
<td>5</td>
<td>Generic Abilities Assessment</td>
<td>Continuous</td>
</tr>
<tr>
<td>25</td>
<td>Practical Exam</td>
<td>1</td>
</tr>
<tr>
<td>10</td>
<td>Competency Tests**</td>
<td>4</td>
</tr>
</tbody>
</table>

**Academic Integrity Statement:** There is a zero tolerance policy for plagiarism. Any work that violates the MCCC Academic Integrity policy will receive a grade of “0” and the learner will be reported to the College’s Academic Integrity Committee consistent with College policies. See [http://mlink.mccc.edu/omb/OMB210.pdf](http://mlink.mccc.edu/omb/OMB210.pdf)