

ATTACHMENT 2 (e)

Course Specifications

Kingdom of Saudi Arabia

The National Commission for Academic Accreditation & Assessment

Course Specifications

Therapeutic Exercises (301 PHTH)

التمارين العلاجية (301 عطب-2)

Second semester of the academic year 1437/1438 H

Course Specifications

Institution: Najran University	Date of Report: 8-1438 H
College/Department: College of Applied Medical Science / Department of Medical Rehabilitation Science	

A. Course Identification and General Information

1. Course title and code: Therapeutic exercises (301 PHTH)		(التمارين العلاجية (301 عطب-2)	
2. Credit hours: 2 hrs (1 Theoretical + 1 Practical)			
3. Program(s) in which the course is offered: Physiotherapy Program			
4. Name of faculty member responsible for the course: Dr. Mohamed Samy Mohamed			
5. Level/year at which this course is offered: 5th level/3rd year			
6. Pre-requisites for this course: Human physiology (223 PHYSp)			
7. Co-requisites for this course: None			
8. Location if not on main campus: None			
9. Mode of Instruction (mark all that apply)			
a. Traditional classroom	<input checked="" type="checkbox"/>	What percentage?	100
b. Blended (traditional and online)	<input type="checkbox"/>	What percentage?	
c. e-learning	<input type="checkbox"/>	What percentage?	
d. Correspondence	<input type="checkbox"/>	What percentage?	
f. Other	<input type="checkbox"/>	What percentage?	
Comments:			

B Objectives

1. What is the main purpose for this course?

- The aim of this course is to build up knowledge and skills necessary for the utilization of different forms of exercises and their practical application for therapeutic purposes. Also, this course is designed to train students to be capable of using mechanical machinery in conducting different techniques of therapeutic exercises necessary for competent practice and lifelong professional development.

2. Briefly describe any plans for developing and improving the course that are being implemented.

- Continuous updating of the information, knowledge and skills included in the course through continuous search for the new knowledge and skills available in recent publications (books, researches, internet and others).
- Verifying the information resources.
- Continuous improvements in teaching methods as well as encouraging the students to participate effectively in the lectures.
- Continuous evaluation of the course content, student level and establish plans accordingly.

C. Course Description (Note: General description in the form to be used for the Bulletin or handbook should be attached)

- This course introduces the therapeutic exercises which explore the different forms of exercises and how to use these modalities in treatment program related to human injuries and diseases. The course contains detailed information on the physiological effects, therapeutic benefits, indications, contraindications, precautions, techniques of application and safety measures for each type of exercise.

1. Topics to be Covered

List of Topics	No. of Weeks	Contact Hours
<ul style="list-style-type: none"> Introduction to therapeutic exercise 	1	1 Theoretical 2 Practical
<ul style="list-style-type: none"> Fundamental and derived positions 	1	1 Theoretical 2 Practical

• Passive range of motion exercise	1	1 Theoretical 2 Practical
• Active and active assisted range of motion exercises	1	1 Theoretical 2 Practical
• Exercise prescription	1	1 Theoretical 2 Practical
• Resistance exercise	2	2 Theoretical 4 Practical
• Stretching exercise	2	2 Theoretical 4 Practical
• Peripheral joint mobilization	2	2 Theoretical 4 Practical
• Proprioceptive neuromuscular facilitation (PNF) exercise	1	1 Theoretical 2 Practical
• Balance exercise	1	1 Theoretical 2 Practical
• Abdominal and back exercises	1	1 Theoretical 2 Practical
• Breathing exercise	1	1 Theoretical 2 Practical
• Soft tissue manipulation	1	1 Theoretical 2 Practical

2. Course components (total contact hours and credits per semester):						
	Lecture	Tutorial	Laboratory	Practical	Other:	Total
Contact Hours	16			32		48
Credit	1			1		2

3. Additional private study/learning hours expected for students per week.	2 hours per week
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4. Course Learning Outcomes in NQF Domains of Learning and Alignment with Assessment Methods and Teaching Strategy

	NQF Learning Domains And Course Learning Outcomes	Course Teaching Strategies	Course Assessment Methods
1.0	Knowledge		
1.1	Recognize the concepts, goals, physiological and therapeutic effects about different forms of therapeutic exercises.	<ul style="list-style-type: none"> ● Lectures 	<ul style="list-style-type: none"> ● Quizzes ● Assignment ● Written exams
1.2	List the basic principles, indications, contraindications and precautions for using of therapeutic exercises.	<ul style="list-style-type: none"> ● Lectures 	<ul style="list-style-type: none"> ● Quizzes ● Assignment ● Written exams
2.0	Cognitive Skills		
2.1	Differentiate between the principles of application of different types of therapeutic exercises.	<ul style="list-style-type: none"> ● Lectures ● Practical sessions 	<ul style="list-style-type: none"> ● Objective structured clinical exam ● Written exams
2.2	Compare between the therapeutic effects of different forms of therapeutic exercises.	<ul style="list-style-type: none"> ● Lectures ● Practical sessions 	<ul style="list-style-type: none"> ● Objective structured clinical exam ● Written exams
3.0	Interpersonal Skills & Responsibility		
3.1	Use self directed learning	<ul style="list-style-type: none"> ● Discussion 	<ul style="list-style-type: none"> ● Assignment
3.2	Demonstrate ethically inside the lecture and practical classes with the staff, colleagues and environment like instruments, benches, practical devices.	<ul style="list-style-type: none"> ● Discussion ● Practical sessions 	<ul style="list-style-type: none"> ● Assignment ● Objective structured clinical exam
4.0	Communication, Information Technology, Numerical		

4.1	Research internet as a mean of communication and source of information including electronic journals and data basis.	<ul style="list-style-type: none"> ● Presentation ● Discussion 	<ul style="list-style-type: none"> ● Assignment
5.0	Psychomotor		
5.1	Perform safely and effectively different techniques of therapeutic exercises.	<ul style="list-style-type: none"> ● Practical sessions 	<ul style="list-style-type: none"> ● Objective structured clinical exam

5. Schedule of Assessment Tasks for Students During the Semester			
	Assessment task (e.g. essay, test, group project, examination, speech, oral presentation, etc.)	Week Due	Proportion of Total Assessment
1	First quiz	4	2.5 %
2	Assignment	6	5%
3	Midterm written exam	8	20%
	Midterm objective structured clinical exam	8	10%
4	Second quiz	13	2.5%
5	Final objective structured clinical exam	17	20%
6	Final written exam	18	40%

D. Student Academic Counseling and Support

1. Arrangements for availability of faculty and teaching staff for individual student consultations and academic advice.

- Office hours: Sunday 1-3 PM
- Academic advisor for level 5: Dr. Amr Bayomi
- Academic advisor for the program: Dr. Mohamed Samy

E. Learning Resources

<p>1. Required Textbooks</p> <ul style="list-style-type: none"> • Carolyn K. Therapeutic Exercise: Foundations and Techniques. 6th edition, F. A. Davis, Philadelphia, 2012. • Elly Hengeveld & Kevin Banks. Maitland's Peripheral Manipulation: Management of Neuromusculoskeletal Disorders. 5th Edition, Churchill Livingstone, New York, 2014. • ACSM's Guidelines for Exercise Testing and Prescription. 9th edition, Wolters Kluwer/ Lippincott Williams & Wilkins, 2013.
<p>2. Essential References Material (Journals, Reports, etc)</p> <ul style="list-style-type: none"> • Holey E. A, Cook E. Evidence-based Therapeutic Massage: A Practical Guide for Therapists. 3rd edition, Churchill Livingstone, New York, 2012. • John Gormley & Juliette Hussey. Exercise Therapy: Prevention and treatment of diseases. Blackwell Publishing limited, 2009. • Nicholas Ratamess. ACSM's Foundations of Strength Training and Conditioning. 1 Har/ Psc edition, Wolters Kluwer/ Lippincott Williams & Wilkins, 2011.
<p>3. Recommended Textbooks and Reference Material (Journals, Reports, etc)</p> <ul style="list-style-type: none"> • Vivian Heyward & Ann Gibson. Advanced Fitness Assessment and Exercise Prescription. 7th edition, Human Kinetics, 2014. • Jamas H. Clay & David M. Pounds. Basic Clinical Massage: Integrating Anatomy and Treatment. 2nd edition, Lippincott Williams & Wilkins, 2007. • Physiotherapy journal.
<p>4. Electronic Materials (eg. Web Sites, Social Media, Blackboard, etc.)</p> <ul style="list-style-type: none"> • www.therapeutic exercise.org • massage thechnique.org • WWW.caroline.org • WWW.mobilization.org • WWW.physiotherapy.org • WWW.WHO.org • WWW.pubmed.gov
<p>4. Other learning material such as computer-based programs/CD, professional standards or regulations and software.</p> <p style="text-align: center;">N/A</p>

F. Facilities Required

1. Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.) <ul style="list-style-type: none"> Lecture room (20-25 seats) and therapeutic exercises laboratory are already available.
2. Computing resources (AV, data show, Smart Board, software, etc.) <ul style="list-style-type: none"> Computers and multimedia are already available.
3. Other resources (specify, e.g. if specific laboratory equipment is required, list requirements or attach list) <ul style="list-style-type: none"> Equipments for therapeutic exercises such as treatment plinths, thera-bands, dumbbells, sandbags, simple weight-pulley system, parallel bar, balance boards, CPM device. Library supplied with reference, text books and electronic resources.

G Course Evaluation and Improvement Processes

1. Strategies for Obtaining Student Feedback on Effectiveness of Teaching <ul style="list-style-type: none"> Midterm evaluation feedback. Completion of course evaluation questionnaire by each student. End of term discussion between the teacher and the students regarding what went well and what could have gone better.
2. Other Strategies for Evaluation of Teaching by the Program/Department Instructor <ul style="list-style-type: none"> Observations from colleagues. Class observation by supervisors. Independent assessment of standards achieved by the students.
3. Processes for Improvement of Teaching <ul style="list-style-type: none"> Continuous updating of course contents according to the previous course report. Regular meetings where problems are discussed and solutions given. Workshops on teaching methods. Review of recommended teaching strategies.

4. Processes for Verifying Standards of Student Achievement

- Check marking of a sample of student work by an independent faculty member.
- Periodic exchange and remarking of a sample of assignments with a faculty member in another institution.
- Students who believe they are under graded could have their papers checked by another reader.

5. Describe the planning arrangements for periodically reviewing course effectiveness and planning for improvement.

- Action plan for course improvement will be done according to the feedback about the course from students, other colleagues and the dean.

Faculty or Teaching Staff: Dr. Mohamed Samy Mohamed Abdrabo

Signature: *Mohamed Samy*

Date Report Completed: 8-1438 H

Received by: Dr. Raee Alhyani

Dean/Department Head

Signature: *Raee Alhyani*

Date: 23 / 8 / 1438