

# Therapeutic Exercise

PTA2300 301

## Course Description

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Students learn the principles and techniques of therapeutic exercise.

Prereq: Admission to the program

Coreq: PTA 2310

Semester: Fall

## Course Student Learning Outcomes

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- Identify indications, contraindications, precautions, safety considerations, goals and expected outcomes for patients in physical therapy documentation including the initial examination and plan of care.
- Identify when directed interventions are either beyond the scope of work or personal scope of work of the PTA.
- Explain the responsibility of the PTA to communicate with the physical therapist when there are significant changes in the patient's medical status, physician referral, or when criticality and complexity of patient is beyond the knowledge, skills, and/or abilities of the PTA.
- Explain the rationale for selected interventions to achieve patient goals as identified in the plan of care.
- Discuss aerobic capacity/endurance conditioning or reconditioning principles including increase workload over time, movement efficiency and energy conservation training, and walking/wheelchair propulsion programs.
- Describe balance, coordination, and agility training procedural interventions in physical therapy including neuromuscular education or reeducation, postural

awareness training, standardized, programmatic, and complementary exercises approaches.

- Describe body mechanics training, postural stabilization activities and postural awareness training.
- Describe manual therapy techniques and flexibility exercises, including soft tissue mobilization, range of motion and stretching: passive, active, and mechanical.
- Discuss neuromotor development training in physical therapy including facilitation/inhibition techniques, motor control and motor learning.
- Explain breathing strategies and relaxation techniques.
- Describe strength, power, and endurance training for head, neck, limb, and trunk muscles using active assistive, active, and resistive exercises, including concentric, dynamic/isotonic, eccentric, isometric, and low-level plyometrics (eg, kicking a ball, throwing a ball).
- Recognize clinical problem solving skills in patient care such as determining if patient is safe and comfortable with the intervention, and, if not, determine appropriate modifications.
- Explain how to modify interventions, within the plan of care and through communication with the PT, to improve patient response.
- Discuss patient progression and components of clinical problem solving in therapeutic exercise interventions.
- Discuss the importance of communicating pertinent information regarding patient care.
- Expound on the promotion of health, wellness, and prevention in physical therapy including: demonstrating health promoting behaviors; recognizing opportunities to educate the public or patients about issues of health, wellness and prevention (eg, benefits of exercise, prevention of falls, etc) and communicate opportunity to the physical therapist; educating the public or patients about issues of health, wellness, and prevention (eg, benefits of exercise, prevention of falls, etc); and recognizing patient indicators of willingness to change health behaviors and communicate to physical therapist.
- Apply principles and purposes of functional skill development to case studies.
- Delineate the principles and application of aquatic therapy to case studies.

- Complete accurate documentation that follows guidelines and specific documentation formats required by state practice acts, the practice setting, and other regulatory agencies.
- Given a case study, create therapeutic exercise interventions within the physical therapist's plan of care.

## College Wide Student Learning Outcomes

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- Acquire substantive knowledge
- Communicate effectively
- Develop quantitative literacies
- Think critically
- Express creatively
- Knowledge and skills to be civically engaged
- Work with others in a professional and constructive manner
- Develop information literacy
- Develop computer literacy

## Course Prerequisites

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Students must demonstrate successful completion of all prior semester courses, as established in the curriculum plan, with a grade of C or better. Co-requisite PTA 2310. Admission to the technical part of the PTA program.

## Communication Plan

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Email/Teams/Canvas/Phone response in 48 hours (business days)

I will offer feedback on major assignments within one week or upon request

The best way to contact me is in person or phone, Teams, Canvas, email

## Keys for Success (how to succeed in the course)

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### **STUDENT RESPONSIBILITIES**

Students should expect to spend a minimum of 30 hours in-class and 45+ hours in concentrated study during the semester. If the student is having difficulty in the course, it is the student's responsibility to talk with the Instructor. Students should identify their learning needs associated with the course content.

### **PROFESSIONALISM**

As a student and a participant in direct patient care activities associated with the PTA Program, you will be held to a high standard of professionalism. Professional behavior includes attendance, timeliness, active participation, and respect for the instructor and fellow students, appropriate communication, and a commitment to learning. Please review the Physical Therapist Assistant Program Handbook for more specific expectations. Note that ten points will be deducted for each unexcused absence (Covid or symptoms of Covid will be excused automatically) with five points deducted for each time that the student is more than ten minutes late to class. To pass the course, the student must earn at least one point in professionalism.

### **COURSE DELIVERY**

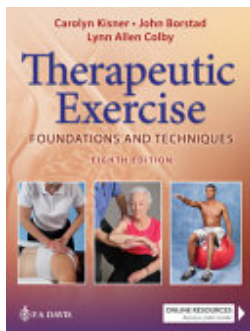
Media presentation, online resources, discussion, case studies, interactive group activities with supervision and guidance of the instructor, reading, and skill practice activities will be used in presenting course content. It is essential that you prepare for this course by studying the content prior to coming to class. You are required to contribute to discussions and participate in the development of understanding in the classroom-learning environment.

### **ADDITIONAL KEYS FOR SUCCESS**

- 1) All lectures, readings, videos, assignments, discussions....everything...for each week will be under one module labelled with the content and the date of instruction.
- 2) I will use announcements to remind about assignments in the module and to change/modify any plans class time/location changes, so keep close eye on announcements.
- 3) \*\*To get the most out of this course please try to do the pre-instructional work which will include videos, reading assignments, quizzes, worksheets and online discussions.

## Required Text or Materials

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**Title: Therapeutic Exercise**

**ISBN: 9781719640473**

**Authors:** Carolyn Kisner, John Borstad, Lynn Allen Colby

**Publisher:** F. A. Davis Company

**Publication Date:** 2022-10-17

**Edition:** 8th edition



**PHYSIO•U**

**Title: Physio U (evidenced-based rehabilitation software) is REQUIRED for this course**

**Subtitle:** Students will access this material by paying for a 12 or 24 months membership.

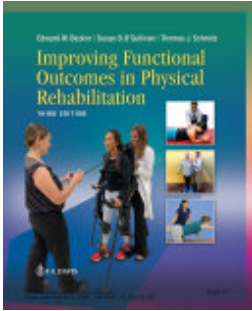


**Title: Visible Body Courseware is REQUIRED for this course**



**Title: The college has provided access to multiple cloud-based software applications that will be used throughout the curriculum. These include EHR Go (Documentation and case study software), Medbridge (educational webinars and home**

exercise/patient education software), Exxat (Student compliance and clinical site management system)



**Title:** Improving Functional Outcomes in Physical Rehabilitation

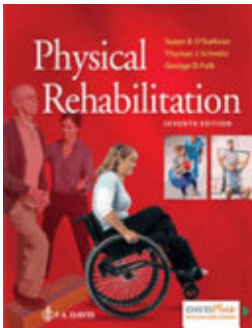
**ISBN:** 978-1-7196-4090-9

**Authors:** Edward Bezkor, Susan B. O'Sullivan, Thomas J. Schmitz

**Publisher:** F.A. Davis

**Publication Date:** 2022

**Edition:** 3rd Edition



**Title:** Physical Rehabilitation

**Subtitle:** OPTIONAL for Fall and Spring, REQUIRED by SUMMER

**ISBN:** 9780803661622

**Authors:** Susan B. O'Sullivan, Thomas J. Schmitz, George Fulk

**Publisher:** F. A. Davis Company

**Publication Date:** 2019-01-01

**Edition:** 7th

For more information on textbook accessibility, contact Accessibility & Disability Services at [REDACTED]

## Assignment Schedule

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Due Date	Assignment Name	Assignment Type	Points
	<a href="#">Chat board for Quiz #1 and ROM/Stretching Practical</a>	Discussion	0
	<a href="#">Equipment Presentation</a>	Discussion	0

<b>Due Date</b>	<b>Assignment Name</b>	<b>Assignment Type</b>	<b>Points</b>
	<a href="#">Exam #1 Discussion Board</a>	Discussion	0
	<a href="#">Fall 2023 Course Evaluations</a>	Assignment	0
	<a href="#">Introduce Yourself</a>	Discussion	0
	<a href="#">Stretching Assignment Sign up</a>	Discussion	0
	<a href="#">Telehealth Pre-Instruction Quiz</a>	Quiz	0
9/25	<a href="#">PTA 2300 Therapeutic Exercise Quiz #1</a>	Quiz	30
10/11	<a href="#">PTA 2300 Midterm #1</a>	Quiz	100
10/27	<a href="#">Theraband Exercise Progression Assignment</a>	Discussion	20
11/3	<a href="#">Quiz #2</a>	Quiz	30
11/11	<a href="#">Exam #2</a>	Quiz	105
11/19	<a href="#">Final Exam Poll</a>	Quiz	0
11/23	<a href="#">Class Exercise Portfolio</a>	Assignment	100
11/24	<a href="#">Professionalism</a>	Assignment	50
11/27	<a href="#">PTA 2300 Final</a>	Quiz	112
11/27	<a href="#">EXTRA CREDIT FALL 2024</a>	Quiz	0
11/27	<a href="#">PTA 2300 E-portfolio Reflection</a>	Assignment	50

Due Date	Assignment Name	Assignment Type	Points
11/29	<a href="#">Improvement in strength, flexibility, or cardio extra credit</a>	Assignment	0

## Brief Description of Assignments/Exams

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**A description of the assignments**, the due date, and the scoring rubric is in the assignments tab on thecourse Canvas site. **Late work will only be accepted for 48 hours after the deadline** and will receive an automatic 50% deduction in points. The exception will be if the deadline was extended from an agreement with the Instructor due to unforeseen circumstances.

**Examinations** assess your knowledge to understand, execute, and analyze the concepts presented and developed during the class discussions, reading of the textbook, and resource materials. The unit objectives will relate to the exam/quiz questions. The exam/quiz questions will include fill in the blank, multiple choice, true/false, case studies, short answer or matching questions.

## Grading Scale

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### FINAL GRADE

The instructor will calculate all individual quizzes and exams without rounding. Scores will be carried two decimal points. Students must receive 77.00% on all exams and quizzes. Failure to achieve 77.00% on all exams and/or earning less than one point in Professionalism, despite a higher composite score for the course, will result in course failure and dismissal from the Program. The instructor will calculate scores on other class projects and assignments into the course grade, after the exam/quiz scores are calculated. Please see Program Handbook for additional information. In addition, to receive credit/recognition for this course as part of the SLCC Physical Therapist Assistant Program, the students must earn an accumulative 77.00% for all assessments as noted under Student Performance Evaluation. SLCC uses the following grade scale for this course:

A 95-100% B 86-88% C 77-79% D 68-70%



A- 92-94% B- 83-85% C- 74-76% D- 65-67%  
B+ 89-91% C+ 80-82% D+ 71-73% E 64% and below

## How to Navigate to Canvas

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### Institutional Policies

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As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

You can access the document by clicking on the following link:

<https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>

### Learning Support and Tutoring Services

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We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, please visit the Institutional Syllabus under the Tutoring and Learning Support tab:  
<https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

### Advising and Counseling Support Services

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At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the

challenges of college life. To learn more about the resources available to you and how to access them, please visit the Institutional Syllabus under the Advising and Counseling Support Services tab: <https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

## Student Academic Calendar

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As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)

## ePORTFOLIO REQUIREMENT

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Each student in PTA courses at SLCC will maintain an ePortfolio page. Instructors in every PTA course will require you to put at least one signature assignment from the course into your ePortfolio. A signature assignment is an example of your application of knowledge gained in the course accompanied by reflective writing. Use the signature assignment from this course. Next, write a reflection using the rubric provided on canvas. Submit your reflection on canvas by the due date. Include a link to your eportfolio site on the canvas submission