

ESSEX COUNTY COLLEGE
Nursing and Allied Health Division
PTA 209 – Therapeutic Exercise
Course Outline

Course Number & Name: PTA 209 Therapeutic Exercise

Credit Hours: 2.0 **Contact Hours:** 3.0 **Lecture:** 1.5 **Lab:** 1.5 **Other:** N/A

Prerequisites: Grades of "C" or better in PTA 101, PTA 103, PTA 106 and PTA 103

Co-requisites: PTA 201 & PTA 203 **Concurrent Courses:** None

Course Outline Revision Date: Fall 2010

Course Description: Students are introduced to the basic concepts of Exercise Physiology. Current exercise techniques are presented and practiced. The student is also instructed in various disabilities and injuries. The student is trained in the use of various exercise equipment, including isokinetic machines. Importance is given to the development of patient programs to improve posture, strength, power, endurance, flexibility, and relaxation.

Course Goals: Upon successful completion of this course, students should be able to do the following:

1. explain and perform selected interventions accurately and safely;
2. explain and perform selected data collection tests and measures accurately and safely; and
3. communicate appropriately and effectively in written, verbal, and nonverbal ways.

Measurable Course Performance Objectives (MPOs): Upon successful completion of this course, students should specifically be able to do the following:

1. Explain and perform selected interventions accurately and safely:
 - 1.1 *perform PROM, AROM and AAROM;*
 - 1.2 *perform stretching and strengthening techniques; and*
 - 1.3 *utilize various pieces of exercise and rehabilitation equipment correctly*
2. Explain and perform selected data collection tests and measures accurately and safely:
 - 2.1 *perform ROM, manual muscle test, sensory tests, and vital signs*
3. Communicate appropriately and effectively in written, verbal, and nonverbal ways:
 - 3.1 *prepare and demonstrate home exercise programs; and*
 - 3.2 *explain potential outcomes and rehabilitation potential*

Methods of Instruction: Instruction will consist of a combination of teaching and learning experiences. Teaching methods include lectures and labs, multimedia/video presentations, demonstrations, hands-on practice, and reading assignments. Learning experiences will include independent and group work, research/literature search, practical skills application, and critical thinking (acting out case scenarios).

Outcomes Assessment: Quiz and exam questions are blueprinted to course objectives. Checklist rubrics are used to determine the extent to which students are able to accomplish the clinical MPOs. Rated-scale rubrics are used to score the research papers presented by the students. Data is collected and analyzed to determine the level of student performance on these assessment instruments in regards to meeting course objectives. The results of this data analysis are used to guide necessary pedagogical and/or curricular revisions.

Course Requirements: All students are required to abide by the PTA student policies on Attendance and Tardiness, Course Assignments, Spelling and Grammar, Lecture/Lab Behavioral Guidelines, and Exam/Quiz Rules, which are detailed below.

Attendance and Tardiness: Regarding student attendance, the complex nature of the classroom work and the need for continuity in patient treatment requires that specific guidelines be set. The rules are as follows:

1. The student should adhere to the time set by the school for class attendance. PTA Program policy states that **15 minutes late shall constitute an absence.**
2. If the student is late to class, he/she should inform the instructor at the end of the period giving him/her the reason for the tardiness. If lateness is anticipated, the student should call in advance to advise the instructor.
3. If the student is to be absent, he/she must contact the instructor through the Physical Therapist Assistant Department Offices at (973) 877-3456 or (973) 877-3475.
4. **The student may be allowed to be absent 2 sessions with a reasonable cause. One session constitutes a 1.5 hour lecture OR a single lab session.** A third absence will result in a conference with the instructor and counselor. Additional absences without reasonable cause may constitute dismissal from the program. Poor attendance is defined as being absent for more than 3 lectures or 3 laboratories without an excuse submitted by a licensed physician. Lateness is considered unprofessional behavior. Arriving 15 minutes late for class constitutes one absence.
5. There will be no make-up quizzes, lecture or practical exams for **unexcused absences.** The student will automatically receive a zero for any exam missed with an unexcused absence.

Course Assignments:

1. The student should complete required readings as assigned by the instructor.
2. All research papers are required to be handed in on the due date prior to the start of class.*
3. The student should write a research paper on the history of Physical Therapy.
4. The student should write a paper on an ethical dilemma (observed or personally experienced).
5. The student should complete a group research paper/presentation summarizing/critiquing 2 different articles from professional literature relating to Physical Therapy. Topic and articles must be approved by instructor. **All papers must be done in APA style and must be typed, double-spaced, with references.**

- Each student will participate in writing the paper. A team leader will collect all sections and submit 1 final paper.
 - Each student will give an oral presentation to the class on their contribution to the paper.
 - The entire group presentation should be no longer than 15 minutes in length.
6. The student should complete other assignments made during the semester.
- * Late assignments will constitute 1 (one) lowered letter grade per day. No assignment will be accepted 3 days past the due date. The student will receive a zero for that assignment.

Spelling and Grammar:

1. Correctness of spelling, punctuation and proper grammatical form should be followed.
2. Neatness of work is essential. Writing must be legible. Proofreading is mandatory. All manual and computer typed work must be double-spaced with appropriate margins.
3. All work must be original. Plagiarism is cause for **student disciplinary action** (see *Lifeline*, the ECC Student Handbook). Giving credit to an author/source is necessary. Students will use APA style, as this is the style utilized by most upper division programs.
4. Work is to be submitted on the date of the assignment. Late papers or reports may not be accepted.
5. Faculty is responsible for communicating to the students the criteria used for grading written assignments. Faculty makes every effort to grade papers in a timely fashion so that student reinforcement can take place.

Lecture/Lab Behavioral Guidelines:

1. Students are not allowed to eat, drink or chew gum in the PTA classroom/ laboratory.
2. No children may be brought in to accompany relatives (students) while regularly scheduled or by-appointment use of the PTA laboratory is in session.
3. After each laboratory session, all supplies utilized for practice must be returned to their appropriate places. The lab **must** be left clean and neat.
4. All students are required to wear laboratory clothes as follows: shorts and halter tops, sports bras or bathing suits for women and shorts for men. Men will be required to remove their shirts for examination and palpation purposes. Laboratory skills must be practiced on each other. This includes palpation (touching) of surface anatomy and exposing body parts while maintaining modesty and dignity. Students **MUST** wear appropriate lab attire at each scheduled session.
5. All students are required to follow OSHA guidelines in lab and must report any safety incidents to the lab instructor immediately.
6. Students may require additional lab time during the semester. This time can be scheduled outside of regular lab time and must be supervised by an instructor to ensure student safety.

Exam/Quiz Rules:

1. Exams and quizzes may consist of multiple choice, short answers, fill-in, matching, true/false or essays.
2. Unscheduled quizzes may be administered at the discretion of the instructor.
3. Students who arrive late for class on an exam day **will not** be allotted additional time to take the exam.
4. Special accommodations may be made for individuals who require additional time to take their exams. The student must provide documentation from the Disability Support Services at ECC.

Methods of Evaluation: Final course grades will be computed as follows:

Grading Components	% of final course grade
<ul style="list-style-type: none">● Presentations and quizzes Presentations and quiz questions will provide evidence of the extent to which students have mastered course objectives.	20%
<ul style="list-style-type: none">● 2 or more Exams Exams will show evidence of the extent to which students have met course objectives involving both didactic and laboratory material.	50%
<ul style="list-style-type: none">● Final Exam (comprehensive) The comprehensive final exam will examine the extent to which students have achieved course objectives and have synthesized information presented throughout the semester.	30%

NOTE: An overall average of 75% is required to pass the course. Clinical laboratory exams are pass or fail (see handbook pg. 9). All laboratory practicals (competencies) are given a grade of pass/fail. Students will be provided with a form (prior to the practical) denoting the testing criteria for the practical. In the event a student fails a practical, the student will be given a re-take at a time mutual for both the student and the instructor. A student will only be allowed 1 (one) re-take per semester.

Academic Integrity: Dishonesty disrupts the search for truth that is inherent in the learning process and so devalues the purpose and the mission of the College. Academic dishonesty includes, but is not limited to, the following:

- plagiarism – the failure to acknowledge another writer’s words or ideas or to give proper credit to sources of information;
- cheating – knowingly obtaining or giving unauthorized information on any test/exam or any other academic assignment;
- interference – any interruption of the academic process that prevents others from the proper engagement in learning or teaching; and
- fraud – any act or instance of willful deceit or trickery.

Violations of academic integrity will be dealt with by imposing appropriate sanctions. Sanctions for acts of academic dishonesty could include the resubmission of an assignment, failure of the test/exam, failure in the course, probation, suspension from the College, and even expulsion from the College.

Student Code of Conduct: All students are expected to conduct themselves as responsible and considerate adults who respect the rights of others. Disruptive behavior will not be tolerated. All students are also expected to attend and be on time for all class meetings. No cell phones or similar electronic devices are permitted in class. Please refer to the Essex County College student handbook, *Lifeline*, for more specific information about the College's Code of Conduct and attendance requirements.

Course Content Outline: based on the text **Therapeutic Exercise**, 5th edition, by Kisner and Colby; published by FA Davis Company.

Week	Lecture Content	Lab Content	Reading Assignment
1	Review Class Syllabus, ROM, AAROM & AROM		Kisner & Colby, Chs 1 & 3
2	Stretching	Practice and review PROM, AAROM & AROM Students will observe & correct classmates during ROM exercises to simulate patient and family education	Kisner & Colby, Ch 4
3	Resistance exercise	Practice data collection for muscle length techniques and stretching methods	Kisner & Colby, Ch 6
4	Principles of aerobic exercise	Practice manual PRE, free weights, use of Biodex, PNF	Kisner & Colby, Ch 7
5	Exam I	Practice in lab: treadmill, walking, bicycle & ball exercises Review vital signs, aerobic exercise training	
6	The shoulder and shoulder girdle	Shoulder rehabilitation	Kisner & Colby, Ch 17
7	The elbow and forearm complex	Practice PNF, stretching, strengthening Review manual muscle testing, goniometry	Kisner & Colby, Ch 18
8	The wrist and hand	PROM, stretching & strengthening exercises	Kisner & Colby, Ch 19

Week	Lecture Content	Lab Content	Reading Assignment
9	The hip	PROM, stretching & strengthening exercises, Discuss hand splints, ROM, MMT	Kisner & Colby, Ch 22
10	The knee	Acute total hip replacement, Sub-acute total hip replacement Review MMT and Goniometry, Use of equipment	Kisner & Colby, Ch 21
11	The ankle and foot	Review evaluation process and problem solving Review MMT & goniometry to the lower extremity	Kisner & Colby, Ch 22
12	Exam II		
13	Home Exercise Program Presentations		
14	Comprehensive Final Exam		