**the vision of the university of jordan**

A university excelling in pedagogy, research, and innovation and advancing in global standing

**The Mission of THE University OF JORDAN**

Providing students with fulfilling learning experiences, conducting knowledge-producing research, and building firm societal ties, within an environment conducive to creativity, innovation, and entrepreneurship: making efficient use of resources and forging fruitful partnerships.

**The vision of the SCHOOL of Rehabilitation Sciences**

Leadership in the creation and development of knowledge, and in the preparation of human resources aspiring for excellence regionally and internationally

**The Mission of the SCHOOL of Rehabilitation Sciences**

To excel in the preparation and training of model rehabilitation personnel, who participate in the health and community sector, and provide the local and regional community with appropriate rehabilitation services based on needs. Through educational curricula that facilitates the implementation of up to date rehabilitation services based on the best available evidence.

**THE VISION OF THE DEPARTMENT OF PHYSIOTHERAPY**

To be recognized as an outstanding educational program with high quality faculty members, staff and students

**THE MISSION OF THE DEPARTMENT OF PHYSIOTHERAPY**

To graduate professionals in the field of physical therapy who are to contribute to the health needs of society through education, scholarly activities, research, service and professional practice.

**Course Syllabus**

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| **1** | **Course title** | Kinesiology |
| **2** | **Course number** | 1801262 |
| **3** | **Credit hours** | 2 (2,0) |
| **Contact hours (theory, practical)** | 2 (2,0) |
| **4** | **Prerequisites/corequisites** | Biomechanics (1801261) |
| **5** | **Program title** | B.Sc. in Physiotherapy |
| **6** | **Program code** | 1801 |
| **7** | **Awarding institution** | The University of Jordan |
| **8** | **School** | Rehabilitation Sciences |
| **9** | **Department** | Department of Physiotherapy |
| **10** | **Course level** | Undergraduate/Second year |
| **11** | **Year of study and semester (s)** | 2022/2023 – Second semester |
| **12** | **Other department (s) involved in teaching the course** | None |
| **13** | **Main teaching language** | English |
| **14** | **Delivery method** | ☐Face to face learning ☐Blended ☐Fully online |
| **15** | **Online platforms(s)** | ☐Moodle ☐Microsoft Teams ☐Skype ☐Zoom  ☐Others………… |
| **16** | **Issuing/Revision Date** | 2/2023 |

**17 Course Coordinator:**

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| Name: Sumayeh Abujaber, PhD Contact hours: Mondays &Wednesdays 10-11  Office number: 334 Phone number: (+962-6)5355000 Ext 23224  Email: [s.abujaber@ju.edu.jo](mailto:s.abujaber@ju.edu.jo) |

**18 Other instructors:**

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| None |

**19 Course Description:**

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| This course covers kinesiology of the human musculoskeletal system. It focuses on the interaction between the joints and muscles through the application of the principles of physics and physiology to human movement. This course helps the student to mentally transform a static anatomic image into a dynamic, three-dimensional movement. The course will focus on movement analysis in both normal and pathological conditions. |

**20 Course aims and outcomes:**

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| A- Aims:   * To provide physical therapy students with essential knowledge of the structure and function of musculoskeletal system * To provide physical therapy students with knowledge and understanding of the mechanical and physiological interactions between the muscles and joints that produce human body movements * To provide physical therapy students with the principles of movements analysis and apply those for assessing both normal and pathological movement patterns * To provide the physical therapy students with kinesiology foundations essential for understanding/developing rationale evaluation and effective treatment options for patients with musculoskeletal and neuromuscular dysfunctions.   B- Students Learning Outcomes (SLOs):  Upon successful completion of this course, students will be able to:   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | SLOs  SLOs of the course | SLO (1) | SLO (2) | SLO (3) | SLO (4) | SLO (5) | SLO (6) | SLO (7) | SLO (8) | SLO (9) | SLO (10) | SLO (11) | | 1. Recognize the common terms and concepts associated with kinesiology study including kinematics, kinetics, arthrokinematic, and osteokinematics |  | X |  |  |  |  |  |  |  |  |  | | 1. Identify various types and shapes of body joints |  | X |  |  |  |  |  |  |  |  |  | | 1. Understand the different actions and roles of body muscles including: agonist, stabilizer, neutralizer…etc |  | X |  |  |  |  |  |  |  |  |  | | 1. Identify the structure and function of the major bones, joints, muscles and soft tissue structures of the lower limb, upper limb and axial skeleton. |  | X |  |  |  |  |  |  |  |  |  | | 1. Understand the mechanical interplay between muscles and joints at different regions of the body |  | X |  |  |  |  |  |  |  |  |  | | 1. Describe factors that contribute to mobility and stability for each joint. |  | X |  |  |  |  |  |  |  |  |  | | 1. Understand the basics of movement analysis of human body activities |  | X |  |  |  |  |  |  |  |  |  | | 1. Seek research papers and assigned topics by using online resources for purpose of in-class discussion |  |  | X |  |  |  |  |  |  |  |  | | 1. Critically appraise the research results in kinesiology field related to movement pattern and treatment options for patients with musculoskeletal and neuromuscular disorders, through in-class discussion and through the required research article summary. |  |  |  |  | X |  |  |  |  |  |  | | 1. Show clinical reasoning skills in linking the effects of a wide range of musculoskeletal and neurological conditions and aging on the kinetics and kinematics of the human joints |  |  |  |  |  | X |  |  |  |  |  | | 1. Decide the essential components of movement for different human activities, and exercises |  |  |  |  |  | X |  |  |  |  |  | | 1. Utilize the knowledge from this course in analyzing normal and abnormal human movements |  |  |  |  |  | X |  |  |  |  |  | | 1. Have the knowledge regarding the mechanism and predisposing factors of injury that enables students to advise clients about injury prevention and encouraging a healthy lifestyle |  |  |  |  |  |  |  | X |  |  |  | | 1. Demonstrate effective communication skills with instructor and classmates during the class discussions |  |  |  |  |  |  |  |  |  |  | X |   Program SLOs:   1. Recognize, critically analyze and apply the conceptual frameworks and theoretical models underpinning physiotherapy practice 2. Demonstrate comprehension of background knowledge that informs sound physiotherapy practice 3. Demonstrate the ability to use online resources and technologies in professional development 4. Display a professional commitment to ethical practice by adhering to codes of conduct and moral frameworks that govern the practice of physiotherapy 5. Evaluate the importance of and critically appraise research findings to inform evidence-based practice such that these skills could be utilized in continuing self-development 6. Implement clinical reasoning, reflection, decision-making, and skillful application of physiotherapy techniques to deliver optimum physiotherapy management 7. Adhere to the professional standards of physiotherapy practice in terms of assessment, management, outcome measurement, and documentation 8. Display a willingness to promote healthy lifestyle and convey health messages to clients 9. Value the willingness to exercise autonomy while appreciating the challenges associated with delivering physiotherapy services 10. Display the ability to practice in a safe, effective, non-discriminatory, inter- and multi-disciplinary manner 11. Demonstrate effective oral and written communication with clients, carers, and health professionals |

1. **Topic Outline and Schedule:**

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| |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Week** | **Lecture** | **Topic** | **Student Learning Outcome** | **Learning Methods**  **(Face to Face/Blended/ Fully Online)** | **Platform** | **Synchronous / Asynchronous Lecturing** | **Evaluation Methods** | **Resources** | | 1 | 1.1 | Introduction to the course | 1 | **Blended** | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** | **For this course, evaluation methods include: Quizzes, Exams, & assignments** | Neumann, Chapter 1 | | 1.2 | Revision of biomechanical principles | 1 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  |  | | 2 | 2.1 | Joint classification and structure | 2 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 2 | | 2.2 | Joint classification and structure | 2 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 2 | | 3 | 3.1 | Muscles: primary stabilizers and movers | 3 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 3 | | 3.2 | Muscles: primary stabilizers and movers | 3 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 3 | | 4 | 4.1 | The shoulder complex: osteology and arthrology,  Sternoclavicular and acromioclavicular | These are the SLOs that will be achieved throughout the semester for all topics on specific regions  4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 5 | | 4.2 | The shoulder complex: osteology and arthrology Scapulothoracic and glenohumeral joints | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 5 | | 5 | 5.1 | The shoulder complex: arthrology glenohumeral joints | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 5 | | 5.2 | The shoulder complex: muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 5 | | 6 | 6.1 | The shoulder complex:, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 5 | | 6.2 | Elbow: arthrology | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 6 | | 7 | 7.1 | Elbow: muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 6 | | 7.2 | Forearm: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 6 | | 8 | 8.1 | Wrist: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 7 | | 8.2 | Wrist: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 7 | | 9 | 9.1 | Hip: osteology & arthrology | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 12 | | 9.2 | Hip: osteokinematics and arthrokinematics | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 12 | | 10 | 10.1 | Hip: muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 12 | | 10.2 | Hip: muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 12 | | 11 | 11.1 | Knee: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 13 | | 11.2 | Knee: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 13 | | 12 | 12.1 | Knee: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 13 | | 12.2 | Ankle and foot: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 14 | | 13 | 13.1 | Ankle and foot: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 14 | | 13.2 | Ankle and foot: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 14 | | 14 | 14.1 | Axial skeleton: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 9 & 10 | | 14.2 | Axial skeleton: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 9 & 10 | | 15 | 15.1 | Axial skeleton: arthrology, muscle and joint interaction | 4-14 |  | **Microsoft Teams & E-learning** | **Synchronous & Asynchronous\*(2+1)** |  | Neumann, Chapter 9 & 10 | | 15.2 | Review |  |  |  |  |  | Neumann, Chapter 15 | |

\*We will have asynchronous learning starts from week 3 to week 14 once a week on Wednesdays. This part includes: Assigned reading, videos, recorded lecture, and articles and others from of material. Materials will be provided for students by the instructor and uploaded on e-learning. Assignments, activities and quizzes based on these materials will be part of the asynchronous learning.

Graphical user interface, application

Description automatically generated

**22 Evaluation Methods:**

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| Opportunities to demonstrate achievement of the SLOs are provided through the following assessment methods and requirements:   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Evaluation Activity** | **Mark** | **Topic(s)** | **SLOs** | **Period (Week)** | **Platform** | | Theoretical exams  (MCQ)  Mid-exam | 30 | TBA |  |  | On site | | Assignments and Quizzes | 15 | TBA |  | Throughout the course | Teams and Moodle | | Short exam | 15 | TBA |  | TBA | JUEXAM | | Final exam | 40 | All topics |  | TBA | On site | | Theoretical exams (mid, short, and final) will be MCQ. | | | | | | |

**23 Course Requirements**

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| **Students should have a computer, internet connection, webcam, account on a Microsoft teams**  **Regularly check the e-learning portal for any announcements, tasks and learning materials.** |

**24 Course Policies:**

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| A- Attendance policies:   * Students are expected to be on time. * Repeated tardiness or leaving early will not be accepted. * Students who miss class (or any portion of class) are responsible for the content. All classes will be recorded and uploaded on Microsoft Stream. It is the student’s responsibility to review the material of classes they missed. * Attendance will be taken on every class throughout the semester. * Absence of more than 15% of all the number of face-to-face classes (which is equivalent to 3 classes) requires that the student provides an official excuse to the instructor and the dean. * If the excuse was accepted the student is required to withdraw from the module. * If the excuse was rejected the student will fail the module and mark of zero will be assigned according to the regulations of The University of Jordan.   B- Absences from exams and submitting assignments on time:   * The instructor will not do any make-up exams. * Exceptions for make-up exams and late submission of class assignments will be made on a case-by-case basis for true personal emergencies that are described as accepted by the regulations of UJ (e.g., documented medical, personal, or family emergency). * It is the student's responsibility to contact the instructor within 24 hours of the original exam time to schedule a make-up exam * Late submission of assignment will result in deduction of 2 points for each day of delay * Makeup for the final exam may be arranged according to the regulations of The University of Jordan.   C- Health and safety procedures:   * This course is offered using on-line learning   D- Honesty policy regarding cheating, plagiarism, misbehavior:   * Students are expected to observe all University guidelines pertaining to academic misconduct. * Any work submitted by a student for academic credit must be the student's own work. Submission of work taken directly from another source (e.g., book, journal, internet, or another student work) will be considered plagiarism and the student/group will get a zero grade on that homework. In addition, if copying occurred, both the student who copied the work and the student who gave material to be copied (if applicable) will receive a zero for the assignment. * Students are expected to do work required for homework on their own. Asking other instructors at JU, staff, or other students to assist in or do any part of the assignment for them will negatively affect their grade on that assignment. The course instructor is the person the student needs to talk to if s/he has any difficulties pertaining to an assignment or project and is strongly encouraged to schedule an appointment with the instructor if such difficulties arise during the semester. * Course materials prepared by the instructor, together with the content of all lectures and review sessions presented by the instructor are the property of the instructor. Video and audio recording of lectures and review sessions without the consent of the instructor is prohibited. * Any forms of academic misconduct will be handled according to the University of Jordan guidelines.   E- Grading policy:   * Grading for this course will be determined based upon the accumulation of points for variety of assignments and exams. * All work will be evaluated on completeness, organization, clarity of information, and the integration and application of the material.   F- Available university services that support achievement in the course:   * The University of Jordan provides many services to support social, health, and mental well-being of students in general and students with disabilities in specific. Students are advised to visit the Deanship of Students Affairs to learn more about those services. * If you are a student with a disability for which you may request accommodations, please notify the instructor as soon as possible (email is acceptable) so the appropriate accommodations for this course can be made. Also, notify the staff of Services for Student with Disabilities (Deanship of Students Affairs) as soon as possible. * The University of Jordan provides internet access for students who request such services. Please contact the Assistant Dean for Student Affairs for such requests. |

**25 References:**

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| Required book (s), assigned reading and audio-visuals:   1. Neumann D.A. 2017. Kinesiology of the musculoskeletal system: foundations for rehabilitation, 3rd ed. Missouri, Mosby Elsevier   Recommended books, materials, and media:   1. Levangie PK, Norkin CC. Joint Structure and Function. FA Davis, Philadelphia, 6th Edition 2. Students will be assigned recommended articles to be discussed in class 3. Recommended videos and materials will be mentioned through the semester |

**26 Additional information:**

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| Students with disabilities:   * If you are a student with disability, please contact the course coordinator at the beginning of the term to inform them of any needs or adjustments you might have. * According to University regulations, some students with disabilities can be allowed additional time during exams. This extra time is granted by an official letter from the University administration. Please discuss with the course coordinator your need for such extra time at the start of the term. * All information you provide to the course coordinator will be dealt with confidentially.   Course material and copy rights:   * All material prepared by the course coordinator for the purposes of this course are the intellectual property of the course coordinator. It is only intended for the personal use of students for their individual learning. * Sharing of course content with other people or via different platforms other than those used by the course coordinator is prohibited. The permission of the course coordinator must be sought before sharing of content.   This course strongly builds on previous courses including: anatomy, physiology, and biomechanics. Please make sure to refresh your mind with the positional terms, planed and axes as well as extremities and axial muscles, their origin, insertions and innervation.  This course forms the basis of other physiotherapy core courses, like musculoskeletal physiotherapy I & II. Students will use knowledge and experience obtained through this course to inform their patient management process.  The course material will be uploaded on the e-learning website so make sure you have access to the website. Independent study is essential part of this course. You are required to read the selected chapters from the reference textbook and prepare some materials prior to the lecture. |

Name of Course Coordinator: **Dr.Sumayeh Abujaber** Signature: S.A Date: ---24/2/2023--

Head of Curriculum Committee/Department: **…Ibrahim Altubasi………** Signature: IMA

Head of Department**: …Lara Al-Khlaifat…...**  Signature: LK

Head of Curriculum Committee/Faculty: **Prof. Kamal Hadidi** Signature: KAH

Dean: **Prof. Kamal Hadidi** Signature: KAH

Reviewed by Dr. Ibrahim Altubasi