

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 MISSION OF THE DEPARTMENT OF PHYSIOTHERAPY

The mission of the department of Physiotherapy is 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.

THE VISION OF THE DEPARTMENT OF PHYSIOTHERAPY

The vision of the Department of Physical Therapy is to be recognized as an outstanding educational program with high quality faculty members, staff and students

Course Syllabus

1	Course title	Therapeutic Exercise II
2	Course number	1801204
3	Credit hours	3 (2,1)
	Contact hours (theory, practical)	6 (2,4)
4	Prerequisites/corequisites	Therapeutic Exercise I
5	Program title	BSc Physiotherapy
6	Program code	180
7	Awarding institution	University of Jordan
8	School	Rehabilitation Sciences
9	Department	Physiotherapy
10	Course level	Undergraduate (Second year)
11	Year of study and semester (s)	2023-2024 Second Semester
12	Other department (s) involved in teaching the course	none
13	Main teaching language	English
14	Delivery method	<input checked="" type="checkbox"/> Face to face learning <input type="checkbox"/> Blended <input type="checkbox"/> Fully online
15	Online platforms(s)	<input checked="" type="checkbox"/> Moodle <input checked="" type="checkbox"/> Microsoft Teams <input type="checkbox"/> Skype <input type="checkbox"/> Zoom <input type="checkbox"/> Others.....
16	Issuing/Revision Date	24/2/2024

17 Course Coordinator:

Name: Dr. Dania Qutishat, PT, PhD
Office number: 328
Email: d.qutishat@ju.edu.jo

Contact hours: Monday, Wednesday 12:00-1:00 pm
Phone number: +962 6 5355000 ext. 23227

18 Other instructors:

Name: Lubna Al-Najjar
Email: lubna.alnajjar95@gmail.com

19 Course Description:

This course is composed of theoretical and practical elements. The theoretical element covers the concepts and principles of resistance exercises, aerobic exercises, aquatic exercises, balance and coordination exercises. Lectures include case studies, discussion of the latest evidence and guidelines in addition to exercise prescription. The practical element cover all types of exercise learned in the theory and are based on self practice and peer-modeling. Practical sessions take place in different indoor and outdoor settings.

20 Course aims and outcomes:

A- Aims:

- To provide students with the basic concept of therapeutic exercise and how it is related to physical function in general. Emphasis will be directed to the physical aspects of strength, endurance, power, balance, and coordination.
- To encourage the students to use the skills acquired during the course in the design and delivery of wide variety of exercise programs.
- To offer an interactive learning approach about the evidence-based exercises.
- To give the students the opportunity to practice skills related to exercise prescription, delivery and coaching in different and challenging settings.

B- Students Learning Outcomes (SLOs): Upon successful completion of this course, students will be able to:

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)
Employ the theoretical knowledge of different types of exercises to design effective exercise programs	×										
Discuss clinical reasoning involved in exercise prescription in different settings and different population					×	×					
Discuss latest guidelines of the CDC, WHO and ACSM and research findings that are related to the topics of physical activity and exercise prescription							×				
Discuss physiotherapy role in health promotion and prevention and how to engage clients in physical activity programs								×			
Design and deliver safe and effective individualized/group exercise programs for different population in different settings									×		

- 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 skilful 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.

21. Topic Outline and Schedule:

Week	Lecture	Topic
1	1.1	Course Introduction
	1.2	Resistance ex overview
	Lab	Body weight resistance
2	2.1	Resistance ex principles
	2.2	Resistance ex Determinants-1
	Lab	Core Stabilization
3	3.1	Resistance ex Determinants-2
	3.2	Resistance ex programs
	Lab	Manual Resistance
4	4.1	Resistance ex prescription
	4.2	Resistance ex considerations
	Lab	Free weights Resistance ex
5	5.1	Resistance ex Case studies
	5.2	Resistance ex Case studies
		Practical skills checkpoint
6	6.1	PA overview
	6.2	PA promotion
	Lab	Aerobic fitness assessment
7	7.1	PA measurement
	7.2	Aerobic ex Introduction
	Lab	PA assessment
8	8.1	CRF assessment
	8.2	Aerobic ex prescription
	Lab	HIIT + CRF-Assessment
9	9.1	Aerobic ex case studies
	9.2	Balance introduction
	Lab	Mechanical Resistance ex
10	10.1	Balance assessment
	10.2	Balance management
	Lab	Balance Assessment
11	11.1	Balance case studies
	11.2	Aquatic ex. overview
	Lab	Balance Assessment
12	12.1	Aquatic ex. prescription
	12.2	Aquatic ex. Case studies
	Lab	Balance Training
13	13.1	Advanced Functional Training
	13.2	Advanced Functional Training
	Lab	Advanced Functional Training
14		Final practical exam

22 Evaluation Methods:

Evaluation Activity	Mark	Topic(s)	SLOs	Period (Week)	Platform
Mid Exam The exam includes only MCQs.	30%	Resistance exercise	All	Week 8 TBC	Online
Practical skills check point.	20%	Resistance exercise	1,2,9,10,11	Week 5	Campus
Ongoing lab evaluation (preparation and participation)	10%	All	1,2,9,10,11	Ongoing	Campus
Final Exam 20% Theory exam (MCQs). 20% Practical exam***	40%	All topics	All	Theory to be announced by registration. Practical Week 14 26-30/5/2024	Campus

*** See the details of assessment criteria and rubric at the end of this document (for the practical skills check point only refer to the part about resistance ex. While for the final practical exam refer to resistance, aerobic and balance)

23 Course Requirements

Onsite practical sessions:

- Practical training related (provided by JU): Beds/ Mats, basic tools will be provided by students to ensure infection control measures and keep sharing to minimal. However, some equipments like (step, wobble board, yoga pads, gym balls will be available at the department).
- Practical training related (provided by the student): basic exercise tools (used solely by the student and not to be shared with others).
- Dress code: appropriate exercise outfit for males and females. Neutral colors are recommended (black, grey, navy and white). Long hair should be tied properly. Hijab should be of light, breathable material, free of pins and tucked in. Jewellery and accessories are not allowed.

External sites for practical sessions: The practical sessions for mechanical resistive training, aerobic field tests and aquatic exercise training will be in the school for physical education and the students' deanship/ sports activities compound because our school does not have such facilities.

24 Course Policies:

A- Attendance policies:

- You are expected to attend all the classes and practical sessions. If you are sick, have symptoms that are flu related you need to inform me directly by email or on teams chat.
- In case of absence it is your responsibility to monitor your own learning and catch up with any missed materials or activities.

B- Absences from exams and submitting assignments on time:

- **Exams** should be attended in its due time unless there are severe circumstances (this include the death of a 1st degree family member, provided that you submit evidence OR severe illness or major health condition/ if you have any symptom that is flu related you should inform me immediately). Make up exams for the mid exams are subject to the instructor's confirmation. Make up exams for the final exams have to be approved by the dean.
- **Submitting assignments on time:** late submissions for the project will be subject to marks deduction. 2 marks per day.

C- Health and safety procedures:

COVID related policy

- If you tested positive for COVID you should stay at home and inform your instructor. (You need to provide test results)
- Bring your own sanitizer with you, make sure to use it frequently every 30 minutes or whenever you touch a surface or work with a colleague.
- Bring your own clothes (shorts and tops for the practical session) DO NOT SHARE your clothes with any of your colleague. Please make sure to wash clothes after every single use.

General policy

- Students will not be in direct contact with patients during this course.
- Students are taught proper body mechanics and they will be given regular feedback regarding their posture and handling.
- Sanitizers are available to use in the practical training rooms.
- Long nails are not allowed.
- Students are taught the yellow and red flags.
- Personal hygiene is of utmost importance (body and oral hygiene).

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, clinic forms, or another student work) will be considered plagiarism and the student/group will get a zero grade for that work if part of an assignment. 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 zero grade for the assignment.
- Students are expected to do work required for assignments on their own. Asking other instructors at the JU clinic or the staff, or other students to assist in or do any part of the assignment 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 marks from theoretical, practical exams and the project. 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 School 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 staff of Services for Student with Disabilities (School of Students Affairs) as soon as possible. Please also contact the instructor as soon as possible (email is acceptable) so the appropriate accommodations for this course can be made.

25 References:

A- Required book(s), assigned reading and audio-visuals:

- Therapeutic Exercise: Foundations and Techniques. (2017), 6th Edition by Carolyn Kisner and Lynn Allen Colby.
- ACSM's Guidelines for Exercise testing and prescription. 11th Edition.

B- Recommended books, materials, and media:

- Therapeutic Exercise Moving Toward Function. Fourth Edition by Lori Brody, Carrie M. Hall.
- ACSM website and publications related to physical activity and exercise prescription. <http://www.acsm.org/>
- CDC website and publications related to physical activity and exercise prescription.
- A list of selected articles will be available on e-learning

26 Additional information:

- This course builds on the knowledge and skill gained during other courses: **Therapeutic Exercise-1. Principles of rehabilitation and ethics:** students implement the knowledge gained to practice adherence to professional physiotherapy standards and codes of ethics especially during practical sessions. **Anatomy I & II:** students need to review the surface anatomy for bony landmarks and main muscles/ origin, insertion and function of muscles of the upper limb, lower limb, abdomen and back. **Physiology I & II:** Students need to review the physiology of the muscles and bones.
- The course is supported with e-learning. This provides students with course information and important course materials e.g. electronic copies of this handbook, hand-outs, ppt., lab activities and other course content. It also allows the students to communicate with each other and with the instructor for discussion purposes. You should log in your account regularly to check for any updates or announcements.
- Some practical sessions are held outside the school of rehabilitation sciences due to lack of facilities please refer to section 24 (required equipment).
- If you have any queries, comments or suggestions you could email the instructor, send a message via e-learning or pop in during the office hours.

Name of Course Coordinator: - Dr. Dania Qutishat -Signature: ---DQ Date: -24/2/2024
Head of Curriculum Committee/Department:Dr. Ibrahim ATobasi Signature: - Ibrahim ATobasi
Head of Department: Dr.Ibrahim ATobasi- Signature: Ibrahim ATobasi
Head of Curriculum Committee/Faculty: ----- Signature: -----
Dean: - Signature:

Exercise	Marks	Assessment criteria
Resistance	(4)	
Positioning	1	Select an appropriate and safe starting position. Give alternative positions.
Handling	2	Apply the exercise smoothly and rhythmically. Use proper body mechanics and demonstrate proper verbal cues.
Determinants	1	Select and apply the appropriate strengthening protocol, progression, equipments, type and frequency.
Aerobic	(6)	
Movements	2	Select an appropriate set of movements.
Monitoring	2	Pay attention to the level of fitness and vital signs.
Execution	2	Demonstrate the exercise correctly and determine the repetition and duration.
Balance	(10)	
Positioning	3	Select an appropriate and safe starting position/ equipment. Give alternative positions and progression.
Movements/tasks	3	Select and apply appropriate set of movements/ tasks correctly.
Execution	4	Apply the exercise smoothly and rhythmically. Use proper body mechanics and demonstrate proper verbal/tactile cues.
Professional attitude	2	Act and behave with respect, confidence and communicate effectively with the model and assessor.
	20	Total mark

Table 1 Practical Final Exam - Rubric

Table 2 Practical Final Exam- Rubric for assessment criteria

R e s i s t a n c e	Positioning	1	Appropriate and safe starting and end position. Give alternative or modified positions/ lacks safety.
		0	Not appropriate and unsafe position
	Handling	2	Smooth and rhythmic application of exercise. Proper use of body mechanics and demonstrate proper verbal cues.
		1	Smooth or rhythmic application of exercise. Inappropriate use of body mechanics or verbal cues.
		0	Jerky and not rhythmic application of exercise without using proper body mechanics or verbal cues.
	Determinants	1	Appropriate selection and application of strengthening protocol, progression, equipments, type and frequency.
		0	Inappropriate selection and application of strengthening protocol, progression, equipments, type and frequency.
Aerobic	Movements	2	Appropriate selection of type of movements, tasks or functions. Give alternative/ modified positions.
		1	Appropriate selection of type of movements, tasks or functions. No alternative/ modified positions.
		0	Inappropriate selection of type of movements, tasks or functions.
	Monitoring	2	Careful attention to the level of fitness and vital signs and body response to exercise
		1	Minimal attention to the level of fitness and vital signs and body response to exercise
		0	No attention to the level of fitness and vital signs and body response to exercise
Balance	Execution	2	Correct demonstration of the exercise and appropriate selection of repetition and duration
		1	Incorrect demonstration of the exercise or inappropriate selection of repetition and duration.
		0	Incorrect demonstration of the exercise and inappropriate selection of repetition and duration.
	Positioning	2	Appropriate and safe selection of starting position/ end position and equipment. Give alternative positions and progression.
		1	Appropriate selection of starting position/ end position and equipment. (No alternative positions or progression lacks safety).
		0	Inappropriate and unsafe selection of starting position/ end position and equipment. No alternative positions and progression.
	Movements/ tasks	3	Appropriate selection and application of set of movements/ tasks
		2-1	Selection of set of movements and tasks is limited/ not variable. Application is not optimal or includes mistakes.
		0	Inappropriate selection and application of set of movements/ tasks
	Execution	3-2	Smooth and rhythmic application of exercise. Proper use of body mechanics and demonstrate proper verbal and tactile cues.
		1	Smooth or rhythmic application of exercise. Inappropriate use of body mechanics, verbal cues or tactile cues.
		0	Jerky and not rhythmic application of exercise without using proper body mechanics, verbal cues and tactile cues.
Professional attitude		2	Respectful and confident act and behavior. Effective communication with the model and assessor.
		1	Disrespectful or not confident act and behavior. Ineffective communication with the model or assessor.
		0	Disrespectful and not confident act and behavior. Ineffective communication with the model or assessor.

