



## **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

1	Course title	Sport-related injuries II	
2	Course number	1801714	
3	Credit hours	(2,1)	
	Contact hours (theory, practical)	(2,3)	
4	Prerequisites/corequisites	-----	
5	Program title	MSc. In Athletic Therapy	
6	Program code	1807	
7	Awarding institution	The University of Jordan	
8	School	School of Rehabilitation Sciences	
9	Department	Physiotherapy	
10	Course level	Graduate/ first year	
11	Year of study and semester (s)	2021-2022/ 2 <sup>nd</sup> term	
12	Other department (s) involved in teaching the course	None	
13	Main teaching language	English	
14	Delivery method	<input type="checkbox"/> Face to face learning <input checked="" 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	February 2023	

### 17 Course Coordinator:

Name: Dr. Ibrahim Altubasi

Contact hours: Mon & Wednesday. 12-1

Office number: 454

Phone number: 23240

Email: [i.tubasi@ju.edu.jo](mailto:i.tubasi@ju.edu.jo)

**18 Other instructors:**

Name:

Office number:

Phone number:

Email:

Contact hours:

**19 Course Description:**

This course will focus on the most common sport-related injuries that affect the upper extremity including shoulder, elbow, and wrist joints along with cervical and lumbar spine. This course will include evaluation of the conditions and implementation of appropriate rehabilitation programs. Emphasis will be placed on enhancing decision making skills and integrating manual therapy skills within the treatment plan for the patients.

**20 Course aims and outcomes:**

### A- Aims:

To manage different conditions affecting the upper extremities the spine of the athletes

### B- Students Learning Outcomes (SLOs):

Upon successful completion of this course, students will be able to:

SLOs	SLO (1)	SLO (2)	SLO (3)	SLO (4)	SLO (5)	SLO (6)	SLO (7)	SLO (8)	SLO (9)
SLOs of the course									
1. Be able to distinguish between the various conditions affecting the upper extremities and the spine based on history-taking and clinical examination	x								
2 be able to plan and conduct appropriate assessment of the upper extremities and the spine		x	x						
3 Develop clinical reasoning skills by linking history taking, observation, and assessment and determine the proper management accordingly				x			x		
4 Devise an evidence-based management plan for athletes with injuries in the upper extremities and spine	x	x	x	x	x	x			
5 Critically analyze the evidence behind different treatment approaches		x						x	x

### Program SLOs:

- 1- Discuss the theoretical aspects of athletic therapy and rehabilitation frameworks to apply them professionally.
- 2- Apply evidence-based practices and international athletic therapy standards.
- 3- Apply and evaluate the best practices for the care of athletic injuries across a spectrum of health conditions.
- 4- Analyze, evaluate, and develop a comprehensive plan to protect athletes against injuries.
- 5- Adhere to the ethical and professional considerations and best practices in athletic therapy.
- 6- Build the ability to work and communicate effectively within a multidisciplinary team.
- 7- Develop higher-order, critical, and creative thinking skills in analyzing problems and investigating issues related to athletic therapy.
- 8- Criticize and evaluate theoretical and applied research to utilize high-quality research findings in athletic therapy.
- 9- Adhere to the ethical and professional considerations in research and best practices in athletic therapy.

### 21. Topic Outline and Schedule:

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	1	Blended	Microsoft Teams	Synchronous	Theoretical and	Ref. 1

		Shoulder girdle mechanics					practical exams	
	Lab	-----		-----	-----	-----	-----	
2	2.1	Shoulder injuries: rotator cuff, ACJ	2 & 3	Blended	Microsoft Teams	Synchronous	Theoretical and practical exams	Ref 1
	Lab	Shoulder examination					Theoretical and practical exams	
Week	Lecture	Topic	Student Learning Outcome	Learning Methods (Face to Face/Blended/ Fully Online)	Platform	Synchronous	Evaluation Methods	Resources
3	3.1	Shoulder injuries: instability, fractures and other conditions	2 & 3	Blended	Microsoft Teams	On site	Theoretical and practical exams	Ref. 1
	Lab	Shoulder Treatment					Synchronous Theoretical and practical exams	Ref. 2
4	4.1	Elbow joint mechanics Tendon rupture and tendinopathy	2 & 3	Blended	Microsoft Teams	On site	Theoretical and practical exams	Ref. 1
	Lab	Elbow joint assessment					Synchronous Theoretical and practical exams	Ref. 1
5	5.1	Elbow joint fractures and dislocation. Elbow ligaments	2-6	Blended	Microsoft Teams	On site	Theoretical and practical exams	Ref. 1

		and nerves injuries						
	Lab	Elbow joint treatment			-----	<b>Synchronous</b>	Theoretical and practical exams	
6	6.1	Wrist mechanics, fracture, ligaments injuries and TFCC injury	2-6	Blended	Microsoft Teams	On site	Theoretical and practical exams	
	Lab	Wrist and Hand assessment			-----	<b>Synchronous</b>	Theoretical and practical exams	Ref. 1
7	7.1	Hand and fingers fractures and deformities	2-6	Blended	Microsoft Teams	On site	Theoretical and practical exams	
	Lab	Wrist and hand treatment			-----	<b>Synchronous</b>	Theoretical and practical exams	Ref. 1
8	8.1	Midterm exam	2-6		-----	On site	Theoretical and practical exams	
	Lab	Midterm exam			-----	<b>On site</b>	Theoretical and practical exams	
9	9.1	<b>Lumber spine classification system</b>		-----	Microsoft Teams	On site	Theoretical and practical exams	
	Lab	<b>Lower quarter screening</b>		-----	-----	<b>Synchronous</b>	Theoretical and practical exams	Ref. 1, 2 and 3
10	10.1	Lumber spine classification: specific exercise category	2-6	Blended	Microsoft Teams	On site	Theoretical and practical exams	Ref. 1, 2 and 3

	Lab	Lower quarter screening			-----	<b>Synchronous</b>	Theoretical and practical exams	
Week	Lecture	Topic	Student Learning Outcome	Learning Methods (Face to Face/Blended/ Fully Online)	Platform	Synchronous / Asynchronous Lecturing	Evaluation Methods	Resources
11	11.1	Lumber- pelvic spine classification mobilization category	2-6	Blended	Microsoft Teams	On site	Theoretical and practical exams	Ref 1, 2 and 3
	Lab	Pelvic assessment			-----	<b>Synchronous</b>	Theoretical and practical exams	
12	12.1	Lumber spine classification stabilization category	2-6	Blended	Microsoft Teams	On site	Theoretical and practical exams	Ref 1, 2 and 3
	Lab	Lumber-pelvic spine treatment			-----	<b>Synchronous</b>	Theoretical and practical exams	
13	13.1	Cervical spine mechanics	2-6	Blended	Microsoft Teams	On site	Theoretical and practical exams	Ref. 1, 2 and 3
	Lab	Upper quarter screening			-----	<b>Synchronous</b>	Theoretical and practical exams	
14	14.1	Cervical spine injuries: soft tissues injuries, cervical disk disease	2-6	Blended	Microsoft Teams	On site	Theoretical and practical exams	Ref. 1, 2 and 3
	Lab	Cervical spine movement patterns and treatment			-----	<b>Synchronous</b>	Theoretical and practical exams	



15	15.1	Cervical spine injuries: brachial plexus neuropraxia, facet joint disease and cervical fractures	5		Microsoft Teams		Theoretical and practical exams	Ref 1, 2 and 3
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## 22 Evaluation Methods:

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
Midterm theory	30%	Weeks 1-7	1-6	Week 8	On site
Midterm practical	15%	Weeks 1-7	1-6	Week 8	On site
Assignments	15%	----	1-6	Throughout the semester	On Site
Final theory	25%	All topics	1-6	TBA	On site
Final practical	15%	All topics	1-6	TBA	On site

## 23 Course Requirements

**(e.g: students should have a computer, internet connection, webcam, account on a specific software/platform...etc):**

For the theoretical part, you will need access to a display device (computer, laptop, tablet or your mobile phone), internet connection and access to the e-learning system and Microsoft Teams. Please ensure to check the e-learning website at least one day before the lecture or the lab.

Before each lab you will be informed of the equipment you should bring with you, this will include one or more of the following:

- A tape measure (each student should have one)
- A goniometer (each student should have one)
- Reflex hammer

Your dress code is light loose clothing that allows for free movement such as training suits or scrubs. Males and females will be separated during practical application so make sure that you are dressed in a way that allows access to the joints of the lower extremity (bring shorts with you).

### **COVID-19 ALERT:**

Due to the COVID-19 pandemic, extra infection control and social distancing measures are imposed. Please note the following:

- **All students are requested to show their COVID-19 vaccination certification at the beginning of the term. Those who did not get the vaccine are required to submit a PCR test every Sunday and Thursday to the course coordinator.**
- Students should wear face masks and gloves at all times. Also, students should sanitize and wash their hands frequently. Each student is expected to bring their own personal equipment; face masks, gloves, sanitizers, tissues, etc.
- Students should maintain social distancing measures at all times.
- Any student with signs of flu or who has been in contact with a diagnosed case of Covid-19 should report to the course coordinator, stop attending the labs, and self-isolate for 10 days.
- If signs of Covid-19 develop, the student should seek PCR testing. Results should be reported to the course coordinator immediately.
- Students should avoid unnecessary social gatherings, participation in picnics, parties, funerals, or any form of social events in which more than 20 people gather.
- Students are re-assured that any details shared with the course coordinator will be dealt with high confidentiality at the Department or School level. Please do not hesitate to share necessary information with the coordinator.
- In case practical sessions request suspension or termination of clinical training, a switch to online teaching will be made. The course coordinator will ensure that training goals will be met to the best degree possible.

## 24 Course Policies:

### 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 classes (which is equivalent to 5 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 assignments 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 blended learning to observe the safety procedures imposed by the Ministry of Higher Education and The University of Jordan due to the Covid-19 pandemic.
- Students will not be in direct contact with patients during this course.

### COVID-19 ALERT:

Due to the Covid-19 pandemic, when students are expected to come to the university, infection control and social distancing measures are imposed. Please note the following:

- Students should wear face masks at all times. Also, students should sanitize and wash their hands frequently. Each student is expected to bring their own personal equipment; face masks, gloves, sanitizers, tissues, etc.

- Students should clean and disinfect surfaces and equipment before and after use.
- Students should maintain social distancing measures at all times. Physical contact should be kept to a minimum.
- Any student with signs of flu or who has been in contact with a diagnosed case of Covid-19 should report to the course coordinator and should not come to practical labs.
- If signs of Covid-19 develop, the student should seek PCR testing. Results should be reported to the course coordinator immediately.
- Students should avoid unnecessary social gatherings, participation in picnics, parties, funerals, or any form of social events in which more than 20 people gather.
- Students are re-assured that any details shared with the course coordinator will be dealt with high confidentiality at the Department or School level. Please do not hesitate to share necessary information with the coordinator.

#### 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:

### A- Required book(s), assigned reading:

1. Peter Brukner, Karim Khan (2011) Brukner and Khan's Clinical Sports Medicine: 4th Edition. McGraw-Hill Australia Pty Ltd.
2. Delitto Erhard R, Bowling R (1995) A treatment-based classification approach to low back syndrome: Identifying and staging patients for conservative treatment. Physical therapy; 75 (6): 270-289
3. Fritz JM, Cleland JA, Childs JD (2007). Subgrouping patients with low back pain: evolution of a classification approach to physical therapy. Journal of Orthopaedic Sports and Physical Therapy, 37(6):290-302.

### B- Recommended books, materials, and media:

- Giangarra C.E., Manske R.C. (2018) Clinical Orthopaedic Rehabilitation. A Team Approach. 4th edition
- Magee D. (2014) Orthopaedic physical assessment. 6th edition, Saunders Elsevier
- Kinser C. and Colby LA. (2012) Therapeutic Exercises Foundations and Techniques. 6th edition, F.A. Davis Company
- Peer-reviewed journals

## 26 Additional information:

### 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.

All material related to the course will be uploaded on Moodle website (<https://elearning.ju.edu.jo/>)

Name of Course Coordinator: Ibrahim Altubasi	Signature: Ibrahim Altubasi	Date: 25/2/2024
Head of Curriculum Committee/Department: Dr. Ibrahim Altubasi	Signature: Ibrahim Altubasi	
Head of Department: Dr. Ibrahim Altubasi	Signature: Ibrahim Altubasi	
Head of Curriculum Committee/Faculty: -----	Signature: -----	
-		
Dean: -----	Signature: -----	

