



Form: Course Syllabus	Form Number	EXC-01-02-02A
	Issue Number and Date	2/3/24/2022/2963 05/12/2022
	Number and Date of Revision or Modification	
	Deans Council Approval Decision Number	2/3/24/2023
	The Date of the Deans Council Approval Decision	23/01/2023
	Number of Pages	06

1.	Course Title	Occupational Therapy Techniques 1
2.	Course Number	1802221
3.	Credit Hours (Theory, Practical)	(1,1)
	Contact Hours (Theory, Practical)	(1,4)
4.	Prerequisites/ Corequisites	-
5.	Program Title	Bachelor of Occupational Therapy
6.	Program Code	1802
7.	School/ Center	School of Rehabilitation Sciences
8.	Department	Occupational Therapy
9.	Course Level	Undergraduate
10.	Year of Study and Semester (s)	First semester, Second year
11.	Other Department(s) Involved in Teaching the Course	None
12.	Main Learning Language	English
13.	Learning Types	<input type="checkbox"/> Face to face learning <input checked="" type="checkbox"/> Blended <input type="checkbox"/> Fully online
14.	Online Platforms(s)	<input checked="" type="checkbox"/> Moodle <input checked="" type="checkbox"/> Microsoft Teams
15.	Issuing Date	Sep 19, 2023
16.	Revision Date	Oct 9 th , 2024

17. Course Coordinator:

Name: Majd Jarrar	Contact hours: Monday and Wednesday 9-10
Office number: 527.	Phone number: +962-6-5355000 - 23243
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18. Other Instructors:

Name:
Office number:
Phone number:
Email:
Contact hours:
Name:
Office number:
Phone number:
Email:
Contact hours:

19. Course Description:

This course offers the theoretical principles and the applied knowledge of several therapeutic techniques that used with the patients in the therapy like: ROM exercise, stretching, strengthening, and joint mobilization techniques. Also the knowledge about the using of thermal agents and electrical stimulations like hot packs, therapeutic ultrasound, neuromuscular electrical stimulation... etc.

20. Program Intended Learning Outcomes: (To be used in designing the matrix linking the intended learning outcomes of the course with the intended learning outcomes of the program)

1. Develop and integrate knowledge from foundational courses, including basic sciences, medical sciences, and research methods to reflect on rehabilitation sciences practice.
2. Demonstrate knowledge of occupational therapy history, values, and fundamentals across the lifespan, population groups, and cultures, and show knowledge of occupational therapy skills, techniques, modalities, and trends.
3. Evaluate client abilities to participate in occupations considering personal and environmental factors in various clinical settings.
4. Perform skills, techniques, and therapeutic modalities needed for occupational therapy practice.
5. Compose effective oral and written communication for clinical and professional purposes including the use of information technology resources
6. Operate within interprofessional teams of healthcare providers, clients, communities, and organizations in traditional and emerging practices and illustrate the qualities of a lifelong learner
7. Apply leadership and management skills to advance Jordan and the global community scientifically, socially, and technologically in rehabilitation sciences.



8. Generate scientific research that advances rehabilitation practices locally and globally.
9. Apply and integrate clinical reasoning, ethical principles, occupation-based theories, models, and evidence-based interventions to achieve meaningful client outcomes in clinical settings and promote inclusion, participation, safety, and wellbeing for all clients.
10. Navigate occupational therapy practice locally and globally through innovation and creativity.

21. Course Intended Learning Outcomes: (Upon completion of the course, the student will be able to achieve the following intended learning outcomes)

1. Define therapeutic exercise in the context of occupational therapy care and service
2. Recognize the indications, precautions and contraindications for range of motion, stretching, joint mobilization, and resistances exercises
3. Demonstrate proper techniques when applying techniques for joint and muscle range of motion, stretching, mobilization and resistance exercises techniques for the joints of upper and lower extremities.
4. Develop strategies for teaching and progressing exercises using the principles of motor learning.
5. Recognize the factors that affect building customizing therapeutic exercise program for patients

Course ILOs	The learning levels to be achieved					
	Remembering	Understanding	Applying	Analysing	evaluating	Creating
1	X					
2			X			
3			X			
4				X		
5					X	

22. The matrix linking the intended learning outcomes of the course with the intended learning outcomes of the program:

Program ILOs / Course ILOs	ILO (1)	ILO (2)	ILO (3)	ILO (4)	ILO (5)	ILO (6)	ILO (7)	ILO (8)	ILO (9)	ILO (10)
Define therapeutic exercise in the context of		X								



occupational therapy care and service										
Recognize the indications, precautions and contraindications for range of motion, stretching, joint mobilization, and resistances exercises		X								
Demonstrate proper techniques when applying techniques for joint and muscle range of motion, stretching, mobilization and resistance exercises techniques for the joints of upper and lower extremities.				X						
Develop strategies for teaching and progressing exercises using the principles of motor learning.				X						
Recognize the factors that affect building customizing therapeutic exercise program for patients				X						



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23. Topic Outline and Schedule:

Week	Lecture	Topic	ILO/s Linked to the Topic	Learning Types (1 Face to Face/ 2 Blended/ 3 Fully Online)	Platform Used	Synchronous / Asynchronous	Evaluation Methods	Learning Resources
1	lecture	Therapeutic Exercise: Foundational Concepts		1				Ch 1
	lab	Introductions/ lab etiquette		1				
2	lecture	Therapeutic Exercise: Foundational Concepts		1				C
	lab	Passive ROM - upper extremity		2				Ch 3
3	lecture	Therapeutic Exercise: Foundational Concepts		1				Ch 1
	lab	Passive ROM - lower extremity		2				Ch 3
4	lecture	Therapeutic Exercise: Foundational Concepts		1				Ch 1
	lab	Self-Assisted ROM, CPM, Functional ROM		1				Ch 3
5	lecture	Stretching for Improved Mobility		1				Ch 4
	lab	Upper extremity stretching		2				Ch 4
6	lecture	Stretching for Improved Mobility		1				Ch 4



	lab	lower extremity stretching		2				Ch 4
7	lecture	Stretching for improved mobility		3				Ch 4
	lab	Midterm Practical Exam		1				
8	lecture	Midterm Theory Exam		1				
	lab	Complementary approaches to stretching		3	Moodle	Async		Ch 4
9	lecture	Mobilization		1				Ch 5
	lab	Manual joint mobilization exercises/ introduction		2				Ch 5
10	lecture	Joint mobilization		1				Ch 5
	lab	Manual joint mobilization exercises		2				Ch 5
11	lecture	Muscle performance (Strength, Power, Endurance)		1				Ch 6
	lab	Manual strengthening		2				Ch 6
12	lecture	Muscle performance (Strength, Power, Endurance)		1				Ch 6
	lab	Strengthening Lab		2				Ch 6
13	lecture	Physical Agent Modalities: Therapeutic ultrasound, Electrotherapy, Mechanical devices		3	Moodle	Asynchronous		Selected readings
	lab	Physical Agent Modalities: Therapeutic ultrasound, Electrotherapy, Mechanical devices		3				
14	lecture	Writing an exercise prescription		1				Sel



	lab	Case studies								
				1						
15	lecture	No lecture		1						
	lab	Final practical lab		1						

24. Evaluation Methods:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

Evaluation Activity	Mark	Topic(s)	ILO/s Linked to the Evaluation activity	Period (Week)	Platform
Midterm Practical	20	ROM and stretching	2,3,4	Week 7	On campus
Midterm Theory	30	Ch 1, Ch 3, and Ch 4	1,2,4,5	Week 8	On campus
Final Practical	20	Mobilization and strengthening	2,3,4	Week 15	On campus
Final Theory	30	Ch 4, Ch 5, Ch 6 and physical modalities	1,2,4,5	Final week	On campus

25. Course Requirements:

Please ensure to check the e-learning website a day before the lecture or the lab, course pack before coming to the class. You will lose marks for not having the materials with you.

For each lab and clinical session, you should have:

- A note taking pad, pen, highlighter and a marker (each student should have one).
- A small sanitizer
- A medium size towel



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 different body parts

26. Course Policies:

A- Attendance policies:

- Attendance will be taken on every class throughout the semester.
- Students are expected to attend and actively participate in all classes.
- Students are expected to be on time.
- When the student is unable to attend class, it is a courtesy to notify the instructor in advance using e-mail
- Repeated tardiness or leaving early will not be accepted.
- Students who miss class (or any portion of class) are responsible for the content. Any student who misses a class has the responsibility for obtaining copies of notes, handouts, assignments, etc. from classmates who were present. If additional assistance is still necessary, an appointment should be scheduled with the instructor. Class time is not to be used to go over material with students who missed class(es).
- An absence of more than 15% of all the number of classes, which is equivalent of (11 hours), requires that the student provides an official excuse to the instructor.
- 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 as stated in the laws and 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).
- Except for the final exam, make-up exams will be arranged if justifications for missing the exam satisfy the above. It is the student's responsibility provide an excuse for the absence within three days to schedule a make-up session. Otherwise, the recorded score for that exam for the student will be a zero.

C- Health and safety procedures:

- Students will not be in direct contact with patients during this course.
- Students are not expected to use any heavy tools or equipment that might impose health and safety issues during this course.
- Students should work safely, including being able to select appropriate hazard control and risk management, reduction or elimination techniques in a safe manner in accordance with health and safety legislation.
- Students should understand the importance of and be able to maintain confidentiality.



- Students should know the limits of their practice and when to seek advice or refer to another professional
- Students should understand the importance of and be able to obtain informed consent.

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 points from 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 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.

27. References:

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



Kisner C, & Borstad J, & Colby L(Eds.), (2023). *Therapeutic Exercise: Foundations and Techniques, 8e.* McGraw Hill. <https://fadavispt.mhmedical.com/content.aspx?bookid=3279§ionid=272461890>

B- Recommended books, materials, and media:

Will be provided, if any, will be provided via the elearning

28. Additional information:

None

Name of the Instructor or the Course Coordinator:Majd Jarrar.....	Signature: ...MJ.....	Date: ...Oct 11.....
Name of the Head of Quality Assurance Committee/ DepartmentMajd Jarrar.....	Signature: ...MJ.....	Date: Oct 11.....
Name of the Head of DepartmentMajd Jarrar.....	Signature:MJ.....	Date: ...Oct 11.....
Name of the Head of Quality Assurance Committee/ School or Center Prof Kamal Al Hadidi	Signature: KAH	Date: ...Oct 11...
Name of the Dean or the DirectorProf Kamal Al Hadidi.....	Signature: ...KAH.....	Date: ...Oct 11...