



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	Emergency care in athletic therapy
2	Course number	1801718
3	Credit hours	2
	Contact hours (theory, practical)	4 (1,3)
4	Prerequisites/corequisites	-----
5	Program title	MSc. in Athletic therapy
6	Program code	1801-7
7	Awarding institution	The University of Jordan
8	School	School of Rehabilitation Sciences
9	Department	Department of Physiotherapy
10	Course level	Postgraduate/ first year
11	Year of study and semester (s)	2023/2024 – First semester
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 checked="" type="checkbox"/> Others... YouTube
16	Issuing/Revision Date	7/10/2023

17 Course Coordinator:

Name: Dr. Dania Qutishat	Contact hours: Thursday 8-10
Office number: 337 (3 rd floor)	Phone number: 06 5355000- 23227
Email: d.qutishat@ju.edu.jo	

18 Other instructors: None

19 Course Description:

This course is composed of theoretical and practical elements. The theoretical lectures cover an introduction of the concept of therapeutic exercise, flexibility exercises which include range of motion exercise, stretching exercise and mobilization. Lectures include case studies and discussion of the latest evidence. The practical element covers the flexibility exercises of range of motion, stretching and mobilization. Practical sessions are mainly based on peer modeling to master the skills and techniques learned through the semester.

20 Course aims and outcomes:

A- Aims:

- To provide students with the basic concept of therapeutic exercise and how it is related to the physical function of flexibility.
- To give the students the skills and confidence to apply what they have learned about therapeutic exercise into real case scenarios.
- To offer an interactive and stimulating approach of learning about the evidence based flexibility exercises.

B- Students Learning Outcomes (SLOs):

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

Program SLOs:

SLOs	SLO (1)	SLO (2)	SLO (3)	SLO (4)
SLOs of the course				
1- Incorporate theoretical frameworks and principles of rehabilitation and athletic therapy to ensure adequate management from the point of injury until the return to full athletic performance.	x			
3- Plan and conduct assessment and management of emergency, acute, and overuse sports-related injuries and consider the necessary preventive measures and document the process and outcomes		x		
4- Develop autonomous and reflective practice based on the use of evidence, clinical reasoning, practice guidelines, and practice policies.		x		
5- Evaluate and apply the principles of ethical and professional practice in various environments and situations.		x		
6- Engage within a multidisciplinary team with a range of professionals to contribute to the management and rehabilitation of athletes.				
1- Incorporate theoretical frameworks and principles of rehabilitation and athletic therapy to ensure adequate management from the point of injury until the return to full athletic performance.				

21. Topic Outline and Schedule:

Wk	Topic	Resources
1	Roles and responsibility and scope of practice	The textbooks listed in the reference section below.
2	Assessment of critically ill athletes	
3	Management of soft tissue injuries	

4	Management of skeletal injuries	Additional readings from the literature will be added as required.
5	Immobilization techniques for extremities, thoracic and pelvis-1	
6	Immobilization techniques for extremities, thoracic and pelvis-2	
7		
8	Mid Exam	
9	Equipment and setting preparation	
10	Management of abdominal injuries	
11	Transportation and ambulatory	
12	Management of General medical and sudden illness	
13	Management of environmental emergencies	
14	Discussion and reflection	



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
Mid Exam	30%	Wk 1-6	All	Week 8	Campus
Practical skills check point.	20%	Wk 1-13	All	Week 14	Campus
Reflection	10%	All	All	Week 12	Campus
Final Exam	40%	All topics	All	To be announced later	Campus

23 Course Requirements

Online lectures: Computer, tablet or smart phone, internet connection, web camera.

Onsite practical sessions:

- Infection control measures: sanitizer (provided by the student)
- Practical training related: Beds/ Mats/ Flat sheets/ Belts/ Towels/ Sanitizer/ wands/ pillows (provided by JU)

Dress code for practical sessions: light cotton shirts/ t-shirts for the tops and cotton non-restrictive pants. Clean socks and easy to wear shoes.

24 Course Policies:

A- Attendance policies:

- You are expected to attend all the online classes and onsite practical sessions. If you are sick or have symptoms that are flu related, please stay at home and inform me via teams.
- 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 onsite 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). Make-up exams for the mid exam are subject to the instructor's confirmation.
- Submitting assignments on time: late submissions for the project will be subject to marks deduction. 2 marks per day.

C- Health and safety procedures:

- If you have any symptom that is flu related you should stay at home (e.g. fever, cough, sore throat).
- If you suspect that you tested positive for COVID you should stay at home and inform me via teams.
- 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.

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

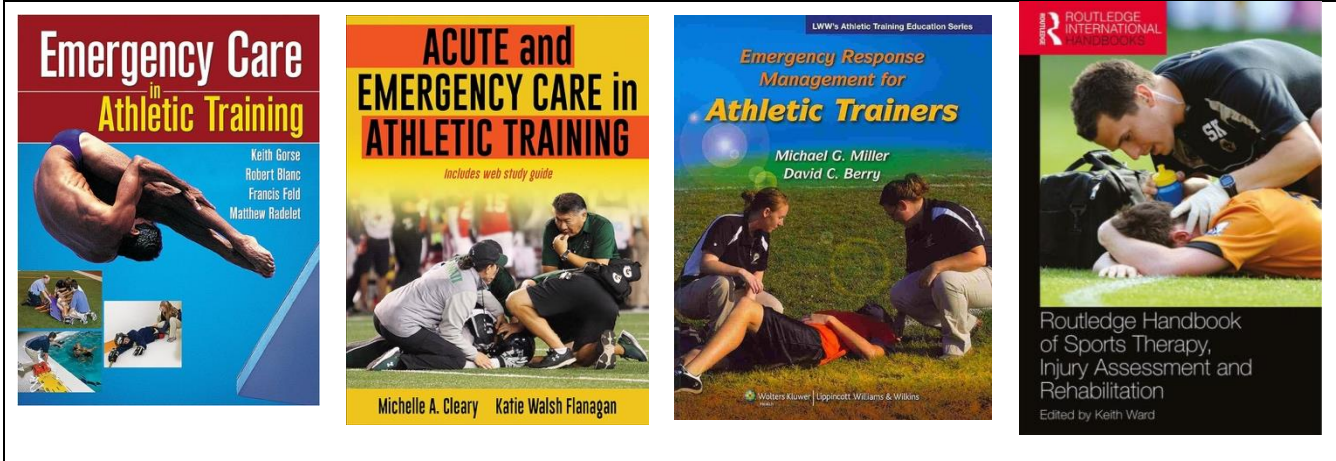
E- Grading policy:

- Grading for this course will be determined based upon the accumulation of points from a variety of 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:



26 Additional information:

- The course is supported with a e-learning course area. This provides students with course information and important course materials e.g. electronic copies of this handbook, hand-outs, ppt., 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.
- The theory classes will be held online via MT. Recorded lectures will be available on teams.
- This course builds on the knowledge and skill gained during other courses: **Principles of rehabilitation and ethics:** students implement the knowledge gained during this module to provide evident of implementation of professional physiotherapy standards and codes of ethics especially during practical sessions. **Anatomy I & II:** students need to review the surface anatomy for bony land marks 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.

If you have any queries, comments or suggestions you could email the instructor, send a message via e-learning or MT.

Name of Course Coordinator: Dr. Dania Qutishat -Signature: DQ Date: 7/10/2023
Head of Curriculum Committee/Department: Dr. Ibrahim Tobasi Signature: Ibrahim Tobasi
Head of Department: Dr. Ibrahim Tobasi Signature: Ibrahim Tobasi
Head of Curriculum Committee/Faculty: ---Prof. Kamal A. Hadidi---- Signature: -----KAH-----
Dean: ---Prof. Kamal A. Hadidi---- Signature: -----KAH-----



