

ANGELO STATE UNIVERSITY
Archer College of Health and Human Services
Doctor of Physical Therapy Program

PT 7152 Intro to Therapeutic Exercise

Summer 2019
1 Credit (0-3-0)

COURSE COORDINATOR:

Kendra Nicks, PT, ScD, COMT
Associate Professor
Office: HHS 224D
(w) 325-942-2250
Email: kendra.nicks@angelo.edu
Office hours: By appointment

COURSE LOCATION:

HHS 210

MEETING HOURS:

see schedule

CLOCK HOURS:

48 hours Lab

COURSE PREREQUISITES:

Successful completion of all previous
DPT coursework.

Course Description: This course will explore the interventions of therapeutic exercise that are commonly used by physical therapists. Students will develop competency in selection and implementation of therapeutic exercise with emphasis on safety, effectiveness, and evidence-based practice.

Course Objectives:

Upon the completion of this course the student should be able to:

1. Discuss the theoretical basis for the application of therapeutic exercise on patients / clients with common conditions. Emphasis will be given to common musculoskeletal injuries and conditions, including post-operative states. 7D1, 7D22,7D23
2. Describe and demonstrate various types of therapeutic exercise and their impact on physical function.7D24,7D27
3. Discuss strategies for effective learning and exercise adherence.7D12
4. Describe indications and contraindications for the application of therapeutic exercise.7D16,7D20,7D33
5. Select and apply appropriate therapeutic exercise with emphasis on safety, effectiveness, and evidence-based practice.7D19,7D24,7D33
6. Assess response to treatments with therapeutic exercise and recognize adverse patient responses to therapeutic interventions. 7D4,7D5,7D8 , 7D17,7D31
7. Develop a progressive therapeutic exercise program to address specific functional importance.7D10,7D11
8. Effectively educate patients/family in the prescribed exercise proper form and prescription. 7D12

9. Appreciate the role of the patient in developing a plan of care and the right to consent to treatment. 7D4, 7D5
10. Critically evaluate published studies related to topics in therapeutic exercise and musculoskeletal physical therapy. 7D9

Teaching methods/Learning activities:

Lecture, facilitated discussion, laboratory demonstration and practice, patient presentations, problem-solving sessions, reading and written assignments, small group work, quizzes, written tests and practical examinations.

Blackboard will be used to communicate between instructors and students.

Tentative Schedule: See attached

Equipment:

ASU Department of Physical Therapy equipment sign out will be done following the procedures listed below:

- Check with the primary faculty who traditionally use the equipment for initial approval
- Check with the other two faculty team members to make sure they have not scheduled a use for the equipment which you desire to check out
- See the PT program coordinator to sign out and sign in the equipment, stating the date of sign out, the piece of equipment and the anticipated date of return
- Inform the primary faculty member when the equipment is returned.

Required Text:

1. Kisner C, Colby LA. *Therapeutic Exercise: Foundations and Techniques*. 7th ed. F. A. Davis; 2012.

Recommended Articles:

Will be provided on blackboard or in references on the power point presentations.

Evaluation Methods:

Written exams(2)	20% each	40% total
Practical exam		40%
Presentation		20%
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Total		100%

The final course grade will be assigned based on the cumulative percentage of points earned throughout the course:

- A = 90-100
- B = 80-89
- C = 70-79
- F = 69 or less

Students must score 80% or better in total (A or B grade) in order to meet mastery and receive credit for this class. Exceptions may be sought by petition of the Academic Committee of the Physical Therapy Program and/or Course Coordinator who **may** require remediation and **may** be given the opportunity to repeat the activity.

Written unit examinations and quizzes may consist of multiple choice, true-false, short answer, essay questions and patient case studies. The examinations will address knowledge, analysis and application of concepts. Students are expected to take all written examinations on the day they are scheduled. **There will be no make-up examinations.** Quizzes may be open book/open note but are expected to be individually taken and not a group effort.

Practical exam will be graded and students must meet mastery of 80%. **Retakes will be limited to one attempt.** If a retake is successfully completed, a score of no more than 80% will be recorded for the final grade.

In class participation is expected and students must be on time, wear proper attire, and actively participate in class. Each unexcused tardy, absence, or un-professional behavior exhibited in class will contribute to 1% deduction from the total grade.

ACADEMIC HONESTY:

Academic honesty policies and procedures are reinforced throughout all aspects of the professional program. Faculty and students should familiarize themselves with the Angelo State University Code of Student Conduct found in the ASU Student Handbook available on the ASU website (<http://www.angelo.edu/student-handbook/>). This document, in addition to the information listed below, will be utilized to identify and address academic dishonesty within the program. The Department of Physical Therapy bases student conduct on the APTA Code of Ethics, Guide for Professional Conduct and Standards of Practice (<http://www.apta.org/>) (**Appendix 8**), in addition to Professional Behaviors. Specifically, the Department of Physical Therapy aligns itself with Angelo State University procedures under the Code of Conduct located at <http://www.angelo.edu/student-handbook/code-of-student-conduct/>, and the Community Policies located at <http://www.angelo.edu/student-handbook/community-policies/>. Both of these documents are located in the Angelo State University Student Handbook <http://www.angelo.edu/student-handbook/> and fall under the guidance of the Office of Student Affairs and Enrollment Management. Please see the Dept. of Physical Therapy Student Handbook for further explanation.

ATTENDANCE/TARDINESS POLICY

Attendance and promptness to classes, meetings, and future work obligations are considered professional behaviors. As this department is preparing potential professionals in the area of physical therapy, it is part of our expectation that student presence and timeliness will be held in highest regard. Tardiness is a disruption to the instructor and fellow students. A student is considered tardy if he/she arrives for class after the instructor has begun class activities. Please see the following related to implications from excessive lateness or absences without a reasonable excuse:

- a. First offense - verbal warning
- b. Second offense - second verbal warning, initiation of Disciplinary Tracking Form.
- c. Third offense - 1% off final course grade
- d. 1% off final course grade for each additional unexcused tardy or absence

Per the student handbook, **2 or more occurrences combined or mixed will result in the initiation of a**

Disciplinary Tracking Form.

If a student has an unexcused absence during integrations it may lead to the removal of that student from that clinical environment. It is the responsibility of the student to contact the clinical site and give notice if they are ill, or have transportation issues.

If the student is unable to attend class, it is the student's responsibility to either call the PT office at 942-2545 or the office of the professor of the class directly. This notification should be made prior to commencement of said class.

Continued issues with tardiness/attendance across all courses will result in disciplinary probation and will be referred to the PT faculty for consideration of options, including program dismissal.

The PT faculty is not oblivious to doctor's appointments and other potential hazards and emergencies in daily life. Simply taking responsibility to notify the office or the professor if issues arise is considered professional behavior. Please do not rely on a classmate or other form of notification, as these have proven unreliable in years past.

ATTENDANCE AT ALL SCHEDULED EXAMINATIONS IS MANDATORY. Any unexcused absence from an examination will automatically result in a score of ZERO for that examination. Any student absent from examinations due to illness or injury must have a written justification from their physician. **Absence from an examination for any other reason must be excused before the time of the scheduled examination** or brought about by a very serious circumstance. For excused absences only, make-up examinations must be taken no later than one week after the student returns to class. Extended absences must be approved by the Program Director of Physical Therapy.

STUDENTS WITH DISABILITIES:

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability Services website at www.angelo.edu/ADA. The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047

dallas.swafford@angelo.edu

Houston Harte University Center, Room 112

When a student states he or she could meet the program's technical standards with accommodation(s), the Office of Student Affairs will confirm that the stated condition qualifies as a disability under applicable laws. If the condition qualifies as a disability, the University will determine if it agrees that the student can meet the technical standards with reasonable accommodation; this includes a review of whether or not the accommodation requested is reasonable, taking into account whether or not the accommodation would jeopardize clinician/patient safety or the educational process of the student or the institution, including all course work, clinical educational experiences and internships deemed essential to graduation. Students are required to read and sign the DPT program's technical standards (DPT Program Student Handbook Appendix I) form and to update their responses on this form if their health status changes.

A student who requires accommodation to meet the technical standards must obtain verification by the Office of Student Affairs that proper reasonable accommodation is available for the student to meet the standard. The program will not provide accommodation without such written verification.

RELIGIOUS HOLY DAYS

Faculty will provide accommodations for student absences for observance of a religious holy day(s) (OP 10.19). Students should make every effort to inform a faculty member at the beginning of the semester regarding these absences.

PROFESSIONAL BEHAVIORS

Professional attire including nametag is expected when guest speakers are scheduled unless other instructions are given. Appropriate clinic attire is expected during clinical integration. Maintaining a safe and clean learning environment is the responsibility of students and faculty. Please note that food and open drinks will not be allowed in the lab area

Gum-chewing is not permitted in lab, during on-campus patient/client experiences or during any off-campus activities. Cell phones are to be turned off upon entering the classroom. Personal e-mailing and internet surfing are not allowed during lecture and lab activity. Students with two violations will be penalized 1% on their final course grade. Thereafter, 1% will be deducted for each subsequent violation and will be excluded from the class activity. Continual problems with professional behaviors will be directed to the student's academic advisor and, if necessary to the Academic Committee for action.

