

COURSE NUMBER 7252

COURSE TITLE

SEMESTER 2021



*Archer College of Health and  
Human Services*

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**Instructor: Dr. Kendra Nicks, PT, ScD, COMT, TPS**

**Associate Professor**

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**Phone:** (w) 325-942-2250

**Office:** HHS 224D

**Office Hours:** By appointment

## **Course Information**

### **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 Credits**

**2 Credits (1-3-0)**

### **Prerequisite and Co-requisite Courses**

Successful completion of all previous DPT coursework

### **Prerequisite Skills**

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the course.

### **Program Outcomes**

Upon completion of PT 7252, Intro to Therapeutic Exercise, the student will be equipped for the completion of all practicum courses.

### **Student Learning Outcomes**

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

## Course Delivery

This is an in person course offering.

Lecture, facilitated discussion, laboratory demonstration and practice , problem-solving sessions, self-instructional materials, reading and written assignments, small group work, clinical simulations/feedback sessions, and practical examinations.

There may be several open laboratory sessions available. They are for your benefit to work on your skill techniques and procedures with faculty available for guidance. They are unstructured in terms of assignments, as you know which skills, techniques and procedures you need to work on. Come prepared to utilize the time and faculty resources wisely. If you are

disruptive, in terms of didactic class or laboratory material review during these open lab sessions, then you will be barred from additional open laboratory use.

## Required Texts and Materials

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

## Recommended Texts and Materials

### Recommended Articles:

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

## Technology Requirements

You will be required to make a video during this class so Blackboard and your computers camera are required to work together through Kaltura or other supported programs on Blackboard.

## To participate in one of ASU's education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

## Topic Outline

Week	Date	Time	Topic
1	5/24 Tue	8:00-12:30	Intro to Ther-ex - ROM and Stretching
	5/26 Wed	8:00-11:00	Resistance Exercise & BFR
	5/26 Thu	8:30-12:30	IRM living and Resistance Exercise
	5/31 Tue		NO Class-Orientation

2	6/01 Wed	8:00-11:00	Functional Mobility
	6/02 Thu	8:30-12:30	Principles of Aerobic Exercise & Surgical and Post-op management
3	6/07 Tue	8:00-12:30	Exam 1
	6/08 Wed	8:00-11:00	Ther ex for spine/core
	6/09 Thu	8:00-12:30	Ther ex for upper extremity
4	6/14 Tue	8:30-12:30	Ther- ex for lower extremity
	6/15 Wed	8:00-11:00	Exercise for impaired balance
	6/16 Thu	8:30-12:30	Exam 2- video assignment due
5	6/21 Tue	8:00-12:30	Mock Practical
	6/22 Wed	8:00-12:30	Practical Exams
	6/23 Thu	8:30-10:30	Practical Exams- response to videos due

## Communication

**Faculty communication:** Office hours and/or advising may be done in person or with the assistance of the telephone, Collaborate, Skype, etc.

Professor will be available via e-mail and will make every attempt to respond to request within 24 hours of student question are need.

Students are asked to e-mail professor with issues if they will not be attending class.

## Grading

### Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Percent/Points of Total Grade
Written exams (2) 20% each	40%
Practical Exam	40%
Video HEP Assignment	20%
Total	100%

### Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

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.**

**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 of that practical exam.

**In class participation** is expected and students must be on time, 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.

## Teaching Strategies

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (**beyond the materials and lectures presented in the course**) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

## Assignment and Activity Descriptions

**\*Please note: Rubrics for all assignments and activities are located at the end of this syllabus.**

### Exercise Based Video Assignment

This is a 3 part Assignment-

1. PowerPoint slide show
2. Exercise Videos
3. Response and feedback

**Part 1.** You will create a PowerPoint summary of the assigned topic to post in the Assignment folder

Key Components of PowerPoint summary

1. Summary of the condition
2. Corresponding phases of recovery
3. Discuss common devices that may be appropriate (ie, theraband, dumbbells, gym machines etc)

References (minimum of 3)

No more than 10 slides and font must be greater than 16

#### **Instructional Video**

**Part 2.** You will then create videos of the HEP exercises- to be posted in Bb discussion board For this assignment, the

students will be assigned a condition to produce an instructional video for a HEP (refer to Dr. Atkin's video instructions for procedure [us-iti.bbcollab.com/recording/7a9dc5b115d646cd80ce695da25c3c12](https://us-iti.bbcollab.com/recording/7a9dc5b115d646cd80ce695da25c3c12))

Each video should be of a therapist teaching the patient how to perform each exercise. Each person in the group will need to act as therapist for at least one of the videos. (self-select any phase of recovery and choose exercises to address that phase) and will include at least 3 exercises and no more than 5, for each condition, be sure to choose the most relevant exercises to address the most common impairments (strength, ROM, balance, mobility etc...) associated with each condition.

Education of patient on proper technique and reasoning for these exercises to the condition- make sure to have the equipment available. May use any home item as necessary.

Each exercise should be recorded as a separate video (do not record all exercise on a single video)

The video should be concise

Estimated duration of each video  $\leq$  2 minutes

Rehearse and practice prior to videoing

Key Components of each video

1. Name and purpose of the exercise-how it fits into a goal
2. Pt instruction including form and reasoning
3. Be sure to include specified phases of recovery (ie. Acute, chronic etc)
4. Dosage- weight, reps, sets, frequency, duration

### **Response and Feedback**

In the discussion forum, the student is required to provide comments/feedback to at least 2 groups. Please make your responses constructive and thoughtful.

As a means of course review, you are encouraged to watch all of the videos and may provide additional feedback

GRADING- see rubric

The faculty looks forward to reviewing the project. Best wishes on your film making career!

### **Conditions**

	Condition	Setting
1	Shoulder impingement	Outpatient
2	Degenerative joint (Hip &TKR replacement)	Acute care
3	Mechanical LBP	Outpatient
4	Lateral epicondylopathy	Outpatient
5	Generalized weakness due to prolonged bedrest	Acute care
6	Patella Femoral Pain	Outpatient
7	Mechanical neck pain	Outpatient
8	Lateral ankle sprain	Outpatient
9	Plantar Fasciopathy	Outpatient
10	Degenerative joint (shoulder replacement)	Acute care

### Assignment Submission

All assignments MUST be submitted through the Assignments or Discussion Board link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at [kendra.nicks@angelo.edu](mailto:kendra.nicks@angelo.edu) and attach a copy of what you are trying to submit. Then, please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue. This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

### POLICY ON LATE OR MISSED ASSIGNMENTS

Due dates and times for assignments are posted. Failure to submit your assignments on the assigned date will result in a zero for that assignment. No papers or postings will be accepted passed the assigned due date.

## General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)<sup>1</sup>
- [Angelo State University Catalog](#)<sup>2</sup>

### Student Responsibility and Attendance



## **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 IN THE SCHEDULED LOCATION (e.g., CLASSROOM OR TESTING CENTER) IS MANDATORY.** Any unexcused absence from an examination will automatically result in a score of ZERO for that examination. Attempt(s) to take the exam in a location other than that scheduled by the professor without prior approval will automatically result in a score of ZERO for that examination. In the event that a student is late to an exam, that student will automatically receive a MINIMUM of 15 percentage points off of the total exam grade, and will ONLY be given the remainder of the time from the scheduled start time to finish the exam. Additionally, attempting to take the exam in an unscheduled location or being late to or absent from an exam will result in initiation of a disciplinary tracking form. Any student absent from examinations due to illness or injury must have a written justification from their physician. **Absence from or tardiness to an examination for any other reason must be excused before the time of the scheduled examination by the professor** 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.

## **Cell Phones**

Students must silence cell and place them out of sight during class. Permission may be granted, at the

instructor's discretion, to have a cell phone out during class. Students seeking permission to have cell phones out during class must do so prior to the start of class. The first offense includes a verbal warning that will be documented in the behavioral tracking sheet. The second offense includes the initiation of a disciplinary tracking form. The third offense will result in the convening of a disciplinary committee to decide upon further disciplinary action.

## **Academic Integrity**

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).<sup>3</sup>

## **Accommodations for 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](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>4</sup> 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](mailto:dallas.swafford@angelo.edu)

Houston Harte University Center, Room 112

## **Incomplete Grade Policy**

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)<sup>5</sup> for more information.

## **Plagiarism**

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)<sup>6</sup> in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the [ASU Writing Center](#).<sup>7</sup>

## **Student Absence for Observance of Religious Holy Days**

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)<sup>8</sup> for more information.

## **Copyright Policy**

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

## **Syllabus Changes**

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

## **Title IX at Angelo State University**

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: [www.angelo.edu/incident-form](http://www.angelo.edu/incident-form)

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: [michelle.boone@angelo.edu](mailto:michelle.boone@angelo.edu)

*Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).*

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: [www.angelo.edu/title-ix](http://www.angelo.edu/title-ix).

## **Covid-19 Information**

### **Course Syllabus Statement on Required Use of Masks/Facial Coverings by Students in Class at Angelo State University**

As a member of the Texas Tech University System, Angelo State University has adopted the Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are encouraged to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. Continued non-compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of

Student Conduct.

For religious or any other exemption-related questions, students should contact the [Office of Student Affairs](#).

## **Policy on Test Question Review**

1. All Tests and Quizzes will be analyzed by faculty to determine validity of questions and accuracy of answers at their earliest convenience.
2. If errors are determined, adjustments will be made before grades are assigned.
3. An announcement will be made when grades are finalized
4. There will be no discussion on test questions until analysis and grades are assigned.
5. If a student opposes a question's answer, he or she will have 24 hours after posting of grades to provide, by email, a paper to support the chosen answer. The maximum accepted length of the paper is 1 page (double spaced & font 12). Only references cited in class will be accepted (textbooks, PowerPoint, &/or articles cited in PowerPoints). An individual time will be scheduled with the student to review the challenged question(s).
6. Student queries prior to the announcement of assigned grades will negate the opportunity to challenge a question.

Faculty may elect to discuss the concept of specific questions with a high percentage of missed answers in class. No change in grades will be made based upon class discussion, see # 5.

## **Grading Rubrics**

**DPT 7252 Ther-Ex**

**Summer 2020**

**Angelo State**

**University**

**Video Assignment Grade Form**

Student \_\_\_\_\_

## PowerPoint

Pathology- including symptoms \_\_\_\_\_ 20  
pts

Phases of Recovery \_\_\_\_\_ 10 pts

Common devices \_\_\_\_\_ 5 pts

References minimum of 3 \_\_\_\_\_ 2 pts

## HEP videos

Name and purpose of each exercise \_\_\_\_\_ 15 pts  
(How does it address a goal)

Concise and proper patient instruction \_\_\_\_\_ 20  
pts  
(Should include form as well as reasoning)

Phase of recovery \_\_\_\_\_ 4 pts

Dosage \_\_\_\_\_ 4 pts

Total \_\_\_\_\_ /80pts

ANGELO STATE UNIVERSITY

Doctor of Physical Therapy Program

Practical Examination Assessment for Therapeutic Exercise

Student \_\_\_\_\_ Date \_\_\_\_\_

Total score: \_\_\_\_\_

/75 possible points

	Pos pts	Card 1	Card 2	Card 3
Proper introduction and patient identification	1			
Position the patient in a safe position	1			
<b><u>Perform procedures as indicated (eg, ROM vs. stretching)</u></b>	<b><u>5</u></b>			
<b><u>Perform procedures correctly (eg, stretch the intended muscles)</u></b>	<b><u>5</u></b>			
<b>Proper patient education on form and request feedback from patient</b>  Provide clear and concise explanations/demonstrations	<b>5</b>			
<b><u>Prescribes the appropriate dosage to meet the goals for return to function</u></b>	<b><u>5</u></b>			
Perform in an organized, confident, and timely manner	3			
<b>Total Score</b>	<b>25</b>	<b>/25</b>	<b>/25</b>	<b>/25</b>

Skills in **BOLD** are required to meet mastery regardless of performance of other requirements

## Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences. Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

### Select the SLO's you use

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Developing knowledge and understanding of diverse perspectives, global awareness, or other cultures
3. Learning to apply course material (to improve thinking, problem solving, and decisions)
4. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
5. Acquiring skills in working with others as a member of a team
6. Developing creative capacities (inventing, designing, writing, performing in art, music, drama, etc.)
7. Gaining a broader understanding and appreciation of intellectual/cultural activity (music, science, literature, etc.)
8. Developing skill in expressing oneself orally or in writing
9. Learning how to find, evaluate, and use resources to explore a topic in depth
10. Developing ethical reasoning and/or ethical decision making
11. Learning to analyze and critically evaluate ideas, arguments, and points of view
12. Learning to apply knowledge and skills to benefit others or serve the public good



13. Learning appropriate methods for collecting, analyzing, and interpreting numerical information

### End of Syllabus

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<sup>1</sup> <https://www.angelo.edu/student-handbook/>

<sup>2</sup> <https://www.angelo.edu/catalogs/>

<sup>3</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>4</sup> <https://www.angelo.edu/services/disability-services/>

<sup>5</sup> <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

<sup>6</sup> <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

<sup>7</sup> [https://www.angelo.edu/dept/writing\\_center/academic\\_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)

<sup>8</sup> <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>