

Washtenaw Community College Comprehensive Report

PTA 220 Therapeutic Exercise I Effective Term: Spring/Summer 2020

Course Cover

Division: Health Sciences

Department: Allied Health

Discipline: Physical Therapist Assistant

Course Number: 220

Org Number: 15800

Full Course Title: Therapeutic Exercise I

Transcript Title: Therapeutic Exercise I

Is Consultation with other department(s) required: No

Publish in the Following: College Catalog , Time Schedule , Web Page

Reason for Submission: Three Year Review / Assessment Report

Change Information:

Consultation with all departments affected by this course is required.

Course description

Outcomes/Assessment

Objectives/Evaluation

Other:

Rationale: Changes are based on the 2019 Assessment report.

Proposed Start Semester: Fall 2020

Course Description: In this course, students are introduced to the theory, principles and procedures of therapeutic exercise. Students apply this foundation to the safe and appropriate selection, administration, monitoring and adjustment of exercise programs such as balance, strengthening and posture. Students develop skills in data collection and reporting techniques such as goniometric range of motion and manual muscle strength testing. The rationale for the selection and use of basic exercise equipment will be developed. Students will practice the development, selection and progression of goal-directed therapeutic exercise programs as well as monitoring and documenting patient performance and response through laboratory activities including practice, patient simulations, and demonstrations.

Course Credit Hours

Variable hours: Yes

Credits: 0 – 4

Lecture Hours: Instructor: 30 Student: 30

Lab: Instructor: 60 Student: 60

Clinical: Instructor: 0 Student: 0

Total Contact Hours: Instructor: 0 to 90 Student: 0 to 90

Repeatable for Credit: NO

Grading Methods: Letter Grades

Audit

Are lectures, labs, or clinicals offered as separate sections?: YES (separate sections)

College-Level Reading and Writing

College-level Reading & Writing

College-Level Math

Requisites

Prerequisite

PTA 180 minimum grade "C"

General Education

Request Course Transfer

Proposed For:

Student Learning Outcomes

1. Describe the role of the PTA in the implementation of the plan of care and describe the relationship between the physical therapy evaluation and the development of the plan of care.

Assessment 1

Assessment Tool: Departmental written final exam

Assessment Date: Winter 2022

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Each question will be scored as correct or incorrect based on the answer key

Standard of success to be used for this assessment: 80% of the students will score of 80% or higher on the final exam questions

Who will score and analyze the data: Department faculty

2. Describe the rationale for the use and progression of selected therapeutic exercises as it relates to patient data, short and long term goals identified in the plan of care established by a physical therapist.

Assessment 1

Assessment Tool: Departmental written final exam

Assessment Date: Winter 2022

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Each question will be scored as correct or incorrect based on the answer key

Standard of success to be used for this assessment: 80% of the students will score of 80% or higher on the final exam questions

Who will score and analyze the data: Department faculty

3. Demonstrate competence in the administering, monitoring, and adjusting therapeutic exercise interventions including strengthening, aerobic conditioning, balance and coordination, conditioning and reconditioning as identified in a plan of care established by a physical therapist.

Assessment 1

Assessment Tool: Lab practical exam and written case study

Assessment Date: Winter 2022

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Both the Lab practical exam and case study assignment will be scored with a rubric

Standard of success to be used for this assessment: 80% of all students will score 80% or higher on the lab practical exam and written case study assignment

Who will score and analyze the data: Department faculty

4. Provide patient related instruction to patients, family members, care-givers and other members of the health care team.

Assessment 1

Assessment Tool: Lab practical exam and written case study assignment

Assessment Date: Winter 2022

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: All

How the assessment will be scored: Both the lab practical exam and case study assignment will be scored with a rubric

Standard of success to be used for this assessment: 80% of all students will score 80% or higher on the lab practical exam and written case study assignment

Who will score and analyze the data: Department faculty

Course Objectives

1. Define the components of the patient management process.
2. Describe assessment techniques used to collect data necessary for safe patient management and appropriate implementation of the plan of care.
3. Define the components of the APTA disablement model and relate to the development of treatment goals in a plan of care developed by a physical therapist.
4. Describe appropriate modifications to an exercise program based on clinical indications and collected data.
5. Define fitness, endurance, and aerobic conditioning.
6. Identify physiologic changes that occur with deconditioning, and the physiologic response to conditioning exercises.
7. Demonstrate competence in safe patient management during strengthening, aerobic conditioning, balance and coordination, and reconditioning therapeutic exercises.
8. Document appropriate data collected, therapeutic intervention, patient response, and adjustment of short term goals in a clear concise patient treatment/progress note.
9. Develop and instruct a patient and/or family member in an appropriate exercise program.
10. Identify factors that interfere with patient performance of the exercise program and identify strategies to increase compliance.
11. Demonstrate data collection techniques such as goniometric, manual muscle testing and circumference measurements.
12. Identify normal and abnormal values in data collection such as range of motion, strength and flexibility in the patient management process.

New Resources for Course

Course Textbooks/Resources

Textbooks

Manuals

Periodicals

Software

Equipment/Facilities

Other: Utilize the WCC fitness facility

Reviewer

Action

Date

Faculty Preparer:

Ann Herbert

Faculty Preparer

Jul 11, 2019

Department Chair/Area Director:

<i>Kristina Sprague</i>	<i>Recommend Approval</i>	<i>Jul 18, 2019</i>
Dean:		
<i>Valerie Greaves</i>	<i>Recommend Approval</i>	<i>Jul 19, 2019</i>
Curriculum Committee Chair:		
<i>Lisa Veasey</i>	<i>Recommend Approval</i>	<i>Oct 31, 2019</i>
Assessment Committee Chair:		
<i>Shawn Deron</i>	<i>Recommend Approval</i>	<i>Nov 08, 2019</i>
Vice President for Instruction:		
<i>Kimberly Hurns</i>	<i>Approve</i>	<i>Nov 08, 2019</i>

Washtenaw Community College Comprehensive Report

PTA 220 Therapeutic Exercise I Effective Term: Fall 2009

Course Cover

Division: Health Sciences

Department: Allied Health

Discipline: Physical Therapist Assistant

Course Number: 220

Org Number: 15800

Full Course Title: Therapeutic Exercise I

Transcript Title: Therapeutic Exercise I

Is Consultation with other department(s) required: No

Publish in the Following: College Catalog , Time Schedule , Web Page

Reason for Submission:

Change Information:

Rationale: corrected typo

Proposed Start Semester: Fall 2009

Course Description: This course introduces the PTA student to the theory, principles and procedures of therapeutic exercise providing the basis for safe and appropriate selection, administration, monitoring and adjustment of exercise programs (including balance, strengthening and posture). Students develop a rationale for the selection and use of basic exercise equipment and practice the development, selection and progression of goal-directed therapeutic exercise programs as well as monitoring and documenting patient performance and response. Laboratory activities correlate with lecture topics and include practice, patient simulations, and demonstrations.

Course Credit Hours

Variable hours: Yes

Credits: 0 – 4

Lecture Hours: Instructor: 30 **Student:** 30

Lab: Instructor: 60 **Student:** 60

Clinical: Instructor: 0 **Student:** 0

Total Contact Hours: Instructor: 0 to 90 **Student:** 0 to 90

Repeatable for Credit: NO

Grading Methods: Letter Grades

Audit

Are lectures, labs, or clinicals offered as separate sections?: YES (separate sections)

College-Level Reading and Writing

College-level Reading & Writing

College-Level Math

Requisites

Prerequisite

PTA 180 minimum grade "C"

General Education

Request Course Transfer

Proposed For:

Student Learning Outcomes

1. Describe the role of the PTA in the implementation of the plan of care and describe the relationship between the physical therapy evaluation and the development of the plan of care

Assessment 1

Assessment Tool: Departmental written final exam.

Assessment Date: Winter 2011

Assessment Cycle: Every Three Years

Course section(s)/other population: one

Number students to be assessed: random sample of students (50% of each section and/or no less than 4 per section)

How the assessment will be scored:

Standard of success to be used for this assessment:

Who will score and analyze the data:

2. Describe the rationale for the use and progression of selected therapeutic exercises and relate to the short and long term goals identified in the plan of care established by a physical therapist.

Assessment 1

Assessment Tool: Departmental written final exam.

Assessment Date: Winter 2011

Assessment Cycle: Every Three Years

Course section(s)/other population: one

Number students to be assessed: random sample of students (50% of each section and/or no less than 4 per section)

How the assessment will be scored:

Standard of success to be used for this assessment:

Who will score and analyze the data:

3. Demonstrate competence in the administering, monitoring, and adjusting therapeutic exercise interventions including strengthening, aerobic conditioning, balance and coordination, conditioning and reconditioning as identified in a plan of care established by a physical therapist.

Assessment 1

Assessment Tool: Written exam and lab practical exam

Assessment Date: Winter 2011

Assessment Cycle: Every Three Years

Course section(s)/other population: one

Number students to be assessed: random sample of students (50% of each section and/or no less than 4 per section)

How the assessment will be scored:

Standard of success to be used for this assessment:

Who will score and analyze the data:

4. Provide patient related instruction to patients, family members, care-givers, and other members of the health care team.

Assessment 1

Assessment Tool: Written exam and lab practical exam

Assessment Date: Winter 2011

Assessment Cycle: Every Three Years

Course section(s)/other population: one

Number students to be assessed: random sample of students (50% of each section and/or no less than 4 per section)

How the assessment will be scored:

Standard of success to be used for this assessment:

Who will score and analyze the data:

Course Objectives

1. Define the components of the patient management process.
2. Describe assessment techniques used to collect data necessary for safe patient management and appropriate implementation of the plan of care.
3. Define the components of the APTA disablement model and relate to the development of treatment goals in a plan of care developed by a physical therapist.
4. Describe appropriate modifications to an exercise program based on clinical indications and collected data.
5. Define fitness, endurance, and aerobic conditioning.
6. Identify physiologic changes that occur with deconditioning, and the physiologic response to conditioning exercises.
7. Demonstrate competence in safe patient management during strengthening, aerobic conditioning, balance and coordination, and reconditioning therapeutic exercises.
8. Document in a clear concise patient treatment/progress note, appropriate data collected, therapeutic intervention, patient response, and adjustment of short term goals.
9. Develop and instruct a patient and/or family member in an appropriate exercise program.
10. Identify factors that interfere with patient performance of the exercise program and identify strategies to increase compliance.

New Resources for Course

Course Textbooks/Resources

Textbooks
Manuals
Periodicals
Software

Equipment/Facilities

Reviewer

Originator: *Washtenaw Conversion*

Action

Originator

Date

Oct 27, 2009