



Jerash University
Faculty of Applied Medical Sciences
Physical Therapy Department

Course Syllabus

<u>Course title:</u>	Introduction of Physical Therapy	<u>Course No:</u>	1201101
<u>Course level:</u>	First year	<u>Course prerequisite (s) and/or co-requisite (s):</u>	Compulsory major
<u>Lecture time:</u>	T- (18:15-19:30)	<u>Credit hours:</u>	1 Hour

Academic Staff Specifics

<u>Name</u>	<u>Rank</u>	<u>Office Number and location</u>	<u>Office hours</u>	<u>E.mail address</u>
Dr: Rashed ALadwan	Assistant professor	Physical Therapy Department	12:00-13:00	king_20081979@yahoo.com

Course Description

The course is designed to provide the student with the fundamental of the profession of physical therapy, the basic terminology of the physical therapy, and how to use physical factors in treating diseases. This course provides basic information about the types of physical therapy such as manual therapy, electrical therapy, hydrotherapy, and how to use heat and cold in treatment.

Course Objectives

The course is designed to help the student learn about the science of physical therapy, the roles of the profession, and the modalities of physical therapy. The course help to understand types of physical therapy, what devices we use, how and when to use this treatment, and how to use them. This course focus on the indications, precaution, and contraindications of the physical therapy modalities.

Learning Outcome

Knowledge and understanding, by the end of this course, students should be able to:

- 1) Recognize fundamental concepts and terminology of physical therapy.
- 2) Recognize the basic principles of physical therapy profession.
- 3) Differentiate the types of physical therapy treatment.
- 4) Identify physical therapy treatment modalities.
- 5) Identify how and when to use physical therapy treatment modalities.
- 6) Recognize Indications, contraindication and precautions of different physical therapy modalities.
- 7) Recognize the skills of hand and manual therapy.

Cognitive skills (thinking and analysis):

Interactive learning by participating the student into the lectures content.

Communication skills (personal and academic):

Review concept at office hours

Practical and subject specific skills (Transferable Skills):.

Doing homework and simple reports.

Course Outline and Time schedule

Week	Course Outline
First week	Physical therapy profession
2nd week	Types of Physical Therapy
3rd week	Utilize physical modalities
4th week	Indications and goals for ROM
5th week	Indications and goals for ROM
6th week	Endorphin release theory
7th week	Endorphin release theory
8th week	Where does physical therapist practice?
9th week	Physiotherapy Terminology
10th week	History of physiotherapy
11th week	Physiotherapy settings
12th week	Physiotherapists roles
13th week	Hand (skills)
14th week	Brain (knowledge)
15thweek	Electrotherapy

Presentation methods and techniques

Methods of teaching varied according to the type of text, student and situation. The following techniques are usually used:

- ❖ Interactive Live **Online** Lectures
- ❖ Cooperative learning.
- ❖ Discussion.
- ❖ Learning by activities.
- ❖ Connecting students with different sources of information

Sources of information and Instructional Aids

- ❖ Computer ... power point ...etc.
- ❖ Transparencies
- ❖ Distance learning
- ❖ Library sources

Assessment Strategy and its tools

The assigned syllabus is assessed and evaluated through: feedback and the skills that are acquired by the students

The tools:

- 1- Diagnostic tests to identify the students level and areas of weakness
- 2- Formal (stage) evaluation
 - a) Mid-term exam
 - b) Class Participation
 - c) Activity file
 - d) Final exam

Tool & Evaluation

The following table clarifies the organization of the assessment schedule:

Test	Grade
Mid-term Exam	30
Activities & Participation	30

Final Exam	40
Total	100

Activities and Instructional Assignment

Practical assignments to achieve the syllabus objectives.

Regulations to maintain the teaching-Learning Process in the Lecture:

- 1- Regular attendance online live lectures.
- 2- Respect of commencement and ending of the lecture time.
- 3- Positive relationship between student and teacher.
- 4- Commitment to present assignments on time.
- 5- High commitment during the lecture to avoid any kind of disturbance and distortion.
- 6- High sense of trust and sincerity when referring to any piece of information and to mention the source.
- 7- The student who absents himself should submit an accepted excuse.
- 8- University relevant regulations should be applied in case the student's behavior is not accepted.
- 9- Allowed Absence percentages is (not exceed 15 %).

References

- ❖ ACSM's Guidelines for Exercise Testing and Prescription, 10th ED., 2017.
- ❖ Daniels and Worthingham's Muscle Testing, Techniques of Manual Examination and Performance Testing, 10th Ed., 2018.
- ❖ Fundamentals of the Physical Therapy Examination, 2nd Ed., 2018.
- ❖ Therapeutic Exercise: Foundations and Techniques, 7th Ed., 2017.