

Global Learning Semesters

Course Syllabus

Course: SPSC-117 Orthopedic -Therapeutic- Exercise

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-117	Orthopedic-Therapeutic-Gymnastics	1
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	BIOL-105, BIOL-106, SPSC-220, (Recommended: SPSC-260)
Department	Level of Course	Language of Instruction
Liberal Arts	Lower Division	English

Course Description

The aim of the course is the study of the theories, uses, and clinical applications for physical therapy modalities, agents, and treatment techniques.

Prerequisites

BIOL-105, BIOL-106, SPSC-220, (Recommended: SPSC-260)

Topic Areas

1. Introduction to Orthopedic and Special Consideration to Therapeutic exercise
2. Range of Motion
3. Stretching Activities for Increasing Muscle Flexibility
4. Principles of Resistance Training
5. Open-Chain Resistance Training
6. Medical Exercise Training
7. Proprioceptive Neuromuscular Facilitation
8. Closed-Kinetic-Chain Exercise and Plyometric Activities
9. Principles of Aerobic Conditioning
10. Balance Training
11. Posture, Body Mechanics, and Spinal Stabilization
12. Aquatic Therapy
13. Functional Progression: Lower Extremity
14. Functional Progression: Upper Extremity
15. Geriatric and Paediatric Perspectives

Learning Outcomes

By the end of this course students should be able to design and demonstrate orthopedic and therapeutic exercise programs.

Assessment

Midterm Examination: Theory (30%)

Final Examination: (60% - Design and deliver an orthopedic and therapeutic exercise program)
Attendance and Participation: (10%)

Readings and Resources

Required Textbooks

1. Bandy, W.D. & B. Sanders (Editors). Therapeutic exercise: techniques for intervention. Baltimore, Md: Lippincott Williams & Wilkins Publishers (2001).
2. Ellenbecker, T.S. & G.J. Davies. Closed kinetic chain exercise: a comprehensive guide to multiple-joint exercise Champaign, Ill: Human Kinetics, (2001).

Recommended Course Bibliography

Orthopedic and Sports Physical Therapy; Sports Rehabilitation; Journal of Athletic Training; Athletic Therapy Today; American Journal of Sports Medicine; Clinics in Sports Medicine; JAMA.