



**COWLEY COLLEGE  
& Area Vocational Technical School**

**COURSE PROCEDURE FOR**

**THERAPEUTIC EXERCISE IN REHABILITATION  
ALH6398 3 Credit Hours**

**Student Level:**

This course is open to students on the college level in either the freshman or sophomore year.

**Catalog Description:**

**ALH6398 - THERAPEUTIC EXERCISE IN REHABILITATION (3 hrs)**

This course is designed for students in athletic training, personal training, coaching, or physical education. The course will discuss, identify, and provide the knowledge, skills, understanding, and appreciation of the what's, why's, and how's of therapeutic exercise. Moreover, this course will provide students with the basic tools for developing therapeutic exercise and rehabilitative programs for student athletes and patients alike.

**Prerequisites:**

None.

**Controlling Purpose:**

This course is designed to help the student increase his/her knowledge of rehabilitation techniques applied in the athletic training and personal training profession.

**Learner Outcomes:**

Upon completion of this course the student will be able to identify and apply comprehensive principles in therapeutic rehabilitation. In addition, the student will be provided the knowledge and tools he/she will need for deciding the best course of action, the knowledge of why it is used, the expectation of technique application, the dangers and advantages therein, proper progressions, and how to apply technique to specificity of injury.

**Units Outcomes and Criterion Based Evaluation Key for Core Content:**

The following defines the minimum core content not including the final examination period. Instructors may add other content as time allows.

**Evaluation Key:**

- A = All major and minor goals have been achieved and the achievement level is considerably above the minimum required for doing more advanced work in the same field.
- B = All major goals have been achieved, but the student has failed to achieve some of the less important goals. However, the student has progressed to the point where the goals of work at the next level can be easily achieved.

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DISCLAIMER: THIS INFORMATION IS SUBJECT TO CHANGE. FOR THE OFFICIAL COURSE PROCEDURE CONTACT ACADEMIC AFFAIRS.

- C = All major goals have been achieved, but many of the minor goals have not been achieved. In this grade range, the minimum level of proficiency represents a person who has achieved the major goals to the minimum amount of preparation necessary for taking more advanced work in the same field, but without any major handicap of inadequacy in his background.
- D = A few of the major goals have been achieved, but the student's achievement is so limited that he is not well prepared to work at a more advanced level in the same field.
- F = Failing, will be computed in GPA and hours attempted.
- N = No instruction or training in this area.

### Unit 1: BASIC THERAPEUTIC CONCEPTS

Outcomes: The student will gain an understanding and functional knowledge of therapeutic interventions.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Identify the concepts of rehabilitation.
						Identify the components of therapeutic exercise.
						Identify the components of a rehabilitation program.
						Identify the concepts of physiological healing.
						Identify and understand the basic concepts and relational factors of physics.
						Identify and understand the examination and assessment process in therapeutic exercise and rehabilitation.

### Unit 2: THERAPEUTIC EXERCISE PARAMETERS AND TECHNIQUES

Outcomes: The student will learn exercise parameters and techniques of therapy.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Identify the concepts of range of motion and flexibility.
						Identify and apply manual therapy techniques.
						Identify and understand muscular strength and endurance principles.
						Identify and understand the ABC's of proprioception.
						Identify and understand techniques of plyometrics.
						Identify and understand principles of functional exercise progression.

### Unit 3: GENERAL THERAPEUTIC EXERCISE APPLICATIONS

Outcomes: The student will learn general exercise applications used during rehabilitation.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Identify principles of body mechanics and posture.
						List and describe the components of ambulation and ambulation aids.
						Identify and understand aquatic therapeutic exercise.
						Describe exercise techniques using swiss balls and foam rollers.
						Understand therapeutic exercise for chronic injuries (tendonosis).

### Unit 4: SPECIFIC REHABILITATIVE APPLICATIONS

Outcomes: The student will learn exercise applications used during rehabilitation of specific areas of the human body.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Identify and understand rehabilitation considerations for spinal and sacroiliac injuries.
						Identify and apply rehabilitation techniques for spinal and sacroiliac injuries.
						Identify and understand rehabilitation considerations for shoulder and arm injuries.
						Identify and apply rehabilitation techniques for shoulder and arm injuries.
						Identify and understand rehabilitation considerations for elbow and forearm injuries.
						Identify and apply rehabilitation techniques for elbow and forearm injuries.
						Identify and understand rehabilitation considerations for wrist and hand injuries.
						Identify and apply rehabilitation techniques for wrist and hand injuries.
						Identify and understand rehabilitation considerations for foot, ankle, and leg injuries.
						Identify and apply rehabilitation techniques for foot, ankle, and leg injuries.

						Identify and understand rehabilitation considerations for knee and thigh injuries.
						Identify and apply rehabilitation techniques for knee and thigh injuries.
						Identify and understand rehabilitation considerations for hip injuries.
						Identify and apply rehabilitation techniques for hip injuries.

**Projects Required:**

Therapeutic exercise and rehabilitation program for student-athlete.

**Textbook:**

Contact Bookstore for current textbook.

**Materials/Equipment Required:**

Computer, TV/VCR, overhead projector, training room supplies and equipment

**Attendance Policy:**

Students should adhere to the attendance policy outlined by the instructor in the course syllabus.

**Grading Policy:**

The grading policy will be outlined by the instructor in the course syllabus.

**Maximum class size:**

Based on classroom occupancy

**Course Time Frame:**

The U.S. Department of Education, Higher Learning Commission and the Kansas Board of Regents define credit hour and have specific regulations that the college must follow when developing, teaching and assessing the educational aspects of the college. A credit hour is an amount of work represented in intended learning outcomes and verified by evidence of student achievement that is an institutionally-established equivalency that reasonably approximates not less than one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work for approximately fifteen weeks for one semester hour of credit or an equivalent amount of work over a different amount of time. The number of semester hours of credit allowed for each distance education or blended hybrid courses shall be assigned by the college based on the amount of time needed to achieve the same course outcomes in a purely face-to-face format.

**Refer to the following policies:**

[402.00 Academic Code of Conduct](#)

[263.00 Student Appeal of Course Grades](#)

[403.00 Student Code of Conduct](#)

**Disability Services Program:**

Cowley College, in recognition of state and federal laws, will accommodate a student with a documented disability. If a student has a disability which may impact work in this class and which requires accommodations, contact the Disability Services Coordinator.