

Spokane Falls Community College
COURSE LEARNING OUTCOMES

Prefix and Course Number: PTA 210

Course Title: PTA Procedures IV: Therapeutic Exercise Seminar

Version Date: 10/4/2019

Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Describe or compare and contrast the following therapeutic exercise treatment techniques including evidence based principles supporting the intervention identified in the plan of care established by the physical therapist:
 - a. Programs for the spine and extremities to address the following: Posture, flexibility, strength, endurance, wellness, balance, and relaxation utilizing underlying physiological principles and awareness of indications, contraindications, and common exercise compensations and errors. (7D23h)
 - b. Programs that utilize assistive, resistive, isokinetic, open or closed chain, and relaxation techniques.(7D23h)
 - c. Manual therapy techniques utilized with proprioceptive neuromuscular facilitation patterns and determine appropriate application based on treatment goals.(7D23e)
 - d. Programs for endurance, posture, flexibility, body mechanics, weight loss, coordination, or sport skill with a self-directed therapeutic exercise program to improve functional training for self-care, domestic, education, work, community, and/or social care.(7D23d)
 - e. Programs for a balance/coordination therapeutic exercise program specific to patient's needs and diagnosis.(7D23f)
 - f. Airway clearance techniques including breathing exercises and coughing techniques to help with secretion mobilization (7D23a)
 - g. Respiratory and cardiovascular rehabilitation programs. (7B)
2. Compare and contrast different devices and equipment utilized in therapeutic exercise programs that include use of weights, threaband, putty, pulleys, balls, and foam rolls and other available equipment.(7D23b)
3. Describe how to monitor and adjust therapeutic exercise programs within the plan of care in response to patient/client status and clinical indications such as stage of healing, age, patient response, diagnosis, condition of patient including pain level, patient compliance, patient vocation, community participation, and patient goals.(7D19)
4. Label, describe and explain the structures, properties and principles of the following: 7B
 - a. Osteokinematics, and arthrokinematics,
 - b. The concave-convex rule of joint mobilization of the peripheral joints.
 - c. The muscle structure and its contractile properties.
5. Identify and/or describe data collection methods as they pertain to the following:
 - a. Respiration including identifying signs and symptoms of respiratory distress (7D24n)
 - b. Thoracoabdominal movements, and breathing patterns at rest and with activity (7D24n)
6. Examine the factors that contribute to pelvic floor dysfunction and describe therapeutic interventions for treatment.
7. Describe physiologic effects of the following:
 - a. Aerobic conditioning methods and determine appropriate levels of aerobic exercise intensity based on patient age, fitness level and pathology.(7D24a)
 - b. Stretching and the appropriate dosage and type based on patient status and goals defined in the plan of care. (7D23h),
 - c. Strengthening/resistance exercises and the appropriate dosage and mode based on patient status and goals defined in the plan of care. (7D23h)