

Course Description

Department: Medical Rehabilitation Sciences

1439-1440 H Academic Year – Semester-II

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Course name	Introduction to PT
Course number	PTH-214
Credit Hours (teaching units)	2 Credit Hours (2 Hour Lecturer week)
College	College of Applied Medical Sciences
Targeted Students	2 nd Year(Level-3)
Pre-requisite	NIL
Name of Coordinator	Dinesh

Course Description

Methods of the Course Instructions

1. Theoretical Classes (lectures)

Course

Objectives

(A) General

Objectives

The course intends for the students to have basic knowledge about Physical Therapy. This level of knowledge is required for understanding the basic concepts related to Physical Therapy. It helps the students in applying basic clinical evaluation, treatment and communication skills effectively and safely in the clinical setting. Effectively work with others in developing and giving an oral presentation about Physical Therapy. In the process, the students should acquire the appropriate cognitive and psychomotor skills needed.

(B) Specific

Objectives;

By the end of this course the student should be able to:

1. Define Physical Therapy and the places where they practice
2. List the Conditions treated by physical therapist and there role in different medical Fields
3. Mention about Anatomical axis, planes and assessment of Active ROM
4. List the Fundamental positions and derived positions
5. Discussing basic Concepts in Biomechanics
6. Different types of Levers used in physiotherapy
7. List the types of muscle contractions and muscle work used in the body
8. Importance of vital signs and there assessment

9. Mention the causes of Good and poor posture and their examination
10. Importance of Hydrotherapy in Physical Therapy

Course Learning Outcomes:

By the end of this course the student should be able to:

1. Explain what Physical Therapy is and mention the places where physical therapists practice
2. Explain the role of Physical therapy in different medical fields
3. Describe how to examine Active and Passive ROM
4. Mention different types of starting positions with effects and uses
5. Explain Newton's Laws of Motion with examples
6. Explain different types of Levers with examples
7. Show how to examine muscle performance
8. Interpret about vital signs with normal and abnormal values
9. Explain how to examine posture in different views
10. Explain what is hydrotherapy

Main Textbook

1. The Principles of Exercise Therapy, M. Dena Gardiner, 4th edition, 2007

Mark Distribution

Assessment Tasks for Students During the course

#	Assessment task*	Week Due	Proportion of Total Assessment
1	1 CA Theory	6	20
2	2CA Theory	11	25
3	Discussions	Weekly	5
4	Final Theory	15	50
	Total		100

Distribution of Course Lectures and Practical Classes

Topics to be covered

List of Topics	Contact Hours
1 Introduction to the Physical Therapy Program	2Hour

2	Introduction to the Physical Therapy Profession History and Definition	2Hour
3	Role of Physical therapy in different medical field	2Hour
4	Introduction to basic evaluation and measurement procedures used for assessing joint range of motion, including relevant biomechanical concepts, techniques and tools.	2Hour
5	Introduction to starting positions in physical therapy	2Hour
6	1 st Continuous Assessment	2Hour
7	Basic Concepts in Biomechanics Part-1	2Hour
8	Basic Concepts in Biomechanics Part-2	2Hour
9	Introduction to basic evaluation and measurement procedures used for assessing muscle performance, including length, strength and endurance.	2Hour
10	Introduction to basic evaluation and measurement procedures used for assessing cardio-respiratory function, including heart rate, blood pressure and fitness testing.	2Hour
11	2 nd Continuous Assessment	2Hour
12	Introduction to basic evaluation and measurement procedures used for assessing posture, including observation, alignment and common postural presentations.	2Hour
13	Introduction to Hydrotherapy	2Hour
14	Introduction to walking aids.	2Hour
15	Revision	2Hour
	Final Exams	