

# Minnesota State University Moorhead

## AT 324: Therapeutic Exercise

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites:

This course requires the following prerequisite  
PE 320 - Anatomical Kinesiology

Corequisites: None

MnTC Goals: None

A study of therapeutic exercise and conditioning techniques. The basis of injury rehabilitation, the goals and tools of rehabilitation, and rehabilitation techniques for specific injuries will be studied.

**B. COURSE EFFECTIVE DATES:** 08/25/2008 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Define the basic components of activity-specific rehabilitation goals, functional progressions, and functional outcomes in a therapeutic exercise program.
2. Describe common surgical techniques, pathology, and any subsequent anatomical alterations that may affect the implementation of a therapeutic exercise program.
3. Describe the appropriate selection and application of therapeutic exercises.
4. Describe the indications, contraindications, theory, and principles for the incorporation and application of various contemporary therapeutic exercise equipment and techniques, including aquatic therapy, manual therapy and mobilization.
5. Describe the mechanical principles applied to the design and use of therapeutic exercise equipment and techniques.
6. Describe the physiological and pathological processes of trauma, wound healing and tissue repair and their implications on the development, progression and implementation of a therapeutic exercise program.
7. Describe the process/methods of assessing and reassessing the status of the patient using standard techniques and documentation strategies in order to determine appropriate treatment and rehabilitation plans and to evaluate the readiness to return to the appropriate level of activity.
8. Assess a patient to determine specific therapeutic exercise indications, contraindications, and precautions.
9. Describe manufacturers, institutional, state and federal guidelines for the inspection and maintenance of therapeutic exercise equipment.
10. Explain the effectiveness of taping, wrapping, bracing and other supportive/protective methods for facilitation of safe progression to advanced therapeutic exercises and functional activities.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted