

Clinical Rehabilitation and Kinesiology – Student Outline

COURSE DESCRIPTION:

This course will provide an understanding of the application of general principles of therapeutic exercise. How the application of range-of-motion, proprioceptive, cardiovascular, resistance and strength exercises are integrated into a massage therapy treatment will be discussed. Students will have an understanding of therapeutic exercise program design as it relates to restoring capacity in activities of daily living.

DURATION: **50 Hours**

TEXTBOOK/RESOURCES:

- *Therapeutic Exercise* – Kisner and Colby
- Materials as provided by the Instructor

COURSE OBJECTIVES:

After completing this course, you will:

- Understand the principles and application of therapeutic exercise:
 - The role of therapeutic exercise in massage treatment planning
 - The principles and proper application of therapeutic exercise
 - Indications, contraindications, precautions and modifications to different types of therapeutic exercise
- Understand the components of therapeutic exercise including:
 - Range of motion exercises
 - Stretching exercises
 - Strengthening exercises
 - Cardiovascular exercises
 - Proprioceptive exercises
 - Designing remedial exercise plans to restore capacity in activities of daily living
- Demonstrate therapeutic exercises for:
 - Range of motion
 - Proprioception
 - Stretching
 - Strengthening

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- o Cardiovascular
- Demonstrate the ability to design a therapeutic exercise plan for the following exercise types:
 - o Range of motion
 - o Strength
 - o Cardiovascular
 - o Proprioceptive
 - o Stretching

EVALUATION:

Each student's performance is evaluated based on the satisfactory completion of all tests, exercises and assignments to the standard set by the instructor as well as achieving a passing grade on all tests. The passing grade for all tests, as well as the overall course is 70%.

Assignment 1	10%
Assignment 2	10%
Assignments 3-10	10%
Quiz 1	10%
Midterm written exam	25%
Final written exam	35%