1. Course Name:
Therapeutic exercises
2. Course Code:
PHT21101
3. Semester / Year:
Semester
4. Description Preparation Date:
22/11/2025
5. Available Attendance Forms:
Weekly (Theory: 2 hours, Practice:4 hours)
6. Number of Credit Hours (Total) / Number of Units (Total)
Theory: 24 Hours **Total: 24 hours** **Total Units: 4**
7. Course administrator's name (mention all, if more than one name)
Assistant Prof. Dr. Abdullah Eiada Mecheser
8. Course Objectives

Course Objecti	General Objective: To learn the general principles used in therapeutic exercis Specific Objectives: -1 To learn the natural mechanical principles of human body movements. -2 For the student to be able to assess muscle strength according to scienti standards. -3 For the student to be able to assess the range of motion of joints according scientific standards. -4 To learn about and apply different types of therapeutic exercises.
9. Teaching and Learning Strategies	
Strateg	1. Delivering theoretical and practical lectures on microprocessor curriculum 2. Employing discussion and question-and-answer sessions in the classroom foster dialogue. 3. Assigning homework, program writing, and discussion to students 4. Writing reports on scientific topics related to microprocessors. Daily assessment, weekly assessment, term assessment, objective questio general knowledge questions, and practical exams.

5. Course Structure

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	**Th.:2 Pract:4**	BASICS OF EXERCISE	Mechanical principles applied in the human body – gravity, center	Lect. & Lab.	Exam

2	**Th.:2 Pract:4**	Disability models	gravity, line of gravity, the base support, equilibrium, axis and planes	Lect. & Lab.	Quiz
3	**Th.:2 Pract:4**	JOINT MOVEMEN	– ICIDH model of disability, Na model of disability, ICF ,model	Lect. & Lab.	Homework
4	**Th.:2 Pract:4**	Passive movements	effect of exercise in various systems – musculoskeletal,	Lect. & Lab.	Exam
5	**Th.:2 Pract:4**	Active movements	neuromuscular, cardiovascular, respiratory system	Lect. & Lab.	Quiz
6	**Th.:2 Pract:4**	STARTING POSITIONS	Terminology. Range of motion. axes and Planes of movement levers.	Lect. & Lab.	Homework
7	**Th.:2 Pract:4**	MANUAL MUSCLE	Range of motion. axes and Plan of movement levers.	Lect. & Lab.	Exam
8	**Th.:2 Pract:4**	GONIOMET	classification, indications, contr indications, advantages, limitations	Lect. & Lab.	Quiz
9	**Th.:2 Pract:4**	CAUSES FO RESTRICTI OF RANGE MOTION	techniques - emphasize PROM upper, lower, neck and trunk muscles	Lect. & Lab.	Homework
10	**Th.:2 Pract:4**	Mobility aids	Fundamental starting positions. Derived positions. Muscle work - effects and uses	Lect. & Lab.	Exam
11	**Th.:2 Pract:4**	Mobility aids	start position, grading system ,describe the types of muscle grading	Lect. & Lab.	Quiz
12	**Th.:2 Pract:4**	SUSPENSIO THERAPY	key to muscle grading, Techniq of muscle testing - upper, lower, neck and trunk muscles.	Lect. & Lab.	Homework
13	**Th.:2 Pract:4**	SUSPENSIO THERAPY	Normal range of various joints. Measurement of individual joint range using goniometry.	Lect. & Lab.	Exam
14	**Th.:2 Pract:4**	Measurement limb length, girth	causes for restriction of range of motion.,distinguish between skin muscle, capsular contractures	Lect. & Lab.	Quiz
15	**Th.:2 Pract:4**	RELAXATIC	Definition and concepts of suspension. Points of suspension Types of suspension. Joint range muscle power.	Lect. & Lab.	Homework

6. Course Evaluation

The grade distribution is as follows:
Assessment: theory 40 marks
Final exam: Theory 60 marks

7. Learning and Teaching Resources

Required textbooks (curricular books any)	Therapeutic Kinesiology Musculoskeletal Systems, Palpation, and Body Mechanics/2013.
Main references (sources)	Manual Muscle Testing Practice Guide/2019
Recommended books and references (scientific journals, reports…)	Measurement of Joint Structure A Guide To Goniometry/2(
Electronic References, Websites	eutic Exercise Prescription/2019

Course Description Form

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