1. Course Name:
Therapeutic exercises
2. Course Code:
PHT31101
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**	Joint mobilization	Mobilization, Manipulation, Sel Mobilization (Auto-mobilizatior Mobilization with Movement,	Lect. & Lab.	Exam
2	**Th.:2 Pract:4**	Joint mobilization	Under Anaesthesia, basic conce of joint motion: arthrokinematics	Lect. & Lab.	Quiz
3	**Th.:2 Pract:4**	Joint mobilization	Physiological Movements, Accessory Movements, Compon motions, Joint play, Manipulatio	Lect. & Lab.	Homework
4	**Th.:2 Pract:4**	Joint mobilization	Under Anaesthesia, basic conce of joint motion: arthrokinematics	Lect. & Lab.	Exam
5	**Th.:2 Pract:4**	Joint mobilization	Mobilization, Manipulation, Sel Mobilization (Auto-mobilizatior Mobilization with Movement, Physiological Movements, Accessory Movements, Compon motions, Joint play, Manipulatio	Lect. & Lab.	Quiz
6	**Th.:2 Pract:4**	Joint mobilization	the mechanical movement of joi accessory joint (A.C joint, C.S joint	Lect. & Lab.	Homework
7	**Th.:2 Pract:4**	Joint mobilization	hyperextension, abduction	Lect. & Lab.	Exam
8	**Th.:2 Pract:4**	Joint mobilization	physiological movement of shoulder joint:- flexion, extensio	Lect. & Lab.	Quiz
9	**Th.:2 Pract:4**	Joint mobilization	Mulligan Principles, Manipulation techniques M.W.M& NAGs, SNAGs, indication, contraindication	Lect. & Lab.	Homework
10	**Th.:2 Pract:4**	Joint mobilization	accessory joint radioulnar joint for supination and pronation movements.	Lect. & Lab.	Exam
11	**Th.:2 Pract:4**	Positional Release Technique	start position, grading system ,describe the types of muscle grading	Lect. & Lab.	Quiz
12	**Th.:2 Pract:4**	Myofascial Release technique	Facilitated positional release (FPR) Functional positional release (FuPR).	Lect. & Lab.	Homework
13	**Th.:2 Pract:4**	Myofascial Release technique	Introduction Keywords, three further PRT	Lect. & Lab.	Exam
14	**Th.:2 Pract:4**	Myofascial Release technique	Myofascial Release technique fo trigger points.	Lect. & Lab.	Quiz
15	**Th.:2 Pract:4**	Myofascial Release technique	Myofascial Release technique fo axial part.	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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