

Syllabus

SPECIALIST IN EXERCISE THERAPY

COURSE CREDITS

5 quarter credits

COURSE LENGTH

6 months

PREREQUISITES

Certified Fitness Trainer

CO-PREREQUISITE

Basic Adult CPR with AED

TEXTBOOKS AND MATERIALS

Knopf, Karl. *Exercise Therapy*. 3rd Edition. Int'l Sports Sciences Association.

COURSE DESCRIPTION

This course covers the skills necessary to bridge the gap between medical rehabilitation and post rehabilitation for clients with chronic medical conditions. Students learn to work with and develop exercise programs for individuals suffering from arthritis, osteoporosis, stroke, cardiovascular conditions, orthopedic conditions, asthma, diabetes, cancer, and muscular dystrophy.

Please note: The information provided in this course is for general educational purposes only. The material is not a substitute for consultation with a healthcare provider regarding particular medical conditions and needs.

COURSE OBJECTIVES

- Explain the fundamental principles of therapeutic exercise; including, its definition, and use in prevention, treatment, control, rehabilitation, restoration and prevention of reoccurrence in a variety of ailments.
- Describe the role and scope of practice for a Specialist in Exercise Therapy, and identify how this role fits into a client's continuum of care.
- Discuss the aspects and application of functional fitness.
- Define the musculoskeletal system, body mechanics, and body musculature in relation to exercise and movement.
- Explain the challenges facing clients with chronic, medical conditions.
- Recognize a chronic health condition(s) that may require an individual to use special care while exercising.

- Identify the correct exercise(s) to address a client's specific chronic condition (cardiovascular, pulmonary, metabolic, neurological, orthopedic, and / or sensory).
- Develop a comprehensive exercise therapy program that utilizes Adaptive Programming principles and techniques to address the fitness constraints of a client.
- Identify the locations for additional Exercise Therapy Support materials and resources.

COURSE OUTCOMES

- Define and recognize the difference between handicap and disability
- Identify the important muscle groups and how the muscles work together to produce movement
- Design a non-medical, post-rehabilitation exercise program for someone who is recovering from ACL surgery. Consult local resources and therapy textbooks for the most updated information.
- Develop a balance progression program using static and dynamic exercises
- Identify when an aquatic exercise program be best utilized by someone with a chronic condition
- Recognize a contraindicated exercise(s) and provide an alternative exercise(s) for special populations
- Define and recognize the difference between "gross motor skills" and "fine motor skills"

COURSE OUTLINE

All modules run from Monday morning to Sunday night.

Module 1: Therapeutic Exercise, Understanding the Disabled, Exercise as Therapy

Module 2: Functional Fitness, Fundamentals of Exercise Therapy

Module 3: Muscles and Movement, Contraindicated Exercises

Module 4: Chronic Conditions Overview, Cardiorespiratory Conditions, Metabolic Conditions

Module 5: Neurological Conditions

Module 6: Orthopedic Conditions, Sensory Impairments, Other Conditions

Module 7: Programming for Ambulation and Aquatics

Module 8: Programming for Balance, Perceptual Motor Skills, Cardiovascular Fitness, Flexibility, and Range of Motion

Module 9: Programming for Muscular Strength, Muscular Endurance, and Posture

Module 10: Final Examination

INSTRUCTIONAL METHODS

This course will include online lectures, reading assignments, written assignments, discussions, and quizzes.

PROCTORED FINAL EXAMINATION

The course concludes with a closed-book, one-hour, timed, proctored examination. Module 6 of this course includes an assignment to schedule your proctor and report your proctoring appointment details to your instructor. The assignment provides all instructions for scheduling. Review this assignment as soon as possible, and no later than Module 6.

INSTRUCTOR CHAT HOURS

Instructor chat hours will be posted in the News Forum in Module 1.

GRADING

Review "How to Score Well" under "Course Home" for general guidance on how your written submissions are evaluated. In addition, pay close attention to the assignment-specific guidelines, pointers, and expectations that the Instructor posts in the News Forum.

- **ASSIGNMENTS:** Students will complete written assignments that will be graded on accuracy and depth of thought. Assignments are due by the posted deadline.
- **QUIZZES:** Quizzes are true/false and multiple choice. Quiz completion is due by the posted deadline. Quizzes are automatically graded by the LMS upon submission.
- **DISCUSSION PARTICIPATION:** Students participate in discussions by creating an original response to the posted discussion and commenting on the posts of two peers.
- **FINAL EXAMINATION:** The final exam is a closed-book, proctored exam during the final module of the course. The final exam is automatically graded by the LMS upon submission.

Component:	% of Grade:
Assignments	23%
Quizzes	19%
Discussion	14%
Case Studies	20%
Final Exam	24%
Total	100%

Letter Grade:	Percentage:
A+	97-100
A	94-96
A-	90-93
B+	87-89

B	84-86
B-	80-83
C+	77-79
C	74-76
C-	70-73
D+	67-69
D	64-66
D-	60-63
F	59 or below

EARNING YOUR CERTIFICATE - MINIMUM REQUIREMENTS

To earn your certificate, you must:

- **Earn a course score of 75% or better**
- **Submit all case studies**
- **Complete the final exam**
- **Current Adult CPR/AED** must be on file with the ISSA Professional Division. (See Module 10 for submission instructions).
- **All fees must be paid in full.**