

King Saud University Applied of Medical Sciences College		Rehabilitation Health Sciences Department
RHS 221 Introduction to Physical Therapy Procedures		Physical Therapy

Course Syllabus
Introduction to physical therapy (RHS221)
Vision, mission, and Objectives of Rehabilitation Health Sciences program

Vision:

Local and global leadership in the field of Rehabilitation

Mission:

Rehabilitation specialists in physiotherapy, speech therapy/ Audiology and occupational therapy, research and production of distinct help to promote health and contribute effectively in the service and community development

Objectives:

- Ensure the quality of education and preparation of human cadres with intellectual and professional skills
- Dissemination of research in the field of applied medical rehabilitation of health.
- Build partnerships with educational and research centers
- The expansion of graduate programs and continuing medical education programs

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Faculty: Course Leader: Ali Aldali, PT, MS (Second Floor, Office 2066, e-mail: aldali@ksu.edu.sa)

Credit Hours: 1 (Theory) + 2 (Practical)

Class Sessions: **Theory:** Wednesday, 10:00am to 11:00am (Class Room# 5)
Practical: Wednesday, 1:00pm to 3:50pm (Gym Lab)
Thursday, 8:00am to 10:50am (Gym Lab)

Availability in office:
Sunday & Monday (from 08:00 am –11:00 am)
Tuesday (from 11:15 am –12:15 pm)

Pre-requisites:

Student must finish preparatory year's courses.

Course Description:

A principal course in which the students are trained on methods of assessment of musculoskeletal system from physiotherapy view. It includes the manual muscle testing, measurement of range of motion for body joints generally, in addition to postural assessment and activity of daily living.

Course Objectives: Upon completion of this course, student participants are expected to:

- Appraise the importance and clinical benefits of test and measurements.
- Demonstrate how to prepare environment, equipment and patient for evaluation procedures.
- Identify the difference between muscle weakness and contracture.
- Have the ability to conduct gross and individual muscle testing.
- Classify and identify different grades of muscle evaluation.
- Apply different techniques of muscle testing with respect to both therapist and patient mechanical advantage.
- Show professional behaviour and attitude.
- Demonstrate how to measure the joint range of motion.

Teaching strategies

The course will be conducted in a form of lectures, virtual classroom discussions, and student presentations.

Course Materials:


1) Presentations' slides/Handouts/References – distributed in class and or virtual classroom through electronic formats.

2) Required Textbook:

Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 10th edition, ISBN-10: 1455706159

3) Strongly Recommended Textbook:

Measurement of Joint Motion: A Guide to Goniometry, 4th edition, ISBN-10: 0803620667

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4) Enhance students for extra reading and using web sites as:

- <http://library.ksu.edu.sa/ar>
- https://en.wikipedia.org/wiki/Physical_therapy
- **Special Tests Video – on One drive:**
- https://1drv.ms/u/s!Aotz_LoHAAVXgWAD9Ru5ekqvT6_O?e=x3heJt
- http://highered.mheducation.com/sites/0071474013/student_view0/chapter8/manual_muscle_testing.html
- <http://www.physicaltherapynotes.com/2012/06/manual-muscle-testing-physical-therapy.html>
- <https://www.ncbi.nlm.nih.gov/pubmed>
- <http://www.physiotherapy.com/>
- <http://www.webmd.com/pain-management/tc/physical-therapy-health-tools>
- <http://emedicine.medscape.com/article/324583-overview#a4>
- https://www.guideline.gov/search?f_Clinical_Specialty=Physical+Medicine+and+Rehabilitation&f_LockTerm=Physical+Medicine+and+Rehabilitation

Reading research papers: encourage students to read the most recent researches related to course and teach students how to read attentively and critically

- Problem solving with case scenario
- Scientific videos (demonstration\display the effect of muscles weakness)

Note:

This course has mandatory practical component that require students to practice on each other examination and intervention procedures in order to learn important clinical physical therapy skills. During the practical sessions, students are expected to expose different body parts that are necessary for learning different clinical skills including but not limited to palpation.

Course rules

- **Attendance:** Attending at least 75% of the lectures is mandatory otherwise; students will be denied access to the final exam. Students who arrive to class 15 minutes late for two times will be considered absent for one class.
- **Special examination:** NO special examination will be given for students who have missed the scheduled examination time except in cases of special circumstances accompanied with the necessary documentation. In this case, students have to take the exam during the next week from the initial scheduled examination time.
- **Participations:** Positive participation with the instructor is recommended, but **side talks are prohibited.**
- Using **mobiles is prohibited** during the lecture

Class Leader:

A group leader is a student in the class who will be chosen by the majority of class students. He should fulfill the following criteria:

- GPA: not less than 3.5 /5.00
- Good relationship with all students in the class
- High moral standards and effective communication skills.

King Saud University Applied of Medical Sciences College		Rehabilitation Health Sciences Department
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Duties of the Class leader:

- Acquiring contact information from all students in the class
- Maintaining continuous contact with the course instructor with quick interaction
- Delivering information and answering questions to the students quickly
- Delivering students concerns, information and questions to the instructor quickly

Advantages for the class leader:

- If the Class leader is successful in performing the above mentioned duties, he will get the full mark in **Class discussion and assignment (10 marks)**
- If the group leader fails in these duties, the instructor has the right to call for choosing another Class leader.

Grading:

Grading will be based on attendance, two written examinations and two practical examinations occurring throughout the term, and completion of a project. In determining the final course grade, these items will be weighted as follows:

- Midterm Written & Practical exam: 50% (20% W + 30% P)
- Class discussion and assignment (Semester activities): 10%
- Final practical exam: 40% (15% W + 25% P)

In order to pass this class, students must demonstrate a minimum competency level by achieving: 60% or greater.

Final Grades will be determined based on a representative curve


The course grade will be assigned based on the following criteria:

A+	95 – 100 %
A	90 – 94 %
B+	85 – 89 %
B	80 – 84 %
C+	75 – 79 %
C	70 – 74 %
D+	65 – 69 %
D	60 – 64 %
<60% → Fail	

Class attitude (-5)

- Talking during lecture or presentations.



King Saud University Applied of Medical Sciences College		Rehabilitation Health Sciences Department
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Performance Expectations

To successfully complete the course, all students are expected to:

1. Complete reading assignments in advance of class sessions as assigned
2. Participate in class discussions by posing pertinent questions and volunteering information to demonstrate levels of comprehension of foregoing assignments and prior knowledge
3. Actively participate in all course assignments including outside of class assignments

Days to keep in mind:

Last day to add classes: Saturday 8 / 7 / 1445 -- 20 / 1 / 2024

Foundation Day Holiday: Thursday 12 / 8 / 1445 -- 22 / 2 / 2024


Mid-term break: Sunday 15 / 8 / 1445 -- 25 / 2 / 2024

Last day to drop the course / Academic semester: Thursday 16 / 10 / 1445 -- 25 / 4 / 2024

Open related link: <https://dar.ksu.edu.sa/ar/current>

First Semester 1445/2023

Topic	Day	Hijri date	Gregorian date
Beginning of the First Semester	Sunday	2/7/1445	14/1/2024
Foundation Day Holiday	Thursday	12/8/1445	22/2/2024
Mid-term break	Sunday	15/8/1445	25/2/2024
The last date to drop the semester or a course	Thursday	16/10/1445	25/4/2024
Beginning of General Courses Exams	Sunday	11/11/1445	19/5/2024
Start of Final Exams	Sunday	18/11/1445	26/5/2024
End of Final Exams	Monday	4/12/1445	10/6/2024

King Saud University Applied of Medical Sciences College		Rehabilitation Health Sciences Department
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Course Outline:

Tentative Course Schedule

Weeks \ chapter	List of Topics	Date
1 st \ 1&2	Introduction	5 / 7 /1445 – 17 / 1 /2024
2 nd \ 6	Introduction	12 / 7 /1445 – 24 / 1 /2024
3 rd \ 6	Testing MMS of the Lower Extremity: Evaluation of the Hip Flexion, Sartorius, Extension, Hip abduction, & Tensor Fascia Latae muscles Practical application	19 / 7 /1445 – 31 / 1 /2024
4 th \ 6	Evaluation of Hip Adduction, Hip External (lateral) Rotation, & Hip Internal (medial) Rotation muscles + Special Tests Practical application	26 / 7 /1445 – 7 / 2 /2024
5 th \ 6+4	Evaluation of the Knee Flexion, Knee Extension, Ankle Planter Flexion, & Ankle Dorsiflexion muscles Practical application	4 / 8 /1445 – 14 / 2 /2024
6 th \ 6+4	- Evaluation of the Foot Inversion & Foot Eversion with Plantar Flexion muscles - Evaluation of Elevation of the Pelvis muscle - Test for Leg Length Discrepancy - Measurement of circumference of the knee Practical application	11 / 8 /1445 – 21 / 2 /2024
	Mid-term break	15 / 8 /1445 – 25 / 2 /2024
7 th	First Midterm Exam	25 / 8 /1445 – 6 / 3 /2024
8 th \ 4	Testing MMS of the Trunk Evaluation of Flexion, Extension, & Rotation muscles Practical application	3 / 9 /1445 – 13 / 3 /2024
9 th \ 5	Testing MMS of the Upper Extremity: Evaluation of the Scapula Abduction and Upward Rotation, Scapula Elevation, and Scapula Adduction muscles Practical application	10 / 9 /1445 – 20 / 3 /2024
10 th \ 5	Evaluation of the Scapula Depression and Adduction, and Scapula Adduction Downward Rotation muscles Practical application	17 / 9 /1445 – 27 / 3 /2024
	Eid Holiday	
11 th \ 5	Evaluation of Shoulder Flexion, Extension, and Abduction/Scaption muscles Practical application	8 / 10 /1445 – 17 / 4 /2024
12 th	Second Midterm Exam	15 / 10 /1445 – 24 / 4 /2024
13 th \ 5	Evaluation of Shoulder Horizontal Abduction, Horizontal Adduction, External Rotation, & internal Rotation muscles Practical application	22 / 10 /1445 – 1 / 5 /2024
14 th \ 5	Evaluation of The Elbow Flexion, Elbow Extension muscles Practical application	29 / 10 /1445 – 8 / 5 /2024
15 th \ 5	Evaluation of Forearm Supination and Pronation muscles, Wrist Flexion & Wrist Extension muscles Practical application	7 / 11 /1445 – 15 / 5 /2024
16 th	Final Exam- written & Practice	15 / 11 /1445 – 23 / 5 /2024