KINS 157: THERAPEUTIC EXERCISE

In Workflow

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Approval Path

1. Fri, 24 Sep 2021 16:04:23 GMT
   Andrea Becker (andrea.becker): Rollback to Initiator
2. Fri, 08 Oct 2021 22:38:20 GMT
   Andrea Becker (andrea.becker): Rollback to Initiator
3. Mon, 11 Oct 2021 23:33:22 GMT
   Andrea Becker (andrea.becker): Approved for KHS Committee Chair
4. Tue, 12 Oct 2021 18:44:33 GMT
   Michael Wright (wrightm): Approved for KHS Chair
5. Wed, 20 Oct 2021 02:15:42 GMT
   Heather Thompson (heather.thompson): Approved for HHS College Committee Chair
6. Wed, 20 Oct 2021 16:08:06 GMT
   Robert Pieretti (sac19804): Approved for HHS Dean

Date Submitted: Mon, 11 Oct 2021 23:29:11 GMT

Viewing: KINS 157 : Therapeutic Exercise

Last edit: Mon, 11 Oct 2021 23:29:10 GMT

Changes proposed by: Leslie Larsen (219704941)

Contact(s):

Name (First Last)	Email	Phone 999-999-9999
Leslie Larsen	leslie.larsen@csus.edu	501-317-9861

Catalog Title:
Therapeutic Exercise

Class Schedule Title:
Therapeutic Exercise

Academic Group: (College)
HHS - Health & Human Services

Academic Organization: (Department)
Kinesiology

Will this course be offered through the College of Continuing Education (CCE)?
No

Catalog Year Effective:
Fall 2022 (2022/2023 Catalog)

Subject Area: (prefix)
KINS - Kinesiology

Catalog Number: (course number)
157

Course ID: (For administrative use only.)
145166

Units:
3

Is the primary purpose of this change to update the term typically offered or the enforcement of requisites at registration?
No

In what term(s) will this course typically be offered?
Fall, Spring

Does this course require a room for its final exam?
Yes, final exam requires a room

Does this course replace an existing experimental course?
No

This course complies with the credit hour policy:
Yes

Justification for course proposal:
To make minor edits to the pre-requisite list to match the new KINS curriculum.

Course Description: (Not to exceed 80 words and language should conform to catalog copy.)
Biomechanical principles in the prescription of musculoskeletal rehabilitation exercises. Topics include passive, active and resistive range of motion, manual muscle testing, and exercises for strength, stamina and suppleness for every part of the body.

Are one or more field trips required with this course?
No

Fee Course?
No

Is this course designated as Service Learning?
No

Does this course require safety training?
No

Does this course require personal protective equipment (PPE)?
No

Does this course have prerequisites?
Yes

Prerequisite:
BIO 22 or BIO 26, KINS 155A or KINS 155B, and KINS 156. KINS 155A or KINS 155B can be taken concurrently with KINS 157

Prerequisites Enforced at Registration?
Yes

Does this course have corequisites?
No

Graded:
Letter

Approval required for enrollment?
No Approval Required

Course Component(s) and Classification(s):
Lecture

Lecture Classification
CS#02 - Lecture/Discussion (K-factor=1WTU per unit)
Lecture Units
3

Is this a paired course?
No

Is this course crosslisted?
No

Can this course be repeated for credit?
No

Can the course be taken for credit more than once during the same term?
No

Description of the Expected Learning Outcomes: Describe outcomes using the following format: "Students will be able to: 1), 2), etc."
Students will be able to:
1) Demonstrate the ability to search for and evaluate evidence on most effective treatment approaches for specific pathologies.

2)Explain the fundamentals of neuromusculoskeletal rehabilitation, and the prescription of therapeutic exercises.

3) Demonstrate different types of flexibility, strengthening techniques, determine the benefits of each, and understand how to select appropriate vigor of treatment.

4) Demonstrate, on written submissions and practical examinations the ability to integrate and apply different therapeutic exercise techniques to solve various neuromusculoskeletal problems.

5) Apply basic principles of therapeutic exercise programs in an individual and creative manner.

Attach a list of the required/recommended course readings and activities:
Recommended reading KINS 157.docx

Assessment Strategies: A description of the assessment strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers) which will be used by the instructor to determine the extent to which students have achieved the learning outcomes noted above.
Posture project: Students will use the 3 views (anterior, lateral, and posterior views) to analyze a patients' posture. Student will comment on any issues they find and describe how they can address/correct issues via exercise. Students must also find at least one quality article (peer reviewed journal) related to a specific postural issue they are commenting on. ELO 1-5

Portfolio:
This will be a 4-part assignment. Students will be assigned a patient and will need to develop a therapeutic exercise program incorporating concepts addressed in class. The 4 parts are: 1) ROM/Flexibility, 2) Strength/Muscle Endurance, 3) Proprioception, Coordination & Agility, and 4) Video Presentation. ELO 1-5

Video Presentation:
You will create a video of Phase IV (aggressive functional/activity specific) exercises/activities that you would develop for the patient in your portfolio. ELO 3-5

Quizzes:
There will be brief quizzes given during class time given at the end of a chapter/concept and before we start the next. Quizzes will vary in points based on the number of questions (generally 5-10 points). ELO 1, 4, 5
Exam:
The final exam will cover all the concepts presented. ELO 1-5

Is this course required in a degree program (major, minor, graduate degree, certificate?)
Yes

Has a corresponding Program Change been submitted to Workflow?
No

Identify the program(s) in which this course is required:

Programs:
BS in Kinesiology (Athletic Care)

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Integrative learning
Personal and social responsibility
Intellectual and practical skills

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

GE Course and GE Goal(s)

Is this a General Education (GE) course or is it being considered for GE?

No

Please attach any additional files not requested above:

KINS 157 Syllabus Schedule F 2021 ELO update.doc

Reviewer Comments:

Andrea Becker (andrea.becker) (Fri, 24 Sep 2021 16:04:23 GMT): Rollback: Match ELO's to assessment strategies in syllabus and resubmit.

Andrea Becker (andrea.becker) (Fri, 08 Oct 2021 22:38:20 GMT): Rollback: The Undergraduate Curriculum Committee unanimously voted to approve this proposal contingent upon the following minor edits: 1) Change ELO #2 from "understand" to something measurable, 2) ELO #3 – Eliminate the words "know and", 3) Change ELO #5 from "Learn" to something measurable—refer to Bloom's taxonomy, 4) Make all corresponding changes to course syllabus, 5) Add language to pre-requisite, "concurrently with KINS 157"

Key: 3064