

## 2024-25 ACADEMIC COURSES

### PTA 220 : THERAPEUTIC EXERCISE I

In this course, students are introduced to the theory, principles and procedures of therapeutic exercise. Students apply this foundation to the safe and appropriate selection, administration, monitoring and adjustment of exercise programs such as balance, strengthening and posture. Students develop skills in data collection and reporting techniques such as goniometric range of motion and manual muscle strength testing. The rationale for the selection and use of basic exercise equipment will be developed. Students will practice the development, selection and progression of goal-directed therapeutic exercise programs as well as monitoring and documenting patient performance and response through laboratory activities including practice, patient simulations, and demonstrations. Level I Prerequisite: Academic Reading and Writing Levels of 6; PTA 180 minimum grade "C"

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Description	Hours
Credits	4
Lecture Hours	30
Clinical Hours	0
Lab Hours	60
Other Hours	0
Total Hours	90

Accurate as of 01/13/2025 Information is subject to change without notice.