Eastern Illinois University
Revised Course Proposal
PED 3141, Therapeutic Exercise

1. **Catalog Description:**
   a. PED 3141
   b. Therapeutic Exercise
   c. 2-4-4
   d. Fall Semester
   e. Therapeutic Ex
   f. A study of indications, contraindications, physiological effects, resistance methods, and prescription relating therapeutic and injury preventive exercise.
   g. PED 2130, PED 2135, PED 2136
   h. Fall, 2004

2. **Student Learning Objectives and Evaluations:**
   a. **Course Objectives:** At the end of the course the student will be able to:
   • Support and defend how initial management of injuries and rehabilitation practices affect the healing process.
   • Establish effective short-term and long-term rehabilitation goals.
   • Apply the following rehabilitation techniques: flexibility, range of motion, strength, cardiovascular endurance and kinesthesia.
   • Apply contemporary rehabilitation techniques including: isokinetics, plyometrics, closed kinetic chain exercise, aquatic therapy, proprioceptive neuromuscular facilitation and joint mobilization.
   • Initiate and exhibit support for the injured athlete as they transition through various emotional stages of recovery along with their improved physical abilities.
   • Demonstrate a working knowledge of what types of pharmaceuticals are frequently used in sports medicine and their effects on rehabilitation and athletic performance.
   • Design and implement rehabilitation protocols for injuries/trauma to the musculoskeletal system.
   • Compare various rehabilitation techniques and judge the value of each in rehabilitating specific injuries/post-op conditions.
   • Explain/demonstrate therapeutic exercise in a clear, concise and organized fashion.

   b. **Methods of assessing students’ achievement of learning objectives**
      Labs - 20%
      Written Exams – 25%
      Oral Practical – 25%
      Class Assignments – 10%
      Final Exam – 20%
      TOTAL – 100%

   c. NA
   d. This is not graduate level
   e. Writing active
3. Outline of the Course: (two 50-minute class sessions and 200 minutes of lab a week for 15 weeks)

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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| 1    | a. Healing process  
|      | 1. inflammatory response  
|      | 2. fibroblastic repair  
|      | 3. maturation  
| 2    | b. Psychological considerations with athletes  
|      | 1. Kübler-Ross stages of death and dying  
|      | 2. circle of support  
| 3    | c. Movement Assessments  
|      | 1. range of motion  
|      | 2. flexibility  
|      | 3. goniometry  
| 4    | d. Muscular Assessments  
|      | 1. strength  
|      | 2. endurance  
|      | 3. power  
| 5    | e. Resistance training techniques  
|      | 1. types of rehabilitation equipment used  
| 6    | f. Plyometrics  
|      | 1. speed  
|      | 2. strength  
|      | 3. agility  
| 7    | g. Proprioceptive neuromuscular fascilitation/neuromuscular control  
|      | 1. PNF for stretching  
|      | 2. PNF for strengthening  
|      | 3. patterns of movement  
| 8    | h. Isokinetics  
|      | 1. applications  
|      | 2. exercises specific to isokinetics  
| 9    | i. Manual Therapy  
|      | 1. joint mobilization  
|      | 2. traction techniques  
| 10   | j. Aquatic therapy  
|      | 1. applications  
|      | 2. exercises specific to aquatic therapy  
| 11   | k. Therapeutic ball exercises  
|      | 1. applications  
|      | 2. exercises specific to the therapeutic ball  
| 12   | l. Upper extremity rehabilitation: shoulder  
|      | 1. rehabilitation progression of shoulder  
|      | 2. exercises specific to shoulder rehabilitation  
| 13   | m. Upper extremity rehabilitation: elbow, wrist and hand  
|      | 1. rehabilitation progression of the elbow, wrist and hand  
|      | 2. exercises specific to the elbow, wrist and hand  
| 14   | n. Neck, back and trunk rehabilitation  
|      | 1. rehabilitation progression of the neck, back and trunk  
|      | 2. exercises specific to the neck, back and trunk  

4. **Rationale:**
   a. **Purpose and Need:**
      PED 3141 is mandatory core course for those Physical Education majors in Athletic Training option. Students cannot practice as athletic trainer without national certification and state licensure.
   b. **Justification of the Level of the Course:**
      This course contains advanced content and is intended for students currently admitted into Athletic Training Education Program. The prerequisites include PED 2130, PED 2135 and PED 2136.
   c. **Similarity to existing course:** PED 2132 is being revised and expanded.
   d. **Impact on Program:** This course is required for students pursuing completion of Physical Education degree with an option in Athletic Training. Students wishing to obtain certifications as Athletic Trainers must have this course.

5. **Implementation:**
   a. **Staff member to whom course will initially be assigned:**
      Julia Evans, M.S. ATC/L
   b. **No additional cost to students at this time**
   c. **Text and supplementary materials:**

6. **Community College Transfer:** Since this is a CAAHEP accredited curriculum, no community college transfer will be accepted.

7. **Date approved by the Department:** September 12, 2003
8. **Date approved by the College Curriculum Committee:** September 22, 2003
9. **Date approved by CAA:** October 30, 2003