

T6. Course Specification (CS) توصيف المقرر
Physical therapy for Musculoskeletal Disorder and its Surgery (305 PTH)

Institution	Date
Najran University	26-8-1438 H 22-5-2017
College/Department	
College of applied medical science / department of medical rehabilitation sciences	

A. Course Identification and General Information

1. Course title and code Physical therapy for Musculoskeletal Disorder and its Surgery (305 PTH)			
2. Credit hours : عدد الساعات المعتمدة :			
3. Program(s) in which the course is offered. (If general elective available in many programs indicate this rather than list programs) Physiotherapy Program.			
4. Name of faculty member responsible for the course: Mohammed Jarrar			
5. Level/year at which this course is offered : 6th level/3rd year			
6. Pre-requisites for this course (if any) : 201Anat p			
7. Co-requisites for this course (if any) : None			
8. Location if not on main campus: campus Main Campus			
9. Mode of Instruction (mark all that apply)			
a. Traditional classroom	<input checked="" type="checkbox"/>	What percentage	<input type="text" value="50%"/>
b. Blended (traditional and online)	<input type="checkbox"/>	What percentage	<input type="text"/>
c. e-learning	<input type="checkbox"/>	What percentage	<input type="text"/>
d. Correspondence	<input type="checkbox"/>	What percentage	<input type="text"/>
f. Other	<input checked="" type="checkbox"/>	What percentage	<input type="text"/>
Comments: Practical Sessions			

B. Objectives الأهداف

1. What is the main purpose for this course

At the end of this course the student will be able to:

- **Identify the etiology, pathophysiology, and clinical manifestations of the common orthopedic, rheumatic, traumatic and surgical conditions.**
- **Discuss and select the application of musculoskeletal and its principles in order to be able to evaluate.**
- **Analyze and interpret the results of evaluation to record the problems in order of priority.**
- **Outline achievable goals relevant to the problems.**
- **Select suitable physical therapy treatment in the management of specific conditions.**
- **Recognize the need to modify the treatment plan as the patient condition changes.**

2. Briefly describe any plans for developing and improving the course that are being implemented. (e.g. increased use of IT or web based reference material, changes in content as a result of new research in the field)

- **Continuous updating of the information, knowledge and skills included in the course through continuous search for the new knowledge and skills available in recent publications (books, researches, internet and others).**
- **Verifying the information resources.**
- **Continuous improvements in teaching methods as well as encouraging the students to participate effectively in the lectures.**
- **Continuous evaluation of the course content, student level and establish plans accordingly.**

C. Course Description (Note: General description in the form used in the Bulletin or handbook should be attached)

Course Description

This course demonstrates and practice of the evaluative and effective physical therapy management procedures used in orthopedic conditions. And teach the students how to evaluate, plan and implement the appropriate physical therapy to individuals with orthopedic problems treated by medical or surgical procedures. Pre and post-operative care will be emphasized.

1. Topics to be Covered :

List of Topics	No. of Weeks	Contact Hours 1
General introduction to course specification General introduction to orthopaedic physical therapy. musculoskeletal examination, Principles of physical therapy evaluation and plan Practical for general musculoskeletal exam	One week	2L+2P=4
Introduction to shoulder joint. Physical therapy evaluation and treatment for shoulder disorders. Special Tests for Shoulder, Practical.	One week	2L+2P=4
Introduction to Elbow joint. Physical therapy evaluation and treatment for elbow disorder.	One week	2L+2P=4
Physical Therapy for Pre –Post Elbow Fracture. Special Tests for Elbow, Practical.	One week	2L+2P=4
Introduction to hand and wrist. Physical therapy evaluation and treatment for hand and wrist, pre –post, traumatic conditions disorders. Special Tests for Hand and Wrist, Practical.	One week	2L+2P=4
Midterm exam theory, practical.		
Introduction to hip joint. Physical therapy evaluation and treatment for hip joint disorder.	One week	2L+2P=4
Physical therapy for hip Pre –post fracture. Special tests for hip joint, Practical.	One week	2L+2P=4
Introduction to knee joint. Physical therapy evaluation and treatment for knee Joint disorder.	One week	2L+2P=4
Physical therapy evaluation and treatment for knee Joint disorder. Special tests for knee joint, Practical	One week	2L+2P=4
Introduction to ankle & Foot. Physical therapy evaluation and treatment for ankle & foot disorder. Special tests for Ankle & Foot, practical.	One week	2L+2P=4
Introduction to spine disorders	One week	2L+2P=4
Introduction to cervical disorders. Physical therapy evaluation and treatment for cervical disorders.	One week	2L+2P=4

Introduction to lumbar disorders. Physical therapy evaluation and treatment for lumbar disorders.	One week	2L+2P=4
Sacroiliac joint disorders	One week	2L+2P=4
Revision	One week	2L+2P=4
Final Exam		

1.Course components (total contact hours and credits per semester):						
	Lecture	Tutorial	Laboratory or studio	Practical	Other:	Total
Contact Hours	32	-	-	64	-	96
Credit	2	-	-	2	-	4

3-Additional private study/learning hours expected for students per week	2 Hours
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4. Course Learning Outcomes in NQF Domains of Learning and Alignment with Assessment Methods and Teaching Strategy.

On the table below are the five NQF Learning Domains, numbered in the left column.

في الجدول الموضح أدناه يوجد خمس مجالات للتعلم مرقمة في العمود الأيسر.

First, insert the suitable and measurable course learning outcomes required in the appropriate learning domains (see suggestions below the table)

أولاً، يجب ان توضع مخرجات تعلم المقرر القابلة للقياس امام مجال التعلم المناسب (انظر المقترحات في الجدول أدناه).

Second, insert supporting teaching strategies that fit and align with the assessment methods and intended learning outcomes.

ثانياً، ادخل استراتيجيات التدريس التي تتماشى وتتسق مع اساليب التقييم ومخرجات التعلم المستهدفة

Third, insert appropriate assessment methods that accurately measure and evaluate the learning outcome. Each course learning outcomes, assessment method, and teaching strategy ought to reasonably fit and flow together as an integrated learning and teaching process. (Courses are not required to include learning outcomes from each domain).

ثالثاً، ضع اساليب التقييم المناسبة التي تقيس وتقيم بدقة مخرج التعلم . كل مخرج تعلم للمقرر واسلوب تقييمه واستراتيجية التدريس يجب ان تتسق مع بعضها كعملية متكاملة للتعلم والتعلم. (ليس من الضروري ان تحتوى المقررات على مخرجات تعلم من كل مجال من مجالات التعلم).

Code # مسلسل	NQF Learning Domains And Course Learning Outcomes	Course Teaching Strategies	Course Assessment Methods
1.0	Knowledge		
1.1	Recognize principles and basic knowledge of musculoskeletal disorders and its surgery.	Lectures using power point presentations, smart board, and illustrative	Written Examination -Two Quizzes. Each quiz is formulated to be answered within 10 minutes. The quiz is
1.2	Describe principles of physiotherapy assessment and treatment for common		

Code # مستند	NQF Learning Domains And Course Learning Outcomes	Course Teaching Strategies	Course Assessment Methods
	musculoskeletal disorders and its surgery.	schematic diagrams. Videos on various topics	designed to contain 5 MCQ questions and one short essay question. -Midterm exam. (MCQs + short essay questions) -Final term exam. (MCQs + short essay questions) .
1.3			
1.4			
2.0	Cognitive Skills		
2.1	Explain and evaluate appropriate assessment and treatment and compare various techniques used in different musculoskeletal disorders.	Clinical practice, present sample of cases studies for a given condition, discussion, Brainstorming.	Midterm and Final practical Exam -Clinical examination - Assignments.
2.2	Design a comprehensive suitable physical therapy programs and formulate a realistic achievable goals for different musculoskeletal disorders and its surgery.		
3.0	Interpersonal Skills & Responsibility		
3.1	Use clinical problem solving to select treatment plan.	-The students are encouraged to present a case of his interest. -The students are expected to present to obtain various details about musculoskeletal Conditions through net.	Through : -Clinical examination. -Case study
3.2	Demonstrate the patient education activities as they relate to overall functioning, safety and wellness.		
4.0	Communication, Information Technology, Numerical		
4.1	Operate computers, laptops, projectors and build up power point presentation and evaluate evidence from internet resources.	-The students are encouraged to present a case of his interest. -The students are	Through : -Clinical examination. -Case study

Code # مستسل	NQF Learning Domains And Course Learning Outcomes	Course Teaching Strategies	Course Assessment Methods
		expected to present to obtain various details about musculoskeletal Conditions through net.	
4.2			
5.0	Psychomotor		
5.1	Manipulate different equipment and rehabilitation techniques' efficiently in different musculoskeletal disorders.	Monitored clinical practice, practice during lab hours. group work	-Practical examination -Demonstration by student.
5.2			

5. Schedule of Assessment Tasks for Students During the Semester

	Assessment task (e.g. essay, test, Quizzes, group project, examination, speech, oral presentation, etc.)	Week Due	Proportion of Total Assessment
1	Quizes	-	5 %
2	Midterm theoretical exam	7	20%
3	Midterm practical exam	7	10%
4	Assignment	13	5%
5	Final PracticalExam	16	20%
6	Final Theoretical Exam	16	40%
6			
7			
8			

D. Student Academic Counseling and Support الإرشاد الأكاديمي والدعم الطلابي

1. Arrangements for availability of faculty and teaching staff for individual student consultations and academic advice. (include amount of time teaching staff are expected to be available each week)

Academic hours will be determined and addressed on home pages of the staff members on Najran university web site. Office hour: Monday 9-11 AM

Academic advisor for level 6 : Mohamed Jarar

Academic advisor for the program: Dr: Mohammed Samy

E. Learning Resources مصادر التعلم

1. List Required Textbooks :

- ACSM's. Guideline for Exercise Testing and Prescription, 5th edition, Lippincott Williams & Wilkins, New York, 2005.
- Chad Cook Jan ,orthopedic Physical Examination Tests: An Evidence-Based Approach (2nd Edition) by 9, 2012
- David J.M. Orthopaedic Physical Assessment. 6th edition, Saunders, London, 2009
- Elly H. Maitland's Peripheral Manipulation. 4th edition, Butterworth-Heinemann, UK, 2005

2. List Essential References Materials (Journals, Reports, etc.)

- Chad Cook, Orthopedic Manual Therapy (2nd Edition) 2nd Edition (2011)
- Dutton's Orthopaedic Examination Evaluation and Intervention, Third Edition 3rd Edition by Mark Dutton May 2012
- Orthopaedic Physical Therapy, 4e 4th Edition Robert A. Donatelli PhD PT OCS , Michael J. Wooden MS PT OCS (2009)

3. List Electronic Materials Web Sites, Facebook, Twitter, etc.

- University general Library supplied with reference text books, electronic resources on <http://lib.nu.edu.sa/DigitalLibrary.aspx>
- The Cochrane Database of Systematic Reviews
- Database of Abstracts of Reviews of Effectiveness (DARE) (Abstracts of systematic reviews)
- CENTRAL – (register of controlled trials)
- The Cochrane Methodology Register

WWW.Orth.Surg.

WWW.Joints.com

WWW.nerve and muscle.org

WWW.muscle.org

4. Other learning material such as computer-based programs/CD, professional standards or regulations and

software.

مواد تعليمية أخرى مثل البرامج المعتمدة على الحاسب الآلي/الأسطوانات المدمجة، والمعايير المهنية أو اللوائح التنظيمية والبرمجيات.

NON

F. Facilities Required **المرافق اللازمة**

Indicate requirements for the course including size of classrooms and laboratories (i.e. number of seats in classrooms and laboratories, extent of computer access etc.)

1. Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.)

Lecture rooms (size 70M) (30 students)

Laboratories (size 40M) (25 students)

2. Computing resources (AV, data show, Smart Board, software, etc.)

- **One computer in the classroom, and another in the lab.**
- **Projector. (In both classroom and lab)**
- **Smart board. (In both classroom and lab)**

3. Other resources (specify, e.g. if specific laboratory equipment is required, list requirements or attach list)

None

G. Course Evaluation and Improvement Processes **تقييم المقرر الدراسي وعمليات تحسينه**

1. Strategies for Obtaining Student Feedback on Effectiveness of Teaching

- **Midterm evaluation feedback.**
- **Completion of course evaluation questionnaire by each student.**
- **End of term discussion between the teacher and the students regarding what went well and what could have gone better.**

2. Other Strategies for Evaluation of Teaching by the Instructor or by the department.

- **Course report**
- **Student evaluation report**

3. Processes for Improvement of Teaching:

- **Continuous updating of course contents according to the previous course report.**
- **Regular meetings where problems are discussed and solutions given.**
- **Workshops on teaching methods.**
- **Review of recommended teaching strategies.**

4. Processes for Verifying Standards of Student Achievement (e.g. check marking by an independent member teaching staff of a sample of student work, periodic exchange and remarking of tests or a sample of assignments with staff at another institution)

- **Check marking of a sample of student work by an independent faculty member.**
- **Periodic exchange and remarking of a sample of assignments with a faculty member in another institution.**
- **Students who believe they are under graded could have their papers checked by another reader.**

5. Describe the planning arrangements for periodically reviewing course effectiveness and planning for improvement

Action plan for course improvement will be done according to the feedback about the course from students, students surveys, and course report.

Name of instructor : Mohammed Jarrar

Signature : **Μοηαμμεδ θαρραρ**

Date Report Completed: **26-8-1438 H 22-5-2017**

Name of field experience teaching staff: _____

Program coordinator **Dr. Mohammed Eid**

Signature: **Μοηαμμεδ Ειδ**

Date received: **28 / 8 / 1438**