



**BAKER COLLEGE**  
**STUDENT LEARNING OUTCOMES**

**PTA2410A Therapeutic Exercise**  
**4 Semester Credit Hours**

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**Student Learning Outcomes and Enabling Objectives**

At the completion of this course, the student will be able to perform the following outcomes with a minimum competency of 77% (C+) or better.

1. Discuss foundational concepts of therapeutic exercise and principles of intervention.
  - a. Describe the relevance of tissue injury and stage of healing to the performance of therapeutic exercise.
  - b. Explain the typical physiological response to various forms of exercise.
  - c. Discuss the implications, contraindications and precautions for the following interventions:
    - i. ROM – PROM, AAROM, AROM
    - ii. Stretching for improved mobility
    - iii. Resistance exercise for impaired muscle performance
    - iv. Exercise for impaired balance
    - v. Aerobic exercise
  - d. Differentiate the various types of strengthening exercises and modes of resistance and the rationale for use in the clinical setting.
  - e. Discuss strategies to promote life-long compliance with physical activity guidelines for prevention, health and wellness.
  
2. Develop an effective, individualized exercise program to manage orthopedic conditions in accordance with the plan of care established by the physical therapist.
  - a. Discuss appropriate therapeutic exercise interventions commonly used in the treatment of orthopedic conditions.
  - b. Explain the indications, contraindications, and precautions for selected therapeutic exercises as they relate to common orthopedic conditions and co-existing conditions.
  - c. Investigate evidence-based practice including current research, clinician's knowledge and skill, and patient's goals and values.
  - d. Select appropriate interventions based on patient acuity, pathology, impairments, goals and plan of care established by the physical therapist.

3. Demonstrate proper education and instruction in therapeutic interventions for various patient conditions based on the plan of care established by the physical therapist.
  - a. Demonstrate effective patient education to improve a patient's understanding of pathology, rationale for treatment interventions and self-management.
  - b. Demonstrate optimal positioning to maximize patient safety, comfort and outcome.
  - c. Demonstrate proper patient instruction and progression of various therapeutic exercise interventions in safe, effective and technically competent manner.
  - d. Demonstrate appropriate modification of interventions and correction of patient performance within the plan of care.
4. Apply knowledge of body mechanics and posture to appropriately instruct patients in stabilization and postural awareness activities.
  - a. Explain the importance of the core musculature for functional movement and postural stability.
  - b. Demonstrate proper instruction in posture and body mechanics.
  - c. Demonstrate proper instruction and progression of spinal stabilization exercises for patients with varying levels of acuity and function.
5. Demonstrate professional behaviors in the classroom and laboratory, including effective communication and sensitivity to individual differences and learning styles.
  - a. Demonstrate professional communication verbally, non-verbally and in writing in an effective, respectful manner.
  - b. Adapt communication and behavior based on individual and cultural differences.

## **Big Ideas and Essential Questions**

### **Big Ideas**

- Principles of therapeutic exercise intervention
- Development of individualized exercise program
- Instruction in therapeutic exercise
- Core stabilization and postural awareness
- Professional behavior

### **Essential Questions**

1. How does tissue injury and stage of healing impact therapeutic exercise interventions?
2. How does a Physical Therapist Assistant create an effective, individualized exercise program to address orthopedic injuries or conditions?
3. How are therapeutic exercise interventions utilized to reduce pain and improve function?

4. What role do postural awareness and core stabilization exercises play in the rehabilitation of orthopedic conditions involving the spine?
5. How does a Physical Therapist Assistant's professional behaviors and communication impact patient outcomes in physical therapy?

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These SLOs are not approved for experiential credit.

**Effective: Spring 2023**