



Course Syllabus

<u>Course title:</u>	Physical therapy for cardiopulmonary conditions	<u>Course No:</u>	1201337
<u>Course level:</u>	3rd year	<u>Course prerequisite (s) and/or co-requisite (s):</u>	1201208 1201103
<u>Lecture time:</u>	Monday, Wednesday 12:00-13:00	<u>Credit hours:</u>	2 hours

Academic Staff Specifics

<u>Name</u>	<u>Rank</u>	<u>Office Number and location</u>	<u>Office hours</u>	<u>E-mail address</u>
Heba Mefleh Alkhazaaleh	Lecturer	Physical Therapy Department		h.khazaaleh@jpu.edu.jo

Course Description

This course includes evaluation and treatment of patients with cardiopulmonary disease and dysfunction emphasizing the response of cardiac, circulatory, and pulmonary systems to exercise. This course describes the pathological conditions of the cardiopulmonary system commonly encountered by physical therapists and explain the medical interventions utilized in the management of pathological conditions of the cardiopulmonary system commonly seen by physical therapists.



Course Objectives

This course emphasizes on describing the anatomical and physiological aspects of heart and lungs. It teaches students diagnostic techniques for respiratory and cardiac pathologies and describe and demonstrate various treatment techniques. In addition, the students learn about cardiac rehabilitation and fitness programming for the healthy and impaired population

Learning Outcome

Knowledge and understanding, by the end of this course, students should be able to:

- Describe the anatomical and physiological aspects of the cardiac and respiratory system
- Describe diagnostic techniques for respiratory and cardiac pathologies
- Describe the clinical manifestations of cardiac disease as it relates to physical therapy.
- Describe tests and measures commonly used in the evaluation of the patient with cardiopulmonary disease.
- Recognize the role of physical therapy with surgical patient
- Recognize the role of physical therapy with cardiopulmonary condition

Cognitive skills (thinking and analysis):

Interactive learning by participating the student into the lectures content.

Communication skills (personal and academic):

Review concept at office hours

Practical and subject specific skills (Transferable Skills):

Doing homework and simple reports.



Course Outline and Time schedule

Week	Course Outline
First week	Anatomy and physiology of heart & lung
2 nd week	Evaluation of cardiac and pulmonary patient
3 rd week	Pulmonary function test
4 th week	Pulmonary physical therapy
5 th week	Breathing exercises retraining
6 th week	Modalities to clear the airways
7 th week	Types of operation in Cardiac surgery
8 th week	Outcomes of Cardiothoracic surgeries
9 th week	Physical therapy in cardiothoracic surgery
10 th week	Role of physical therapy in diabetes mellitus
11 th week	Role of physical therapy in Hypertension
12 th week	Role of physical therapy in Obesity
13 th week	Role of physical therapy in vascular diseases & surgery

Presentation methods and techniques

Methods of teaching varied according to the type of text, student and situation. The following techniques are usually used:

- ❖ Interactive Live Lectures (blended education)
- ❖ Cooperative learning.
- ❖ Discussion.
- ❖ Learning by activities.
- ❖ Connecting students with different sources of information



Sources of information and Instructional Aids

- ❖ Computer ... power point ...etc.
- ❖ Transparencies
- ❖ Distance learning
- ❖ Library sources

Assessment Strategy and its tools

The assigned syllabus is assessed and evaluated through: feedback and the skills that are acquired by the students

The tools:

- 1- Diagnostic tests to identify the student's level and areas of weakness
- 2- Formal (stage) evaluation
 - a) Mid-term exam
 - b) Class Participation
 - c) Activity file
 - d) Final exam

Tool & Evaluation

The following table clarifies the organization of the assessment schedule:

Test	Grade
Mid-term Exam	25
Activities & Participation	25
Final Exam	50
Total	100



Activities and Instructional Assignment

Practical assignments to achieve the syllabus objectives.

Regulations to maintain the teaching-Learning Process in the Lecture:

- 1- Regular attendance online live lectures.
- 2- Respect of commencement and ending of the lecture time.
- 3- Positive relationship between student and teacher.
- 4- Commitment to present assignments on time.
- 5- High commitment during the lecture to avoid any kind of disturbance and distortion.
- 6- High sense of trust and sincerity when referring to any piece of information and to mention the source.
- 7- The student who absents himself should submit an accepted excuse.
- 8- University relevant regulations should be applied in case the student's behavior is not accepted.
- 9- Allowed Absence percentages is (not exceed 15 %).

References

- ❖ Essentials of cardiopulmonary physical therapy, 4th edition.