



Course Syllabus

<u>Course title:</u>	Physical therapy for women health	<u>Course No:</u>	1201448
<u>Course level:</u>	4 th year	<u>Course prerequisite (s) and/or co-requisite (s):</u>	1201103 1201208
<u>Lecture time:</u>	Monday 13:00-14:00	<u>Credit hours:</u>	1 hour

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 Alkazaleh	Lecturer	Physical therapy department		h.khazaaleh@jpu.edu.jo

Course Description

This course provides an information about the care that can be provided for woman during, and after pregnancy, the most common condition affecting woman health, and the role of physical therapy with such a conditions.



Course Objectives

This course emphasizes on understanding of the most common condition affecting woman, the causes, and how to be managed. The course describes the care that could be provided for woman during different stages such as pregnancy, anti-natal care, labor & intra natal care

Learning Outcome

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

1. Recognize the organs of female reproductive system and their functions..
2. Recognize the stages of female life such as puberty, menstruation, and pregnancy.
3. Describe what can be provided for woman during pregnancy, anti-natal and intra natal care.
4. Explain the the most common conditions affecting woman health.
5. Describe themanagement tat can be provided for woman to deal with these conditions.

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	Topics
First week	Anatomy of pelvis and female reproductive system
2 nd week	Puberty, menstruation & dysmenorrheal
3 rd week	Pregnancy & Anti natal care
4 th week	Pregnancy & Anti natal care
5 th week	Labour & intra natal care
6 th week	Labour & intra natal care
7 th week	Puerperium & post-natal care
8 th week	Caesarian Section
9 th week	Stress Urinary incontinence
10 th week	Hysterectomy
11 th week	Uterine prolapse
12 th week	Polycystic ovarian syndrome
13 th week	Retroversion of uterus

Presentation methods and techniques

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

- ❖ Lectures
- ❖ 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 students' 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



assignments to achieve the objectives.

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

- 1- Regular attendance of the 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

1. Samantha Lawson, et.al, Pelvic Floor Physical Therapy and Women's Health Promotion, Volume63, Issue4
2. Hasan Danish , et al. Role of Physical Therapy in antenatal care as perceived by the clients - a cross sectional survey on pregnant female
3. Sudabeh Kamali, et.al., Health information needs of pregnant women: information sources, motives and barriers
4. Anjum Doshani, Uterine prolapse, BMJ. 2007 Oct 20; 335(7624): 819–823.
5. George Daskalakis, Uterine prolapse complicating pregnancy, Arch Gynecol Obstet (2007) 276:391–392
6. Michael T. Sheehan, Polycystic Ovarian Syndrome: Diagnosis and Management
7. R.D.ClaytonMD, Hysterectomy, Volume 20, Issue 1, February 2006, Pages 73-87