

I. COURSE DESCRIPTION:

In this course, students will practice remedial exercise integrating knowledge of the musculoskeletal system. Systematic approaches to assessment, planning, implementation and evaluation of treatment plans and self-care programs will be explored with particular emphasis on remedial exercise.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will be able to:

1. Demonstrate various remedial exercises in a manner which promotes safety and comfort of the client.
 - a. Demonstrate safe and competent techniques for the following remedial exercises:
 - i) Range of Motion - passive
- active
- active assisted (self, mechanical)
 - ii) Stretching - passive
- self stretching
 - iii) Resistive Exercise - isometric
- isotonic
- isokinetic
- manual and mechanical
 - b. Demonstrate safe and competent technique for the following advanced massage technique:
 - i) Stretch/hold/relax (P.N.F.)
 - ii) Joint Mobilization (Grade I, II, III, IV)
 - iii) Trigger Point Release
 - iv) Cyriax Friction
 - c) Demonstrate behaviours which promote safety and comfort of the client receiving remedial exercise.
 - d) Apply knowledge from theory of the effects, uses and contraindications of the specific remedial exercises.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

2. Demonstrate the implementation of effective treatment plans with emphasis on the role of remedial exercise in massage therapy practice.
 - a) Implement a given holistic treatment plan which integrates:
 - 1) hydrotherapy
 - 2) basic and advanced massage techniques
 - 3) remedial exercise
 - 4) home-care/client education program
3. Demonstrate safe and competent technique for clients of all ages and stages of development.
 - a) Demonstrate safe and competent massage technique for the pregnant client.
 - positioning and draping
 - general relaxation
 - common discomforts of pregnancy
 - breast massage
 - b) Demonstrate safe and effective massage technique for the athletic client.
 - pre event
 - intra competition
 - post event
 - c) demonstrate safe and competent massage technique for infants and young children.
 - general relaxation (robed and disrobed)

III. TOPICS:

1. Applied principles of human movement and biomechanics
2. Remedial Exercise:
 - a) Range of Motion
 - b) Stretching
 - c) Resistive Exercise
3. Advanced Massage Technique:
 - a) Stretch/Hold/Relax (P.N.F.)
 - b) Joint Mobilization (Grades I,II,III,IV)
 - c) Trigger Point Release
 - d) Cyriax Friction
4. Implementation of Holistic Treatment
5. Massage During Pregnancy, Infancy and Childhood
6. Athletic Massage

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Kisner and Colby (1996) Therapeutic Exercise Foundations and Techniques, (3rd Edition) F.A. Davis

Anderson, Bob. Stretching. Shelter Publications Inc.

Additional Resources

Trigger Point Charts I and II

V. EVALUATION PROCESS/GRADING SYSTEM:

1. The pass mark for this course is “satisfactory”
2. The evaluation process will be explained by the instructor within the first two weeks of class.

The following semester grades will be assigned to students in postsecondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	3.75
B	70 - 79%	3.00
C	60 - 69%	2.00
R (Repeat)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	Unsatisfactory achievement in field placement or non-graded subject areas.	
X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies & Procedures Manual – Deferred Grades and Make-up</i>).	
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has been impossible for the faculty member to report grades.	

VI. SPECIAL NOTES:

Sections and Schedules

Sections and schedules are developed to maximize student learning opportunities and experience. These are based on needs and learning outcomes that are expected of all students.

Attendance at the Lab is mandatory.

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.

Retention of course outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Plagiarism:

Students should refer to the definition of "academic dishonesty" in *Student Rights and Responsibilities*. Students who engage in "academic dishonesty" will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course, as may be decided by the professor. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the instructor.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.