

# Minnesota State University Moorhead

## AT 324L: Therapeutic Exercise Lab

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: 17

OJT Hours/Week: \*.\*

Prerequisites:

AT 363 - Athletic Training Practicum III AND AT 323 - Therapeutic Modalities AND AT 323L - Therapeutic Modalities Lab

Corequisites: None

MnTC Goals: None

The student will demonstrate and apply appropriate methods of therapeutic exercise and conditioning techniques. To be taken concurrently with AT 324.

**B. COURSE EFFECTIVE DATES:** 08/25/2008 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Assess a patient to determine specific therapeutic exercise indications, contraindications, and precautions.
2. Demonstrate the appropriate application of contemporary therapeutic exercises and techniques according to evidence-based guidelines.
3. Document rehabilitation goals, progression and functional outcomes.
4. Inspect therapeutic exercise equipment to ensure safe operating condition.
5. Instruct the patient in proper techniques of commonly prescribed therapeutic exercises.
6. Obtain and interpret baseline and postexercise objective physical measurements to evaluate therapeutic exercise progression and interpret results.
7. Perform a functional assessment for safe return to physical activity.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted