

APPROVAL FORM

Rev: 5/82

Proposal Title: Introduction to Physical Therapy I

Sponsor(s): Dr. Edward C. Chaloupka Dept.: Health and Physical Educ.

Check one:  Course  Specialization  Concentration  Achievement Certificate  
 Minor Change  Major Program  
(please name: deletion or credit/title/catalog change)

Certification Program  Undergraduate  Graduate 3 Credit Hours

Step 1 (Department)

Step 2 (Receipt)

Step 3 (Division CC)

Approved 2/9/84  
date  
 Not Approved  
Mary J. Peterson  
Dept. CC Chairperson  
 Reviewed 2/8/84  
date

SCC# 83-84-56  
Proposal Received 1/7/84  
date

Reviewed 3/1/84  
date  
 Approved  
 Not Approved  
Comments:

Donald B. Stanley  
Chairperson, Dept.

Shirley C. Day  
Chairperson, SCC

James J. Weaver  
Chairperson, Div. Curr. Comm.

Step 4 (Academic Dean)

Comments:

Reviewed \_\_\_\_\_  
date

James J. Weaver  
Signature, Dean of Division

Step 5 (SCC)

Open Hearing Date: 4/27/84  Approved by Senate Curriculum Committee 4/27/84 (date)

Returned to sponsor(s) for the following reasons:

Comparative Anatomy - change to Anatomy + Physiology  
cat. descr.  
Consultation with Life Science

Step 6 (Faculty Senate)

Presented to Faculty Senate (date): 5/11/84

Approved  
 Not Approved

Notification to Vice-President Academic Affairs (date): 5/12/84

Shirley C. Day  
Signature: SCC Chairperson

Step 7 (Vice-President for Academic Affairs)

Course received 5/22/84 (date)

Course approved Yes  No

If no, reasons are as follows:

Student credit hours 3

Faculty load hours 3

Equalized credit hours 3

Official copy and approval sheet filed 5/22/84 (date)

Signature [Signature]  
(Vice-President for Academic Affairs)

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Registrar

Approved course description received \_\_\_\_\_ (date)

Hegis Taxonomy and Course Number assigned \_\_\_\_\_

Signature \_\_\_\_\_  
(Registrar) (Date)

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Notification forwarded: Senate Curriculum Committee Chairperson, Department Chairperson(s),  
Academic Dean(s), Registrar, Sponsor(s)

1. Details.

- a. Course Title: Introduction to Physical Therapy Theory and Practice I
- b. Sponsor: Edward C. Chaloupka, Ph.D., R.P.T.  
Department of Health and Physical Education
- c. Course Level: Undergraduate (Junior-Senior Level) 3 S. H.
- d. Curricular Effect: Offered as Free Elective
- e. Prerequisites: A course in Human Anatomy and/or Human Physiology or equivalent.
- f. Implementation Date: Spring 1985
- g. Present staff is adequate. Course will be taught by Dr. E. Chaloupka, who is an exercise physiologist and a licensed physical therapist. Resources are adequate at this time with respect to an introductory course in the theory and practice of physical therapy. The Department of Health and Physical Education at Glassboro State College possesses basic equipment needed for practical experience in this course. Such equipment includes the following: therapeutic ultrasound; electric stimulation; hydrotherapy; cryotherapy; and heat therapies. In addition, equipment for therapeutic exercise such as motorized treadmill, bicycle ergometers, isokinetic weight equipment (orthotron), isotonic weight equipment (Universal Gymnasium) and cuff weights are available. Library holdings are adequate at this time with emphasis on periodical holdings which are current. These holdings include: (1) Journal of The American Physical Therapy Association; (2) Archives of Physical Medicine and Rehabilitation; (3) Physiotherapy - Journal of The Canadian Physiotherapy Association.

2. Rationale

The uniqueness of this course is that it offers the undergraduate student at Glassboro State College the opportunity of exposure to the profession of physical therapy. It is the only course so designed at Glassboro State. From personal contact with students at this institution, there is a definite expressed interest in the profession of physical therapy. The student that this course will draw will come from varied majors across the Glassboro State campus. No one major on campus can be targeted as supplying the majority of students for this course. Numerous students, however, in health and physical education and life science have gained entrance to physical therapy programs. For example, four Glassboro State College graduates in the past three years have graduated from Hahnemann Medical University of Philadelphia.

Two students from Glassboro State are currently enrolled in the program at Thomas Jefferson Medical College in Philadelphia. The profession of physical therapy is extremely viable and in great demand at this time. In an article in the Philadelphia Inquirer during the week of November 18, 1982, Physical therapy was ranked third of all professions in the Philadelphia area for growth during the remainder of the 20th century. Due to the competitiveness of admissions to a physical therapy curriculum, I believe this proposed course to be beneficial in both knowledge acquisition and possible professional preparation. This course enhances the curricula offerings of the Department of Health and Physical Education in a science-medical rehabilitation area. It will expose a wider variety of students at Glassboro State College to offerings in the Department of Health and Physical Education.

### 3. Essence of the Course

a. Objectives: At the completion of this course, the student will be able to:

1. Identify the place of physical therapy in the medical rehabilitation profession;
2. Compare the many facets inherent in the role of the physical therapist;
3. Recognize attitudes, values, professional responsibilities appropriate to the physical therapist;
4. Evaluate approaches to patient care.
5. Apply, in theory, skills, knowledge and methods of treatment;
6. Identify treatment procedures and plan a patient treatment program;
7. Critically evaluate patients, certain methods of treatment and results of those treatments; and
8. Apply research concepts in physical therapy.

### b. Topical Outline

A. Introduction to the profession of physical therapy

1. History
2. Purpose
3. Professional organization - The American Physical Therapy Association
4. Entry requirements to accredited programs in physical therapy
5. Profession entry level requirements
  - a. bachelor's degree
  - b. master's degree
  - c. certification

B. Common medical problems

1. Diagnostic considerations
2. Pathophysiologic mechanisms
3. Therapeutics
4. Patient management with implications for physical therapy

C. Patient Evaluation

1. Manual muscle testing
2. Goniometry
3. Neurologic testing

D. Rehabilitation and selected dysfunctions

1. Cardiorespiratory
2. Musculoskeletal
3. Soft tissue injury
4. Arthritis
5. Amputation
6. Orthopedic
7. Neurologic
8. Spinal cord injury

E. Therapeutic approaches

1. Activity of daily living
2. Cardiorespiratory exercise programs
3. Musculoskeletal exercise programs
4. Physical modalities
  - a. hydrotherapy
  - b. moist heat
  - c. diathermy
  - d. ultrasound
  - e. electrotherapy
  - f. electrodiagnosis

G. Current research trends

- c. Evaluation and Grading: Evaluation will be ongoing with discussion and question/answer formats. Specific grading will be based on quizzes, examinations, and a term paper case report.
- d. Course evaluation: Course evaluation will consist of student evaluations and a periodic review by the curriculum committee of the Department of Health and Physical Education.

4. Consultation

- a. Gerard Scibilia, A. T. C. Department of Health and Physical Education.
- b. Dr. Andrew Prieto, Chairperson, Life Science Department (See Attached).

5. Catalogue Description

This course introduces the student to the theory and practice of physical therapy. It covers such topics as the history and purpose of physical therapy, entry requirements into the profession, commonly occurring medical problems, patient evaluation and types of treatment used in selected physical dysfunctions.

(Prerequisite: A course in Human Anatomy and/or Human Physiology or equivalent.)

CATALOGUE DESCRIPTION - Introduction to Physical Therapy  
Theory and Practice I

This course introduces the student to the theory and practice of physical therapy. It covers such topics as the history and purpose of physical therapy, entry requirements into the profession, commonly occurring medical problems, patient evaluation and types of treatment used in selected physical dysfunctions.

(Prerequisite: Human Anatomy and Human Physiology or equivalent)



State of New Jersey  
GLASSBORO STATE COLLEGE  
GLASSBORO, NEW JERSEY 08028

LIFE SCIENCE DEPARTMENT

May 10, 1984

TO WHOM IT MAY CONCERN:

These comments and suggestions are offered in response to Dr. Edward Chaloupka's proposal for an introductory course in Physical Therapy.

After carefully reading the course proposal "Introduction to Physical Therapy Theory and Practice I", I find no problems with the contents and objectives as stated. Dr. Chaloupka is certainly well qualified to teach such a course.

I think that as a general elective such a course could service a wide variety of majors, however, I cannot speculate how our majors will react since such a course would not be accepted in the science bank.

It is strongly recommended that Physical Education majors wishing to follow a career in physical therapy fulfill the requirements for the proposed course in the Life Science Department. This suggestion is made based on the fact that schools offering training in Physical Therapy require a substantial number of laboratory-type courses.

These are only my personal suggestions, and I fully endorse the approval of Dr. E. Chaloupka's course.

Sincerely yours,

A handwritten signature in black ink, appearing to read "Andrew A. Prieto", written over the typed name.

Andrew A. Prieto, Ph.D.  
Chairperson  
Life Science Department

AAP/ehd