

2 0 1 4
 Spring
 Semester

Syllabus

Course No. : _____

Course	Therapeutic Exercise	Credit	3	Time		Instructor	Junggi Hong
Department/ Grades	Sports Health and Rehabilitation			Lecture Schedule Lecture Room		TBD	
Office Hours	Tue 2 - 4 pm			Office, Telephone		7th Building 233	
E-mail							
Objectives	First understand the characteristics of sports injuries in the upper and lower extremities and teach how to implement therapeutic exercises based on physiological and biomechanical mechanisms of the injured tissues						
Method/ Materials	Lectures are the primary format of the class and the powerpoint slides and the related articles will be provided for the class						
Grading	Grading will be given based on the performance of miderm, final exam and assignment.						
Textbook	TBD						
Auxiliary textbook							
Reference book							
Assignment							Remarks
Literature review on therapeutic exercises							

Weekly Schedule

Week	Date	Description	Assignment/ Reference
1	~	Introduction	
2	~	Healing Process	
3	~	Range of Motion and Flexibility	
4	~	ABCs of Proprioception	
5	~	Manual Therapy	
6	~	Functional Exercises	
7	~	Midterm Exam	
8	~	Shoulder and Upper Arm Exercises	
9	~	Elbow and Lower Arm Exercises	
10	~	Wrist and Hand Exercises	
11	~	Foot, Ankle and Lower Leg Exercises	
12	~	Knee and Thigh Exercises	
13	~	Hip Exercises	
14	~	Lower Back and Core Exercises	
15	~	Review	
16	~	Final Exam	