

LORMA COLLEGES
Carlatan, City of San Fernando

COURSE DESCRIPTION – BS IN PHYSICAL THERAPY

ART APPRECIATION (3 UNITS)

This course deals with the nature, function and appreciation of the arts in the contemporary society.

CONTEMPORARY WORLD (3 UNITS)

This course deals with the globalization and its impact on individuals, communities and nations, challenges and responses.

PURPOSIVE COMMUNICATION (3 UNITS)

This course deals with writing, speaking and presenting for different audiences and for various purposes.

WORLD LITERATURE AND CIVILIZATION (3 UNITS)

This course is designed to familiarize the students with the various literary masterpieces around the globe reflecting their culture, values, sentiments, and ideals. It also includes the study of the similarities and differences among the major world civilizations before the modern era as well as topics on traditions of governance, arts, religion and philosophy, technology, family structure, and everyday life.

MATHEMATICS IN THE MODERN WORLD (3 UNITS)

This course deals with the nature of mathematics, appreciation of its practical, intellectual and aesthetic dimensions and application of mathematical tools in daily life.

SCIENCE, TECHNOLOGY AND SOCIETY (3 UNITS)

This course deals with the interaction between science and technology and social, cultural, political and economic contexts which shape and are shaped by them.

LIVING IN THE IT ERA

This course deals with the science, culture and ethics of information technology, its influence on modern living and human relationships, and uses for personal, professional and social advancement.

THE ENTREPRENEURIAL MIND

This course studies the meaning and attributes of entrepreneurship such as innovativeness, risk taking and self-reliance. It also studies the social role and impact of entrepreneurship.

UNDERSTANDING THE SELF (3 UNITS)

This course deals with the nature and identity factors and forces that affect the development and maintenance of personal identity.

ETHICS (3 UNITS)

This course deals with the principles of ethical behavior in modern society at the level of the person, society and in interaction with the environment and other shared resources.

READINGS IN PHILIPPINE HISTORY (3 UNITS)

This course is all about Philippine History viewed from the lenses of selected primary sources in different periods, analysis and interpretation.

LIFE, WORKS AND TEACHINGS OF DR. JOSE RIZAL (3 UNITS)

This course is designed to orient the students about the life, works and writing of the greatest hero and martyr of our nation from the day of his birth until the day of his death.

PHYSICAL FITNESS AND WELLNESS (2 UNITS)

This course is designed to provide students' knowledge and skills in maintaining a balanced and healthy lifestyle through various physical exercises, healthy diet, and fitness and wellness programs. This course enables the students value the benefits and of physical wellness and fitness and apply its principles in their life.

SELF DEFENSE (2 UNITS)

This course is designed to familiarize the students with the various techniques and strategies in protecting oneself in harmful situations. This course also provides awareness on the students the importance of psychological awareness, alertness, physical health and endurance during difficult situations. Further, it also trains students on physical and mental training in using self-defense techniques.

SWIMMING WITH BASIC LIFE SUPPORT (2 UNITS)

This course deals with the fundamentals of swimming and survival skills. The students are expected to learn the basic and ADVANCED strokes and skills associated with swimming and survival techniques.

SPORTS (2 UNITS)

This course deals with various indoor and outdoor activities designed to arouse the student's interests and abilities to develop self-esteem, perseverance, courage and sense of creativity which will be utilized and carried on to their lifetime endeavors. Covers also activities in which the emphasis is placed upon the development of physical skills through recreational sports essential for stress management.

CIVIC WELFARE AND TRAINING SERVICE 1 (3 UNITS)

This course is pursuant to Republic Act No. 9163, otherwise known as the National Service Training Act of 2001, which mandates tertiary educational institutions to incorporate in the collegiate curriculum a program aimed at "enhancing civic consciousness and defense preparedness in the youth by developing the ethics of service and patriotism.

CIVIC WELFARE AND TRAINING SERVICE 2 (3 UNITS)

This course is a sequel to NSTP 1 and is destined to immerse students in activities that it will arm them the capability to contribute in the upliftment of the general welfare and the quality of life of the community and the enhancement of its facilities especially those that are devoted to improving the health, environment, entrepreneurship, safety, recreation and morale of the citizen.

CHRISTIAN FOUNDATION AND VALUES EDUCATION 1 (3 UNITS)

This course is an overview of the Basic Christian beliefs and values grounded in the Word of God which is the Bible, and which is essential in the spiritual as well as the holistic development of every

individual. This course further equips the student's positive attitudes and values toward God, their country, their family, their community and fellowmen.

CHRISTIAN FOUNDATION AND VALUES EDUCATION 2 (3 UNITS)

This course is designed to provide instructions toward righteous living in the sight of God. It includes topics on moral and ethical standards that a student can use in making wise decisions for life.

INTRODUCTION TO PHYSICAL THERAPY AND PATIENT CARE (3 UNITS)

This course deals with the basic theories and principles utilized by the physical therapists. It covers topic discussion on the basic information relevant to the health care system of the Philippines, rehabilitation and with greater emphasis on the physical therapy course and profession. It includes discussion of topics such as vital signs taking, proper body mechanics, positioning and turning, transfers techniques, bandaging, taping, therapeutic massage, traction, tilt table and intermittent compression.

HUMAN ANATOMY AND PHYSIOLOGY (3 UNITS-LECTURE)

The course include instruction on basic structure and function of the human body, such as; basic chemistry, description of cells and tissues, and functions of each body system that include integumentary, skeletal, muscular, nervous, endocrine, circulatory, lymphatic, respiratory, digestive, urinary and reproductive systems

MUSCULOSKELETAL ANATOMY (3 UNITS -LECTURE, 1 UNIT- LABORATORY)

This course is designed to provide the student with lecture and laboratory study of the human musculoskeletal anatomy. The course will focus on material most pertinent to the practice of Physical Therapy profession. The emphasis of this course is on a functional understanding of bones, muscles and their innervation and action, as well as on common injuries to bones, muscles, tendons, and nerves.

GENERAL PHYSIOLOGY (3 UNITS)

This course on the functional organization of the human body with emphasis on the different areas such as cytology, skin and bone physiology, muscle and nerve physiology, metabolism and temperature regulation, sports physiology and aviation, space and deep-sea physiology. The course serves as a foundation in the study of more advanced topics in pathophysiology and medical surgical courses.

NEUROANATOMY AND ORGAN SYSTEM ANATOMY (3 UNITS)

This is a three-unit course which focuses on human neuroanatomy including the nervous system, its parts, special characteristics and functions. It covers the anatomical concepts and in-depth details of neuroanatomy that are applicable for physical therapy with emphasis on neurologic conditions necessary for clinical evaluation and clinical practice. Discussion on the Organ system anatomy is included in this course as they are related to the overall function of the nervous system and are relevant to the field of physical therapy practice.

KINESIOLOGY AND BIOMECHANICS (3 UNITS LECTURE, 1 UNIT LABORATORY)

A study of the science of human motion. Emphasis is upon anatomical analysis of body movement. This course embraces such areas as physics for mechanical and gravitational laws; anatomy for structures of bone, muscle, and nerve; and physiology for the action of muscle and nerve.

GENERAL PATHOLOGY (2 UNITS)

This 3-unit course provides concepts on pathology wherein cellular abnormality is discussed and its effect to the human body. The different cellular adaptations will also be discussed, as well as the general concepts of wound healing and repair. Discussions on pathophysiological processes that occur in certain illnesses is also included. Special topics on pertinent diseases are tackled. This course will enable the physical therapy students to have a better understanding on different pathological processes that will help them in the proper evaluation and treatment of patients.

PHYSICAL AGENTS AND ELECTROTHERAPY (3 UNITS-LECTURE, 1 UNIT LABORATORY)

This course aims to explore the basic skills in the application of electro modalities and knowledge of indications, contraindications and physiological principles needed for appropriate patient care. The course will include discussion on the topics such as electric stimulation, T.E.N.S., Iontophoresis, ultrasound /Phonophoresis, diathermy, electro diagnostic testing and hydrotherapy.

COMMUNITY BASED REHABILITATION (2 UNITS LECTURE, 1 UNIT LABORATORY)

This course deals with the concepts and principles of community-based rehabilitation (CBR) as a strategy for community development. The course deals with a discussion of disability as human rights issue, development, principles, and structure of CBR. It includes discussion of the different models of CBR and to identify the role of the professionals in CBR.

PRINCIPLES OF EXERCISES (2 UNITS – LECTURE, 1 UNIT -LABORATORY)

This 3-unit course is composed of 2 units lecture and 1- unit laboratory which discusses the fundamentals of physiology of exercise for all ages, provides foundation of practice in therapeutic exercise and laboratory simulating therapist-patient interaction via kinesthetic mode. This emphasizes in grasping the fundamental concepts regarding range of motion exercises, strengthening exercises, aerobic exercises, stretching and joint and tissue mobilization preparing students to advance therapeutic exercise related to the functioning of the human body.

NEUROPHYSIOLOGY AND ORGAN SYSTEM PHYSIOLOGY (3 UNITS)

This course deals with integration and relationship of the normal structures and functions of the different body systems with emphasis on an extensive study of the nervous system as it is related to other courses offered for physical therapy students. The other systems of the human body that are included for emphasis are the cardiac, respiratory, digestive, endocrine, circulatory, immunology, renal and reproductive systems. Exercises at the end of the of most topics are given to allow integration and application of the knowledge learned in every topic. Some pathologic entities will be introduced as part of the integration of the basic learning to clinical set-up.

PRINCIPLES OF PT EVALUATION AND EXAMINATION (3 UNITS LECTURE, 2 UNIT -LAB)

This course includes discussion of the principles and techniques of examination of musculo-skeletal, orthopedic, neurological, functional, motor control and coordination to guide students in the formulation of PT treatment, goals and plans. This course also includes introduction of techniques in history-taking, evaluating results of examination using critical reasoning and documentation of findings. It focuses on three major topics such as range of motion, manual muscle testing and special orthopedic test which are essential in the physical therapy practice.

ASSISTIVE TECHNOLOGIES (3 UNITS LECTURE, 1 UNIT LABORATORY)

This course deals with the study of the physical properties and biomechanical principles of devices and equipment; to prescribe, apply, and fabricate as appropriate adaptive, orthotic, protective, supportive, and prosthetic devices and equipment for activities of daily living. to analyze their use; and to evaluate the limitations and indications/contra indications of devices and equipment.

THERAPEUTIC EXERCISES (3 UNITS LECTURE, 1 UNIT LABORATORY)

This course discusses specific exercises to improve joint and tissue mobility. It provides the foundation of practice in therapeutic exercises and discussion on the common exercise interventions for orthopedic, musculoskeletal, medical and surgical conditions. Laboratory demonstration and discussions will be used to facilitate learning via kinesthetic mode.

HEALTH AND WELLNESS IN PHYSICAL THERAPY (2 UNIT LECTURE, 1 UNIT LABORATORY)

This course introduces students to the wellness concept, which builds the foundation for health literacy and an appreciation for life-long health and physical fitness. The components of wellness will be studied in this class, including physical, intellectual, emotional, social, spiritual, environmental, and occupational, with the goal of promoting and advocating for self-responsibility, health literacy, and a life-long commitment to wellness.

PSYCHIATRIC FOUNDATIONS (2 UNITS)

Psychiatric Foundations for Physical Therapy is an introduction to medical terminology in psychiatry with emphasis on the biological, psychological and social factors in the diagnosis and management of common behavioral problem and psychiatric disorders. Different methods in the treatment of psychiatric disorders commonly handled by a physical therapist are also emphasized.

PT PHARMACOLOGY (2 UNITS)

PT PHARMACOLOGY is a two-unit course designed primarily for 3rd year physical therapy students for them to acquire a sound basic understanding of pharmacology as it relates to their particular needs. It makes no attempt to be fully comprehensive and cover all aspects of pharmacology; rather it attempts to present a basic rationale for understanding current drug therapy. This course puts emphasis on current drug therapy and their therapeutic applications, pertinent physiology and related diseases are reviewed before the pharmacology of the drug is discussed. The information gained in pharmacology must be correlated with other courses & with clinical experience to provide responsible patient care.

GENERAL MEDICAL CONDITIONS (3 UNITS)

This course that deals with general medical conditions that are relevant to the physical therapy practice. This course prepares students on the basic epidemiology, etiology, pathophysiology, symptomatology, sequelae & management of commonly encountered in medical conditions. Further, the course will deal on their role as physical therapists as part of the multidisciplinary approach in the rehabilitative management of such conditions.

NEUROLOGIC PHYSICAL THERAPY (2 UNITS LECTURE, 2 UNITS LABORATORY)

Neurologic Physical Therapy provides students with a solid foundation in the examination of and interventions for individuals with neuromuscular disorders. Both traditional and contemporary models of neurological rehabilitation will be presented, and the application of an integrated model will be emphasized. Lectures and discussions will utilize case studies to integrate information and enhance the

development of clinical problem-solving skills and translating evidence-based practice into clinical practice. Psychosocial issues and their impact on patient outcomes will be discussed.

CARDIOPULMONARY PHYSICAL THERAPY (2 UNITS LECTURE, 1 UNIT LABORATORY)

This course deals with the study of the common involving the cardiovascular, pulmonary, and lymphatic systems, as well as the various types of interventions used to treat them. There will be an emphasis on the role of the physical therapist in providing appropriate preventative and rehabilitative exercise programs and risk factor modification education for persons with, or at risk for cardiovascular, pulmonary, and/or lymphatic diseases/conditions. The laboratory part will assist student physical therapists in developing requisite entry-level cardiovascular, pulmonary, and lymphatic examination and treatment skills.

PHYSICAL THERAPY IN INTEGUMENTARY SYSTEM & SPECIAL CONDITIONS (1 UNIT LECTURE, 1 UNIT LABORATORY)

This course will provide the student with knowledge of human anatomy and the principles of regulation of function of the integumentary as they pertain to the physical therapy profession. It focuses on the examination and evaluation techniques and program planning related to the integumentary system. Physical Therapy examination and intervention for other special conditions will be included in the discussion.

ORGANIZATION AND ADMINISTRATION (3 UNITS)

The course deals with the basic knowledge, principles and concepts of effective management relevant to physical therapy and rehabilitation. It includes discussion on health organization and basic management principles which aims to enable the students to be able to manage and operate physical therapy units/ section in a hospital or community effectively.

INNOVATIONS IN PT PRACTICE DELIVERY (2 UNITS)

This course will not only provide the students with an opportunity to explore recent innovations in physical therapy that includes modern trends in physical therapy and technology that can improve diagnosis, treatment and patient engagement but also will explore the non-clinical aspects of physical therapy wherein the students will be provided with an understanding of the application of their Physical therapy skills outside of patient care that includes but not limited to; education, industry or technology, sales and marketing among others.

INTRODUCTION TO RESEARCH AND RESEARCH PROPOSAL (2 UNITS LECTURE, 1 UNIT LABORATORY)

This course introduces the language of research, ethical principles and challenges, and the elements of the research process within quantitative, qualitative, and mixed methods approaches. It includes the development of conceptual framework, types, and methods of research. It also provides an opportunity for the students to write a research proposal.

GENERAL ORTHOPEDIC, SURGICAL AND PEDIATRIC CONDITIONS (3 UNITS)

This 3-unit course that deals with general orthopedic, surgical and pediatric conditions that are relevant to the physical therapy practice. It aims to prepare students on the basic epidemiology, etiology, pathophysiology, symptomatology, sequelae & management of commonly encountered in orthopedic, surgical and pediatric conditions. Further, the course will deal on their role as physical therapists as part of the multidisciplinary approach in the rehabilitative management of such conditions.

MUSCULOSKELETAL PHYSICAL THERAPY (2 UNITS LECTURE, 2 UNITS LABORATORY)

This course aims to educate students about physical therapy evaluation and treatment for musculoskeletal disorders including orthopedic, rheumatology and sports related conditions. In the laboratory sessions, evaluation and treatment techniques will be demonstrated and practiced, including joint and soft-tissue mobilization, exercise prescription, and posture and movement retraining.

GERIATRIC PHYSICAL THERAPY (2 UNITS LECTURE, 1 UNIT LABORATORY)

This course is an overview of the physical and psycho-behavioral aspects of aging in adulthood. Students are introduced to the pathological changes with aging and are challenged to problem solve treatment issues relevant to the types of older clients they will assist in physical therapy clinical settings. It focuses on how to modify physical therapy examinations and interventions based on changes associated with aging.

PEDIATRIC PHYSICAL THERAPY (2 UNITS LECTURE, 1 UNIT LABORATORY)

The pediatric Physical therapy deals with the study of the etiology, impairments, evaluations, and treatment interventions of children with disability across the life span. It consists of didactics and variety of demonstrations and hands-on clinical experience related to pediatric physical therapy evaluation and treatment for children with disabilities.

INDUSTRIAL PHYSICAL THERAPY (2 UNITS)

This course covers the study of the principles of management of work-related disabilities in an industrial setting. It includes discussion of topics related to the rehabilitation and preventive services given to clients in various work settings that aims to assist injured workers safely back to work and to provide objective information about a client's physical and functional capabilities.

PROFESSIONAL ETHICS (3 UNITS LECTURE)

This course provides the introductory information concerning physical therapist's professional obligations requisite to functioning as a clinician, consultant, and administrator. It includes discussion of the concepts of professionalization with emphasis on history and development of physical therapy. Learning experiences include delegation and supervision of patient care activities; legal and regulatory parameters of physical therapy practice; safe, ethical, legal practice and decision making.

HEALTH EDUCATION (3 UNITS)

This course provides opportunities for students to understand the concepts, principles models, and strategies related to different theories of teaching and learning, including behaviorist, cognitive and socio-cultural perspectives. It includes discussion on a variety of instructional approaches for student learning and is designed to engage students with the processes involved in planning, implementing and evaluating teaching and learning programs.

RESEARCH IMPLEMENTATION (2 UNITS LABORATORY)

This course that deals with the implementation and presentation of a research paper. It is developed to provide students with a chance to acquire skills and concepts inherent in research experience. It is intended to teach the students to be creative, careful and patient in extracting data from

the respondents. The students will learn processes, which may advance them in their professional career. The students will be guided through the range of ethical and legal issues and considerations, which should guide them in the proper approach in research

PHYSICAL THERAPY SEMINAR 1 AND 2 (2 UNITS LABORATORY)

A forum devoted to presentation and discussion on selected conditions commonly evaluated and treated by physical therapist. The course provides a venue for the students to portray their presentation and discussion skills, in which ideas, approaches and current trends are regularly shared in the class under the faculty supervision. This course will expose the fourth year BS Physical Therapy students in the various disease entities and will prepare them to be confident in case presentation in their internship and their future practice as physical therapist.

CLINICAL EDUCATION 1 & 2 (30 UNITS INTERNSHIP)

Clinical Education is the Clinical Internship Program for Physical Therapy Students. This program will provide venue for the students to become human and scientifically competent physical therapists who are responsive to the changing healthcare needs of society. It involves assigning students to different training opportunities to achieve the desired program outcomes for a minimum 1500 hours under the guidance of licensed physical therapists and other professionals who will serve as trainers/educators/ supervisors.

This internship training will include a minimum of 1200 hour of clinical experience which include patient/ client care, evaluation, and management from different populations including but not limited to: neurological, musculoskeletal, cardiopulmonary, pediatric, geriatrics, well population and community-based rehabilitation. The students will also be given an opportunity to be assigned in non-clinical exposures such as teaching, managing the Lorma Physical Therapy and Fitness Center and other community activities.