

## PHTH 652: INTEGRATED CLINICAL EXERCISE REHABILITATION

<b>Credits:</b>	3
<b>Instructor:</b>	Shirin M. Shallwani, Course Lecturer
<b>Email:</b>	<a href="mailto:shirin.shallwani@mcgill.ca">shirin.shallwani@mcgill.ca</a>
<b>Virtual office hours:</b>	Thursday, 12:30 – 1:00 pm or <i>upon request</i>
<b>Communication plan:</b>	Office hours or via email
<b>Course schedule:</b>	Thursday, 9:30 am – 12:30 pm
<b>Pre-requisite(s):</b>	Successful completion of all U3/qualifying year courses including PHTH 552 Cardiorespiratory Rehabilitation

**Course Overview:** Physical Therapy: This case-based course aims to provide students with an in-depth knowledge of exercise rehabilitation as a preventative and therapeutic tool in patients with selective chronic diseases and disabilities across the lifespan. This course aims to enhance critical thinking and problem-solving skills through interactive lectures, clinical reasoning workshops and assignments.

**Remote Delivery:** The remote learning context presents new challenges for all involved. Please check the following resources to ensure your academic success: [Student-specific Guidelines for Remote Teaching and Learning](#) and [Remote Learning Resources](#).

**Learning Outcomes:** This course will cover essential competencies and milestones related to the domains of physiotherapy expertise, communication, collaboration, leadership, scholarship, professionalism. Upon completion of this course, the student will be able to:

Learning objectives	Milestones
Describe how the pathophysiology underlying selective chronic conditions and disabilities affect the response of the major physiological systems (respiratory, cardiovascular, neurological, and musculoskeletal) to exercise.	1.4.2 1.4.3
Describe the preventative and therapeutic benefits as well as the chronic adaptations that result with exercise in clients with multimorbidity.	1.5.1 1.5.2
Identify the indications, risks and contraindications associated with engaging special populations with complex problems and comorbid conditions in exercise.	1.3.4 1.3.5 1.3.6

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Learning objectives	Milestones
Analyze, interpret, and integrate assessment data relevant to evaluation of aerobic fitness, functional exercise capacity, strength, flexibility, balance and coordination of selective populations, taking into account the medical, environmental and psychosocial aspects.	1.3.7 1.4.1
Establish and maintain inter-professional relationships, during group assignments and presentations	3.2.1 3.2.4 3.2.5 3.3.1 3.3.2 3.3.4 3.4.1 3.4.2
Demonstrate effective and appropriate verbal, nonverbal, and written communication when interacting with peers and instructors when appropriate throughout the course.	2.1.1. 2.1.2 2.1.4 2.2.1 2.2.2 2.3.1 2.3.4
Apply skills in literature searching, information retrieval, and critical appraisal to (i) update knowledge of clinical conditions/procedures and (ii) evaluate the effectiveness and safety of therapeutic exercise programs.	6.1.1 6.1.2 6.1.3 6.1.4 6.2.3 6.2.4 6.4.1 6.4.2

**Instructional Method:**

This course will use a combination of flexible activities (students participate online at any time of their choosing) and fixed activities (students participate together online at the same time via zoom). Students will be asked to read the preparatory reading material and listen to recorded slides prior to the zoom sessions on Tuesdays at 8.30 am. One laboratory will be offered on a Tuesday afternoon (1 – 4 pm) – see schedule of the course). For tutorials about zoom, please see McGill’s [Remote Learning Resources](#).

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**Expectations for Student Participation:** Students are expected to listen to all recorded slides and read the preparatory reading material posted on my courses prior to the zoom sessions on Tuesdays at 8.30 am. During the zoom sessions, students are expected to participate by commenting or asking questions via chat or video/audio. For some of the sessions, small group discussions (breakout rooms on zoom) will be created and students are expected to attend.

### **Recordings of Sessions**

Please read the Guidelines on Remote Teaching and Learning: [Learning with Zoom](#) and the course outline for this course in myCourses. You will be notified through a 'pop-up' box in Zoom if a lecture or portion of a class is being recorded. By remaining in sessions that are recorded, you agree to the recording, and you understand that your image, voice, and name may be disclosed to classmates. You also understand that recordings will be made available in myCourses to students registered in the course.

### **Required Course Materials:**

- **Required text:** ACSM's Guidelines for Exercise Testing and Prescription. **11th ed.** Baltimore (MD): Lippincott Williams & Wilkins; 2021.
- **Additional readings:** Additional preparatory reading for each class will be posted on MyCourses. Students are strongly encouraged to read the assigned readings prior to class and be prepared for the discussions via zoom.
- © Instructor-generated course materials (e.g., handouts, notes, summaries, exam questions) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright can be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

**Course Content:** Please refer to the schedule of the course on MyCourses.

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**Evaluation:**

Assignment/Evaluation	Value	Due Date	Milestones Assessed
Quiz (Exercise Testing, others)	5%		6.2.3 6.2.4 1.3.7
Group Work-CERT Checklist	20%		6.3.1 6.5.2 6.2.3 6.2.4
Oral Presentation (individual work)	35%		1.3.4 1.3.5 1.3.6 1.3.7 1.4.1 1.4.2 1.4.3 1.5.1 1.5.2 6.1.1 6.1.2 6.1.3
Final Exam (new clinical case; individual work; open book)	40%		1.3.4 1.3.5 1.3.6 1.3.7 1.4.1 1.4.2 1.4.3 1.5.1 1.5.2

**Special Requirements for Course Completion and Program Continuation:** In order to pass the course, a grade of at least B- (65%) must be obtained as a total course mark. Please refer to the appropriate sections in the graduate calendar on University regulations regarding final and supplemental examinations. This course falls under the regulations concerning individual and group evaluation. Please refer to the section on Marks of the Rules and Regulations document.

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**Plagiarism/Academic Integrity:** McGill University and the Faculty of Medicine and Health Sciences value academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the [McGill University Code of Student Conduct and Disciplinary Procedures](#) and the [Faculty of Medicine and Health Sciences Code of Conduct](#)

*L'université McGill et Faculté de Médecine et des Sciences de la Santé attachent une haute importance à l'honnêteté académique. Ils incombent par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le [Université de McGill Code de conduite de l'étudiant et des procédures disciplinaires](#) et [Faculté de médecine et des sciences de la santé](#).*

**Right to submit in English or French written work that is to be graded:** In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French any written work that is to be graded. This does not apply to courses in which acquiring proficiency in a language is one of the objectives.

*Conformément à la Charte des droits de l'étudiant de l'Université McGill, chaque étudiant a le droit de soumettre en français ou en anglais tout travail écrit devant être noté (sauf dans le cas des cours dont l'un des objets est la maîtrise d'une langue).*

**Assessment:** The [University Student Assessment Policy](#) exists to ensure fair and equitable academic assessment for all students and to protect students from excessive workloads. All students and instructors are encouraged to review this Policy, which addresses multiple aspects and methods of student assessment, e.g. the timing of evaluation due dates and weighting of final examinations.

**Course evaluations:** [End-of-course evaluations](#) are one of the ways that McGill works towards maintaining and improving the quality of courses and the student's learning experience. You will be notified by e-mail when the evaluations are available. Please note that a minimum number of responses must be received for results to be available to students.

**Disability:** As the instructor of this course, I endeavor to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me and the [Office for Students with Disabilities](#), 514-398-6009.

Additional policies governing academic issues which affect students can be found in the [Academic Rights and Responsibilities](#)

**In the event of extraordinary circumstances beyond the University's control, the content and/or evaluation scheme in this course is subject to change.**

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