



كلية العلوم الطبية التطبيقية
College of Applied Medical Sciences

PHYSICAL THERAPY MANUAL 1440-41

BACHELOR OF PHYSICAL THERAPY PROGRAM

Vision الرؤية

Leadership & excellence in education, clinical practice and research in physical therapy, through continuous professional development and community partnerships.

القيادة والتميز في التعليم والممارسة السريرية والبحث في العلاج الطبيعي، من خلال التطوير المهني المستمر والشراكات المجتمعية.

Nurture an enriched academic environment to prepare skilled physical therapists, professionally committed to practice in ethical manner, for the advancement of health care services, research and community partnership.

توفير بيئة أكاديمية غنية لإعداد أخصائيين علاج طبيعى، ذو مهارة عالية، ملتزمون مهنيا للممارسة بطريقة أخلاقية، للنهوض بخدمات الرعاية الصحية والبحوث والشراكة المجتمعية.

Mission الرسالة

Majmaah University
College of Applied Medical Sciences
Department of Physical Therapy & Health Rehabilitation

Bachelor Physical Therapy Program



The College of Applied Medical Sciences was established in 2009 to meet the need in the Kingdom of Saudi Arabia for skilled health care professionals. It aims to prepare qualified, autonomous and competent graduates to match the highly developed and sophisticated health systems in the Kingdom and to employ recent scientific and technical developments in health care delivery. The College of Applied Medical Sciences encompasses five academic departments offering different courses including Department of Physical Therapy and Health Rehabilitation that offers Bachelor Degree in Physical Therapy.

The Department prepares graduates to be knowledgeable, service-oriented, collaborative, reflective practitioners. They render evidence-based, independent judgments concerning patient/client needs by virtue of critical thinking, commitment to lifelong learning, and ethical values. They possess the intellect, psychomotor proficiency, and core values to meet the current and future needs of the profession and the health care system. The acquired qualification enables graduates of the Program to professional practice as Physical Therapist in public and private hospitals and rehabilitation setup or to start their own practice after completing the licensing procedures with the professional bodies in the kingdom. Graduates of the Bachelor's Study Program of Physical Therapy can continue in postgraduate studies or Doctor of Physical Therapy Program at other universities in the Kingdom or seek for an academic career in foreign universities. The curriculum practiced at the Department of Physical Therapy represents a confluence of ideas from many relevant sources and maintain consistency with employment needs nationally and internationally. While providing the core knowledge in the respective disciplines it remains consistent with international standards and

guidelines and retains its harmony with the practices of the Saudi Council for Health Specialties.

Physical therapy involves the interaction between a therapist(s), patients or clients, other health care professionals, families, caregivers, and communities in a process where movement potential is assessed and diagnosed and goals are agreed upon. PTs are healthcare professionals who diagnose and treat individuals of all ages, from newborns to the very oldest, who have medical problems or other health-related conditions, illnesses, or injuries that limit their abilities to move and perform functional activities, as well as they, would like in their daily lives. PTs use an individual's history and physical examination to arrive at a diagnosis and establish a management plan and, when necessary, incorporate the results of laboratory and imaging studies. PT management commonly includes the prescription of or assistance with specific exercises, manual therapy, education, manipulation, and other interventions. In addition, PTs work with individuals to prevent the loss of mobility before it occurs by developing fitness and wellness-oriented programs for healthier and more active lifestyles, providing services to individuals and populations to develop maintain and restore maximum movement and functional ability throughout the lifespan. This includes providing therapeutic treatment in circumstances where movement and function are threatened by aging, injury, disease or environmental factors. Functional movement is central to what it means to be healthy.

Physical therapy is a professional career which has many specialties including sports, neurology; wound care, EMG, cardiopulmonary, geriatrics, orthopedics and pediatrics. Neurological rehabilitation is, in particular, a rapidly emerging field. PTs practice in many settings, such as outpatient clinics or offices, health and wellness clinics, rehabilitation hospitals facilities, skilled nursing facilities, extended care facilities, private homes, education, and research centers, schools, hospices, industrial, universities and colleges, fitness centers and sports training facilities.



BACHELOR OF PHYSICAL THERAPY PROGRAM

VISION

Leadership & excellence in education, clinical practice and research in physical therapy, through continuous professional development and community partnerships.

الرؤية

القيادة والتميز في التعليم والممارسة السريرية والبحث في العلاج الطبيعي، من خلال التطوير المهني المستمر والشراكات المجتمعية.

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Nurture an enriched academic environment to prepare skilled physical therapists, professionally committed to practice in ethical manner, for the advancement of health care services, research and community partnership.

الرسالة

توفير بيئة أكاديمية غنية لإعداد أخصائيين علاج طبيعى، ذو مهارة عالية، ملتزمون مهنيًا للممارسة بطريقة أخلاقية، للنهوض بخدمات الرعاية الصحية والبحث والشراكة المجتمعية.

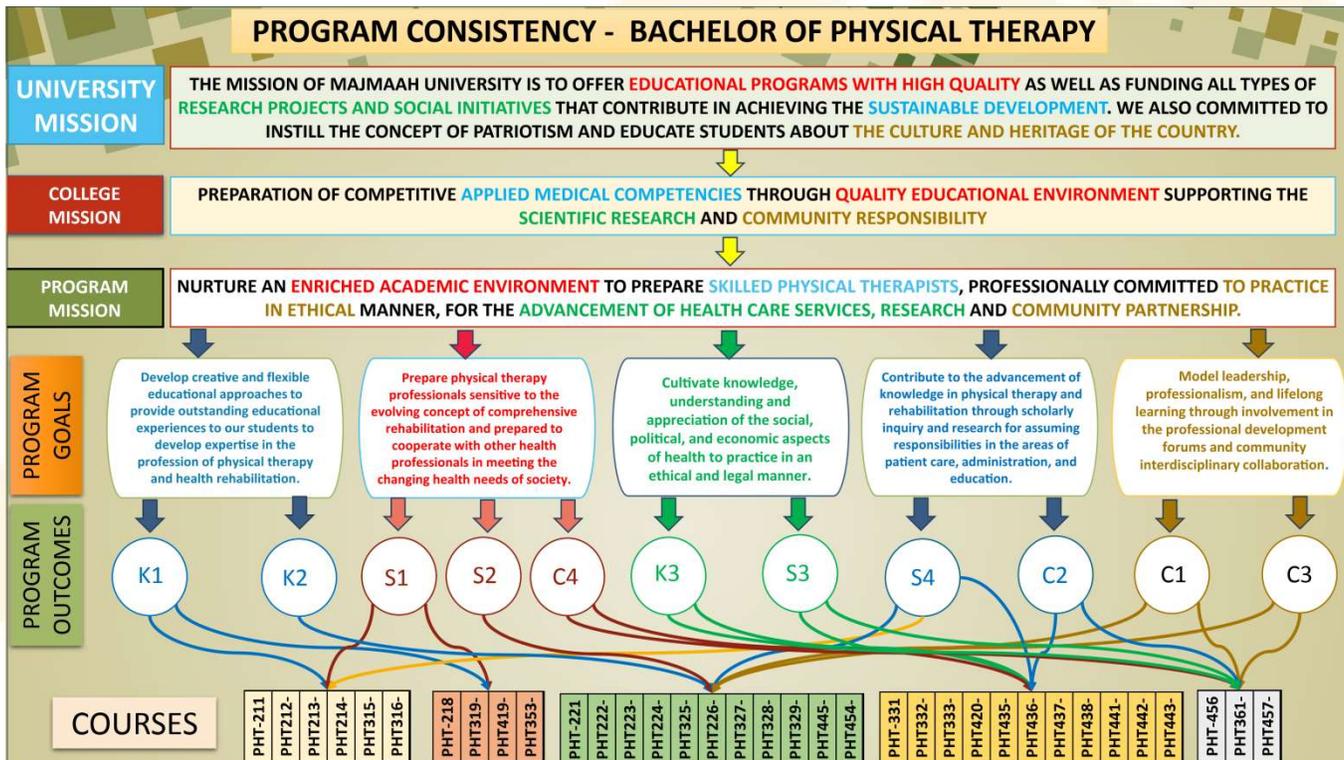
GOALS

1. Develop creative and flexible educational approaches to provide outstanding educational experiences to our students in order to develop expertise in the profession of physical therapy and health rehabilitation.
2. Prepare physical therapy professionals sensitive to the evolving concept of comprehensive rehabilitation and prepared to cooperate with other health professionals in meeting the changing health needs of society.
3. Cultivate knowledge, understanding and appreciation of the social, political and economic aspects of health to practice in an ethical and legal manner.
4. Contribute to the advancement of knowledge in physical therapy and rehabilitation through scholarly inquiry and research for assuming responsibilities in the areas of patient care, administration and education.
5. Model leadership, professionalism, and lifelong learning through involvement in the professional development forums and community interdisciplinary collaboration.

الاهداف

1. تطوير مناهج تعليمية مبتكرة ومرنة لتوفير خبرات تعليمية متميزة لطلابنا من أجل تطوير خبرتهم في مجال العلاج الطبيعي والتأهيل الصحي.
2. إعداد أخصائيين علاج طبيعى محترفين يتماشون مع مفهوم إعادة التأهيل الشامل ومستعدون للتعاون مع غيرهم من المهنيين الصحيين في تلبية الاحتياجات الصحية المتغيرة للمجتمع.
3. تنمية المعرفة والفهم والتقدير للجوانب الاجتماعية والسياسية والاقتصادية للصحة، للممارسة بطريقة أخلاقية وقانونية.
4. المساهمة في تنمية المعرفة في مجال العلاج الطبيعي والتأهيل الصحي من خلال التحقيق العلمي والبحث لتولي مسؤوليات في مجالات رعاية المرضى والإدارة والتعليم.
5. قيادة نموذجية، واحترافية، والتعلم مدى الحياة من خلال المشاركة في محافل التطوير المهني وبالتعاون المجتمعي متعدد المجالات.

PROGRAM CONSISTENCY - BACHELOR OF PHYSICAL THERAPY



PROGRAM OUTCOMES

1. The student will acquire comprehensive and well-founded knowledge in the field of Physical therapy.
2. The student will relate appropriate theories, concepts, and principles from a range of relevant disciplines to determine the nature and extent of the patient's need for intervention.
3. The student will recognize the contemporary issues, available scientific evidence, and their impact on current physical therapy practice in order to improve quality of care.
4. The student will develop the process of critical thinking and scholarly inquiry to support clinical reasoning and evidence-based practice.
5. The student will integrate the results of patient examination with available scientific evidence for an appropriate physical therapy diagnosis, prognosis, and plan of care.
6. The student will evaluate the effectiveness of interventions to formulate novel, safe and effective Physical therapy management while adapting to the needs and responses of the patient.

7. The student will consistently demonstrate to expand their knowledge and skills to maintain professional competence, and exercise leadership and innovation for proactive collaboration with others.
8. The student will practice in an ethical manner, fulfilling an obligation to demonstrate moral responsibility and social justice that is consistent with the needs of the patient and society
9. The students will develop the capacity to think, write and speak effectively and demonstrate respectful, positive and culturally appropriate behavior while communicating with others.
10. The student will display the ability to use media and technology and utilize numerical methods to assess the suitability, accuracy, and reliability of information from research and reference sources.
11. The student will demonstrate the manual dexterity skills, to perform elements of examination, evaluation, diagnosis, prognosis, and intervention in a timely manner.

GRADUATION REQUIREMENTS

The Physical Therapy Program is offered as a full-time on-campus day-time program, requiring for graduation the successful completion of eight semesters consisting of 137 credit hours which are delivered in the form of lectures, tutorials, laboratories, clinical practice, self-study and ending with a non-credit but mandatory one year rotatory internship at any of the prestigious hospital/hospitals in the Kingdom.

The one-year mandatory internship consisting of comprehensive clinical training with rotation to Intensive Care Unit (ICU), Critical Care Unit (CCU), Orthopaedic, Neurology, Cardiopulmonary, Paediatric, Burns and surgery Department is mandatory. The student shall have completed all academic requirements to qualify for the internship program.

The students receive the Bachelor degree of Applied Medical Sciences in Physical Therapy after successful completion of all clinical rotations, competencies, and objectives.

PROGRAM PLAN

The Physical therapy program is offered on a full-time basis requiring fifty-three (53) modules consist of 137 credits, with each semester consisting of 14-18 credits along with a one-year noncredit internship.

Total fifty-three (53) modules along with one-year non-credit but mandatory, a rotatory internship are required to complete the Physical Therapy Program. Out of total fifty-three (53) modules forty three (43) modules are mandatory, remaining ten (10) modules are offered as elective under University, College and Program Requirements.

Successful completion of the preparatory year is a prerequisite for being admitted to the Physical Therapy program. These courses aim to equip the students with abilities to communicate effectively in English, to deal with information technology, and to prepare them for advanced science and allied health courses.

During the preparatory year which is common to all medical and allied health sciences programs at the university, students study basic science courses such as chemistry, biology, physics, and mathematics. In addition, they undertake intensive English language and IT skills courses. The university/college electives, in the higher levels after the enrolment into the program, including courses in Arabic Language and Islamic culture, which are taken together with another study program.

Nine modules of the preparatory years aim to equip the students with abilities to communicate effectively in English, to deal with information technology, and to prepare them for advanced science and allied health courses. During the preparatory year, students study basic science courses such as chemistry, biology, physics, and mathematics. The intermediate level modules like Anatomy, Physiology, Pathology etc. prepares the students with a sound medical and clinical knowledge base

required to comprehend the therapeutic principals of Physical therapy.

Under the Therapeutic Foundation for Physical therapy, the module like Electrotherapy, Exercise therapy, Biomechanics, Measurement Techniques etc., which deals with the basic therapeutic principals, are covered. In the higher level, the module under Physical therapy practice covers the assessment and the treatment aspect of various condition requiring Physical therapy interventions.

The module in the last few semesters deals mainly with the professionalism, like work ethics, community participation, management, research and other administrative issues which are covered by Research Methodology, Ethics & Management, Patient care, and other modules.



MAJMAAH UNIVERSITY
COLLEGE OF APPLIED MEDICAL SCIENCES
BACHELOR OF PHYSICAL THERAPY
PROGRAM MODULE PLAN & WORKLOAD



S.N.	Course Code	Course Name	Credit				Contact Hours					
			Theory	Practical	Clinical	Total	Theory	Practical	Clinical	Self Study	Final Exam	Total
Level - 1 / Semester - 1 (Preparatory Year)												
1	PENG111	English (1) for the preparatory year	2	6	0	8	30	180	0	180	2	392
2	PMTH112	Introduction to Mathematics 1	2	0	0	2	30	0	0	45	2	77
3	PCOM113	Computer Skills	1	1	0	2	15	30	0	45	2	92
4	PSSC114	Learning Skills and Communication	1	1	0	2	15	30	0	45	2	92
Total			6	8	0	14	90	240	0	315	8	653
Level - 2 / Semester - 2 (Preparatory Year)												
5	PENG121	English (2) for the preparatory year	2	4	0	6	30	120	0	135	2	287
6	PENG122	English for Health Specialties	1	1	0	2	15	30	0	45	2	92
7	PCHM124	Introduction to Chemistry	1	1	0	2	15	30	0	45	2	92
8	PPHS125	Physics for Health Specialties	1	1	0	2	15	30	0	45	2	92
9	PBIO126	Biology	2	1	0	3	30	30	0	65	2	127
Total			7	8	0	15	105	240	0	335	10	690
Level - 3 / Semester - 3												
10	PHT211	Human Anatomy	1	1	0	2	15	30	0	50	5	100
11	PHT214	Human Physiology	1	1	0	2	15	30	0	50	5	100
12	PHT212	Musculoskeletal Anatomy	2	1	0	3	30	30	0	75	5	140
13	CAMS231	Emergency Healthcare	1	1	0	2	15	30	0	50	5	100
14	PHT221	Therapeutic Modalities 1	2	1	0	3	30	30	0	75	5	140
15	***	University Requirement - Elective 1	2	0	0	2	30	0	0	50	2	82
16	***	University Requirement - Elective 2	2	0	0	2	30	0	0	50	2	82
17	***	College Elective-1	2	0	0	2	30	0	0	50	2	82
Total			13	5	0	18	195	150	0	450	31	826
Level - 4 / Semester - 4												
18	PHT223	Measurements in Physical Therapy	1	2	0	3	15	60	0	75	5	155
19	PHT213	Neuroanatomy	2	1	0	3	30	30	0	50	5	115
20	PHT222	Therapeutic Modality 2	2	1	0	3	30	30	0	75	5	140
21	PHT218	Introduction to Pathology	2	0	0	2	30	0	0	50	2	82
22	PHT226	Introduction to Biomechanics	1	1	0	2	15	30	0	50	5	100
23	PHT224	Therapeutic Exercise-1	1	2	0	3	15	60	0	75	5	155
24	***	University Requirement - Elective 3	2	0	0	2	30	0	0	50	2	82
Total			11	7	0	18	165	210	0	425	29	829



MAJMAAH UNIVERSITY
COLLEGE OF APPLIED MEDICAL SCIENCES
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PROGRAM MODULE PLAN & WORKLOAD

S.N.	Course Code	Course Name	Credit				Contact Hours					
			Theory	Practical	Clinical	Total	Theory	Practical	Clinical	Self Study	Final Exam	Total
Level - 5 / Semester - 5												
25	PHT325	Therapeutic Exercise-2	1	2	0	3	15	60	0	75	5	155
26	PHT331	Physical Therapy for Burn and Surgical Conditions	2	1	0	3	30	30	0	75	5	140
27	PHT315	Neurophysiology	2	1	0	3	30	30	0	75	5	140
28	PHT327	Human Biomechanics	2	1	0	3	30	30	0	75	5	140
29	***	Department Elective 1	1	1	0	2	15	30	0	50	5	100
30	***	College elective 2	2	0	0	2	30	0	0	50	2	82
31	***	University Requirements- Elective 4	2	0	0	2	30	0	0	50	2	82
Total			12	6	0	18	180	180	0	450	29	839
Level - 6 / Semester - 6												
32	PHT361	Research Methodology	2	0	0	2	30	0	0	75	2	107
33	PHT332	Physical Therapy for Pediatrics	3	1	0	4	45	30	0	90	5	170
34	PHT316	Exercise Physiology	1	1	0	2	15	30	0	50	5	100
35	PHT319	Pharmacology	2	0	0	2	30	0	0	50	2	82
36	PHT333	Physical Therapy for Sports & Traumatology	1	1	0	2	15	30	0	75	5	125
37	PHT353	Rehabilitation Psychology	2	0	0	2	30	0	0	50	2	82
38	***	Department Elective 2	2	0	0	2	30	0	0	50	2	82
39	***	University Requirement- Elective 5	2	0	0	2	30	0	0	50	2	82
Total			15	3	0	18	225	90	0	490	25	830
Level - 7 / Semester - 7												
40	PHT435	Physical Therapy for Neurological Disorders	3	1	0	4	45	30	0	75	5	155
41	PHT420	Advanced Physical Therapy Procedures	2	1	0	3	30	30	0	60	5	125
42	PHT436	Physical Therapy for Orthopedics Condition	3	1	0	4	45	30	0	75	5	155
43	PHT419	Reading Medical Imaging	1	1	0	2	15	30	0	45	5	95
44	PHT441	Clinical Practice 1	0	0	3	3	0	0	135	75	5	215
45	PHT454	Orthotics & Prosthetics	1	1	0	2	15	30	0	45	5	95
Total			10	5	3	18	150	150	135	375	30	840
Level - 8 / Semester - 8												
46	PHT437	Physical Therapy for Cardio Respiratory Disorders	2	1	0	3	30	30	0	50	5	115
47	PHT443	Selected Clinical Topics	0	0	2	2	0	0	90	60	5	155
48	PHT442	Clinical Practice 2	0	0	3	3	0	0	135	60	5	200
49	PHT445	Occupational Therapy	2	0	0	2	30	0	0	40	2	72
50	PHT456	Management & Ethics in Physical Therapy Services	2	0	0	2	30	0	0	30	2	62
51	PHT438	Geriatric Rehabilitation	1	1	0	2	15	30	0	45	5	95
52	PHT457	Independent study	2	0	0	2	30	0	0	45	2	77
53	***	University Requirement - Elective 6	2	0	0	2	30	0	0	30	2	62
Total			11	2	5	18	165	60	225	360	28	838

ADMISSION REQUIREMENTS

The initial enrolment for the program is done once a year at the beginning of each academic year. The enrolment in the program is completely online, the students apply through the deanship of student's admission and registration website. Based on their eligibility and availability of seats, the students are then assigned to different colleges and departments. Total 60 students are accepted in the Physical Therapy program every year; a maximum of 30 students can be admitted at the male or female section.

General Requirements for Admission: Majmaah University (MU) has central policies and procedures for admitting and following up the progress of all students throughout the university. The following are admission requirements stipulated for the admission of the new student:

- ✚ An applicant for admission must have a Saudi Secondary School Certificate -Science Section (SSSCSS) or its equivalent. The secondary school certificate should not be more than five years old and the Rector of the University may give exemption from this condition.
- ✚ Must have an Aptitude Test Certificate (ATC) administered by the National Center for Assessment in Higher Education.
- ✚ The minimum qualifying scores in SSSCSS & ATC tests are: (a) A total equivalent percentage of 75% (based on 30% from the SSSCSS + 30% from the ATC + 40% from cumulative basic Science of SSSCSS).
- ✚ Must not have been dismissed from another university for disciplinary reasons.
- ✚ When applicants exceed availability, priority is given to the students with higher grades.

ATTENDANCE

- ✚ The regular student must attend the lectures. He shall be debarred from the final examination if the percentage of his attendance is less than the percentage fixed by the University Council, provided it is not less than (75%) of the lectures for each course during the semester. The student, who is debarred, because of absence, is considered as a failure in the course and will be awarded the denial grade (DN).
- ✚ The grade of the student who absents himself from the final examination shall be zero in that exam. His grade in that course shall be counted according to the scores of the course work he obtains.
- ✚ The student may withdraw from the semester without being considered a failure if he provides an acceptable excuse to the authority specified by the University Council, within a period of time specified by the operational rules, approved by the University Council. The grade (W) shall be given to the student. This semester will be counted as part of the time required to complete the requirements of graduation.

EXAMINATION

The assessment measures are designed to evaluate the effectiveness of teaching methods for delivering the intended program outcomes. A range of assessments strategies that match all aspects of the instructional plans is being used for different modules. The assessment strategies are planned to match the instructional goals and objectives at the beginning of the semester and implemented throughout the semester. The selection of appropriate assessments also matches courses and program objectives.

All the modules of the physical therapy program have specific learning objectives that are aligned with the program outcomes. Each module has 3-5 specific module outcomes, which are evaluated by appropriate assessment methods. Both direct and indirect assessment techniques are utilized to ensure that the desired program outcomes are achieved. The process of assessment is carried out by using combinations of course work such as quizzes, exams, projects, presentations, homework, etc., Where the grades on these exercises are directly tied to the course outcomes.

Each course will have midterm exams (includes theory and practical) and final examination (theory and practical) are conducted during each semester. As part of continuous assessment; quizzes, class presentation, group discussion, assignments are conducted on regular basis throughout the semester. The whole assessment plan is mentioned in the course specification of the particular course.

FACULTY MEMBERS

S	Name	Qualifications
1	Dr.Ahmad Alanazi	Assistant Prof.
2	Dr. Mazen AlQahtani	Associate Prof.
3	Dr.ShadyAbdullah H Alshewaier	Assistant Prof.
4	Dr.Abdulaziz Abdullah S Alkathiry	Assistant Prof.
5	Dr.Ahmad Al Mansour	Assistant Prof.
6	Dr. Fuzail Ahmad	Assistant Prof.
7	Dr. Mahamed Ateef	Assistant Prof.
8	Dr. Mohamed Seyam	Assistant Prof.
9	Dr. Mohamed Sherif	Assistant Prof.
10	Dr. Shaikh Abdulrahim	Assistant Prof.
11	Dr. Miraj Molla	Assistant Prof.
12	Mr. Faizan Zaffar	Lecturer
13	Mr. Hariraja	Lecturer
14	Mr. Prashant	Lecturer
15	Mr. Radhakrishnan	Lecturer
16	Mr.Rajeev	Lecturer
17	Mr. Jaber Alshaya	Lecturer
18	Mr.Mohammad Jarallaha	Lecturer
19	Dr.Danah mohammed hamad alyahya	Assistant Prof.
20	Dr. Asma Ali A Alonazi	Assistant Prof.
21	Dr.Shanaz Hassan	Associate Prof.
22	Dr. Walaa Mohammad	Assistant Prof.
23	Dr.Ghada Mohmed	Assistant Prof.
24	Nivedita Prashant Kashyap	Lecturer
25	Rashmi.A.Saibannavar	Lecturer
26	Minaz saleem shaikh	Lecturer
27	Altaf suliman N Almutairi	Lecturer
28	Wafa Alrubia	Lecturer
29	Nidaa Muflih Sulaiman Alanazi	Lecturer
30	Hind Mgna Dubyan Almotiri	Demonstrator
31	Atheer ibrahim A ALaskar	Demonstrator

DEPARTMENT LABORATORY

Physical therapy Department in the College of Applied Medical Sciences at Majmaah University provides nine laboratories for the practical part of the courses. They are as follows:

S	Name	Number	Capacity
1	Neurology Laboratory	1B1	8
2	Biomechanics Laboratory	1B2	8
3	Orthopedics & Measurement Lab	1B4	8
4	Prosthetic & Orthotics Lab	1B5	8
5	Pediatric Laboratory	1B6	8
6	Hydrotherapy Laboratory	1B7	8
7	Therapeutic Laboratory	1A5	8
8	Cardio Respiratory Laboratory	1A6	8
9	Electrotherapy Laboratory	1A7	8

MAJMAAH UNIVERSITY INTERNATIONAL PROSTHETIC REHABILITATION CENTER

The Department is associated with special advanced prosthetic and orthotic rehabilitation center for the training of students.





Research Support

All the faculty is encourage to actively participate in research. The research facilities with latest equipments are made available for the faculty and students to initiate research activity. The faculty and student research is supported by Deanship of Scientific research, Majmaah University.

<https://www.mu.edu.sa/en/deanships/deanship-scientific-research>