The University of Texas at El Paso
College of Health Sciences
Doctor of Physical Therapy Program

PT 6213 ADVANCED EXERCISE PRESCRIPTION Fall 2025

COURSE SYLLABUS

Credit Hours: 2

Contact Hours: 60 hours - Lecture: 15 hours; Lab: 45 hours; Clinic: 0 hours

Schedule:

Lecture: Friday 8:15 – 9:15 AM, RSC Mesa Building Rm 126
Labs:
Lab A: Wednesday 1:30 – 4:30 PM, RSC Mesa Building Rm 126
Lab B: Thursday 8:00 – 11:00 AM, RSC Mesa Building Rm 126

Coordinator/Instructors:

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Faculty: Isabel Valdez PT, DPT
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Faculty: La'Toya Bigelow PT, DPT, Sc.D
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Course Description: Content introduced in Exercise Physiology/Prescription will be expanded, with a focus on analysis of movement, safe and effective performance of exercise, modification of safe and evidence-based exercises and development of progressive programming for musculoskeletal and neurological conditions. This course focuses on physical therapy exercise prescription for clinical populations and for health promotion.

Course Prerequisites for DPT Students: The UTEP DPT Program curriculum is a lock-step curriculum. Therefore, students must pass all courses in the prior semester of the DPT Program in order to enroll in courses in the subsequent semester. Faculty may consider exceptions for PT 6116 PT Capstone Project I and PT 6117 PT Capstone Project II.

Course Objectives:

1. Integrate identified pathoanatomic, pathophysiologic, kinesiologic, and tissue healing principles into exercise prescription interventions for varied demographics and select medical populations. (7A Anatomy; 7A Pathology; 7A Histology; 7A Kinesiology; 7C Musculoskeletal; 7D20; 7D27i) [Analysis]
2. Determine how continuous subjective and objective examination cues influence mode (type) and intensity of exercise prescription and modification, and signal the need for physician referral. (7D16; 7D20; 7D27i; 7D30) [Analysis]
3. Apply motor learning and teaching principles to guide exercise prescription and advancement. (7D27g; 7D27h; 7D27i) [Application]
4. Identify peripheral nerve-related disorders and choose appropriate interventions to maintain and enhance nervous system function and mobility. (7C Nervous System; 7D20; 7D27i) [Application]
5. Utilize protective phases, patient irritability, response to treatment, protocols, and precautions and contraindications to guide post-surgical rehabilitation exercise and functional progression (e.g. weight bearing). (7A Exercise Science; 7D20; 7D27i; 7D30) [Analysis]
6. Prescribe and choose exercises to address common upper and lower crossed syndromes, lumbar pain syndromes, and musculoskeletal imbalances involving long and short tissues, and movement faults. (7D20; 7D22; 7D27i) [Application]
7. Prescribe, choose, and modify exercise interventions to improve range of motion, strength, power, sport specificity, flexibility, agility, balance, aerobic capacity, and stress reduction in clinical populations with impairments in one or more systems using evidence-based exercise principles (including aquatics) and response to treatment. (7D20, 7d27g; 7D27i; 7D30) [Analysis]
8. Identify the exercise mode, anatomical structure/s involved, and intervention required based on the observation of a picture, video, or live person. (7A Anatomy; 7A Movement Science; 7D27i) [Analysis]
9. Demonstrate manual skills related to specific neuromusculoskeletal imbalances including appropriate joint mobilization (7D27f) [Application]
10. Synthesize patient/client preferences and factors (recreation, work, functional status) and non-client stakeholders (referral source, spouse, family members, payers) interests guide therapeutic exercise prescription. (7D7; 7D8; 7D16; 7D27h) [Synthesis]
11. Determine those components of the plan of care that may, or may not, be delegated to the physical therapist assistant (PTA) based on (a) the needs of the patient/client, (b) the role, education, and training of the PTA, (c) competence of the individual PTA, (d) jurisdictional law, (e) practice guidelines policies, and (f) facility policies related to therapeutic exercise prescription. (7D25; 7D29) [Analysis]

12. Differentiate between exercise management of acute, tissue-based impairments compared to chronic, sensitized pain states with emphasis on Pain Neuroscience Education (PNE) (7A Anatomy; 7A Pathology; 7A Movement Science; 7C Nervous System) [Analysis]
13. Critically analyze and summarize the scientific literature related to exercise prescription. (7D9) [Analysis]

Curricular Threads:
Cultural / Linguistic Engagement and Competence:
- Spanish terminology will be applied in laboratory setting with an emphasis placed on development of effective/efficient cueing for proper execution of motor patterns and skill development.

Evidence-Based Practice and Research:
- EBP will be a driving principle behind exercise prescription and determination of appropriateness of inclusion in patient programs. Additionally, evidence-based practice along with clinical reasoning will be developed during the progressive exercise program/log assignment as well as the group case study assignments.

Clinical Reasoning:
- Clinical reasoning will be implemented throughout the course for determination of applicability, appropriateness, and method of implementation of various exercise techniques. The UTEP Clinical Reasoning Framework is the foundational model used to develop student clinical reasoning and critical thinking.

Methods of Instruction: Presentation/Lecture to include active learning strategies, Laboratory demonstration and practice, video/multimedia presentations, group case-based interactions, and performance of activity outside of classroom/laboratory time. Reading is also a major source of information for the course. You are responsible for all assigned reading.

Grading Scale: The following letter grade scale is used for the UTEP Doctor of Physical Therapy Program:

Letter Grade Scale	Numerical Grade Scale
A	90-100
B	80-89
C	75-79
F	Below 75

Methods of Evaluation: Student competence and attainment of course objectives are assessed using various methods. The methods and their contribution to the final grade are listed in the table below.

Item	**Grade Composition**
Quizzes (6)	10%

Participation (5 groups of 5-6 students/per lab)	10%
Exam 1	15%
Exam 2	15%
Final Exam (Comprehensive)	20%
Group Case Study Assignments (1 MSK/1 Neuro)	10%
Progressive Exercise Program/Log Assignment	20%
Extra Credit – NASM CFT Microcredential via Coursera (5 courses, including cert. exam)	10% (Must complete all courses)
Total	100% + 10% Ex Credit

Required Texts:

1) Hoogenboom BJ, Voight ML, Prentice WE. eds. Musculoskeletal Interventions: Techniques for Therapeutic Exercise, 4e. McGraw Hill; 2021. Accessed August 22, 2024. https://accessphysiotherapy.mhmedical.com/content.aspx?bookid=3060&sectionid=255561037
2) Provided – Reading assignments on Blackboard

Recommended Textbooks and Other Learning Resources:

1) American Physical Therapy Association (APTA) Membership & APTA Orthopedic Section Membership
2) Coursera - NASM Personal Fitness Trainer Course (link on Blackboard)

Resources Available for Student Success:

Confidential Resources:

Center for Accommodations and Support Services (CASS): If you have or suspect a disability and need accommodation, you should contact the Center for Accommodations and Support Services (CASS) at 747-5148. You can also e-mail the office at cass@utep.edu or go by their office in Union Building East, room 106 (next to the UTEP post office). For additional information, visit the CASS website at http://sa.utep.edu/cass.

Additional Resources:

- DPT Library Research Guide: http://libguides.utep.edu/pt
- UTEP provides a variety of student services and support. Please refer to the QR code below for a listing of campus resources or visit https://www.utep.edu/advising/student_resources/student-success-resource-hub.html.

University Policies: All students are responsible for following UTEP policies and procedures found in the Handbook of Operating Procedures at www.utep.edu/vpba/hoop

Program Policies: All DPT students are responsible for following all policies and procedures documented in the current DPT Student Handbook. Course policies found in the DPT Student Handbook apply to all courses in the DPT curriculum. The current DPT Student Handbook may be found on the DPT Student Resources site on Blackboard.

Academic Integrity: The UTEP DPT Program has a **"zero tolerance policy**" for scholastic dishonesty. DPT students must always demonstrate academic integrity. The current DPT Student Handbook outlines specific definitions, expectations, details, and consequences related to academic integrity and scholastic dishonesty. Additional information related to academic integrity is available through the UTEP Division of Student Affairs at www.utep.edu/student-affairs/osccr/student-conduct/academic-integrity.html

Technology Requirements
A computing device with a video camera is required. The computer device must be able to support Respondus LockDown Browser used to enhance the integrity of quizzes and exams completed online. Note: Tablets and cell phones are poorly suited to accomplish the majority of doctoral-level readings, assignments, activities, and research requirements of the program.
Reliable internet connection and data access.

Student Course Evaluation:
The expectation is that each student will complete the online course evaluations distributed by UTEP at the end of the semester.
See Student Handbook for instructions.
Student name and course must be on the screenshot to receive credit.

Copyright Statement for Course Materials
All materials used in this course are protected by copyright law. The course materials are only for the use of students currently enrolled in this course and only for the purpose of this course. They may not be further disseminated.

Course-Specific Policies:

1. **Professional Behavior Policy**: See DPT Student Handbook "Attendance and Classroom Behavior," "Professional Behaviors," and "Unprofessional Behavior:" for general program policy. Additional course-specific is as follows:
   Professional behavior will be expected in ALL class sessions and inside and outside the classroom.
   - I expect each student to arrive at class and lab prepared and to actively participate while not being disruptive actively.
   - Students demonstrating unprofessional behavior will be warned one time. If the behavior continues, the student will be instructed to leave the

classroom for the day, and the class session will be considered an unexcused absence.

- If a student is consistently ill-prepared, not actively participating, and/or being disruptive (including leaving class during lectures), the student will be contacted to meet with the instructor to discuss the problem.
- Each subsequent incidence of poor preparation, poor participation, and/or disruption may result in a 1% deduction from the final semester grade.
- All students are expected to wear appropriate attire for all lab sessions. Appropriate attire is discussed in the Policies and Procedures manual. Professional dress is appropriate for presentations, all guest speakers, and when representing UTEP outside the classroom (i.e., clinic visits). Shorts and tank tops or T-shirts are required for all lab sessions (JEANS OR OPEN-TOED SHOES OR SANDLES ARE NOT APPROPRIATE FOR ANY LAB SESSION). Students who are not appropriately attired will be instructed to leave the classroom for the day, and the class session will be considered an unexcused absence.

2. **Academic Integrity and Scholastic Dishonesty (continued): In addition to UTEP Policies and DPT Student Handbook, course specific details follow.**
   - **Junior Cohorts:** NO COURSE CONTENT will be shared with junior cohorts to include but not limited to assignments, tests, notes, powerpoints, study guides created by individuals or classes, videos, etc. Creating and developing in-depth and retained knowledge, comprehension, and competence is derived from doing your own work. Sharing of such content is considered academic dishonesty by both the giver and receiver.
   - **Testing**: To accurately reflect the individual's knowledge contained within their grey matter and ensure fair, unbiased, and unassisted testing, I reserve the right to control the test environment. Controls may include (non-exhaustive list) assigned seating, issued blank paper, randomized questions, use of security software (such as Respondus LockDown Browser with webcam), and ensuring all electronics and other materials that might contain or be able to record information are stowed away from student's access.
   - **Recording**: Students are not authorized to record and/or share any testing activities (quizzes, exams, skills checks, practical exams, or other testing scenarios). Further, graded assignments and activities will not be shared unless assignment directions specifically state that the activity will be shared. "Recording" includes but is not limited to any method used to retain information for future use, including but not limited to audio or video capture, screenshots, pictures, etc. The recording and/or sharing of graded materials is considered cheating regardless of how obtained, distributed, or used (or not used).
   - **Recording**: Student recording of classroom lectures, labs, or other activities is not authorized. If you feel recording a specific non-graded activity is needed, students must attain instructor approval PRIOR TO recording. Further, authorization by the student(s) being recorded must be attained. If approved, recordings are for local, UTEP student educational use only and will not be posted to unsecure, public social media sites. An acceptable site

is Microsoft OneDrive (and share the file), email through your UTEP email account.

- **Labs**: Labs are divided into two groups to enhance the professor-to-student ratio and student learning. Do not share answers, outcomes, cases, or other materials used during the labs with the other lab group. Actively completing lab assignments (without the answers) from start to finish is essential to the active learning, retention, reflection, and clinical reasoning process.

3. **Attendance Policy - Absences**: Refer to the current DPT Student Handbook "Attendance and Classroom Behavior" for the DPT Program policy. Additional course-specific policies are as follows:
   - **Attendance at all classes/labs is expected.** ***All faculty have different policies*****.** Treat this class as you would a job. We are expected to be at class/labs as scheduled and to be on time; I expect the same from you. You are expected to be in class during the time listed. In this class, students are expected to be on time and prepared to begin the course. If you expect to miss a class, you should notify the instructor in writing by email a minimum of 24 hours in advance.
   - If an emergency or illness prevents a student from attending class (e.g., documented serious illness or emergency), communication directly with the instructor is expected **2 hours prior to the beginning of class** in writing by email. A verbal message through another student will not suffice unless there are extenuating circumstances where the student is unable to communicate their absence. For any missed class, the student must obtain any materials presented in class and ensure assignments are turned in on time. However, (with very rare exceptions, which will be considered on a case-by-case basis) there will be NO accommodation offered for missed class time. Specifically, there is NO opportunity to make up in-class quizzes or exams before or after the scheduled class or provide individual tutoring for missed content. Additionally, late work caused by your absence will not be accepted. You should make prior arrangements with a classmate to find out what you missed, turn in any work, and/or pick up any handouts.
   - **Missing 30 minutes or more of a class or lab will be considered an absence – during any part of the class/lab.**

4. **Attendance Policy - Tardiness & Early Departures**: Refer to the current DPT Student Handbook "Attendance and Classroom Behavior" for DPT Program policy. The additional course-specific policy is as follows:
   - During classes and labs: Students are expected to be **on time and prepared to begin** class at the scheduled class start time; therefore, tardy students will be penalized as these actions can negatively impact peers' learning and are considered unprofessional. I use the clock on the computer to determine when the class should start. (Please see the above section) ***All faculty have different policies***. If you expect to arrive late (e.g., doctor's appointment), you should notify me in writing by email at least 2 hours in advance.
   - Please do not get up and leave during lectures without permission. This is considered disruptive behavior.

- Similarly, if you need to leave class or lab early, I should be notified in writing at least 2 hours before the start of class.
- Each incidence of tardiness may result in a 1% deduction from your final semester grade.
- **Missing 30 minutes or more of a class or lab will be considered an absence**.
  - Each unexcused absence will result in a 5% deduction from your final course grade.

5. **Late or Missed Assignments and Assessments Policy:** See current DPT Student Handbook "Written Examination Policy." The additional course-specific policy is as follows:
   - Homework assignments are due online ONLY before the due date unless otherwise specified. Students must ensure that their papers have been successfully uploaded as an attachment. Students with difficulty submitting their work online must contact the instructor or help desk immediately. Only after this process has been completed will an assignment be considered to be accepted via email.
   - All papers submitted for grading in this course must have a title page, use 11–12-point font, 1-inch margins, and double spacing. Papers should be submitted in Microsoft Word document format. AMA Style must be adhered to for all student work. Assignments must include students' names in BOTH the document file name and in the top right corner of all pages. Document file names should adhere to the following pattern: student last name_first initial_PT6314_assignment name.doc. Example: STUDENTNAME_PT6208_HospDays.doc.
   - There will be a 10% deduction per day for all late assignments. Any assignment more than 3 days late will receive no credit. Assignments for peer review must be submitted on time or no credit for the peer review will be received.
6. **Electronic Devices:** Refer to the current DPT Student Handbook "Electronic Devices" for DPT Program policy. The additional course-specific policy is as follows:
   - Laptops and tablets will only be used when implicitly instructed.
   - Cell phones and telecommunication devices should be in silent mode, turned off, or left outside of the classroom during lectures or presentations and labs. If any circumstance necessitates the student to have his/her cell phone turned on in the classroom, it MUST be discussed with the instructor PRIOR to class. Any student who is observed to be using these devices during class time will be asked to leave the classroom for that class period, resulting in an unexcused absence for that class period. This includes but is not limited to using a laptop computer or smartphone/watch to access email, messaging, or the internet for purposes unrelated to class topics during class time.
   - Students using electronic devices without permission will be deemed to be demonstrating unprofessional behavior and will be warned one time, and if the behavior continues, the student will be instructed to leave the classroom for the day, and the class session will be considered an unexcused absence.

If a student is consistently caught using electronic devices, the student will be contacted to meet with the instructor to discuss the problem.

- Each subsequent incidence of using electronic devices may result in a 1% deduction from the final semester grade.
- **The taking of pictures or videos during classes or labs must be approved.**

7. **Artificial Intelligence Policy:** The use of generative AI tools such as Chat GPT is permitted in this course for the following activities, which must be noted or cited:
   - Brainstorming, initial concept development, and refining your ideas;
   - Fine tuning your research questions;
   - Finding information on your topic;
   - Drafting an outline to organize your thoughts; and
   - Checking grammar and style.

   However, you may not use AI tools to complete the following activities:
   - Impersonating you in classroom contexts, such as by using the tool to compose discussion board prompts assigned to you or content that you put into a Zoom chat;
   - Completing group work that your group has assigned to you, unless it is mutually agreed upon and approved in class that you may utilize the tool;
   - Writing a draft of a writing assignment;
   - Writing entire sentences, paragraphs or papers to complete class assignments.
   - Students must cite any borrowed content sources to comply with all applicable citation guidelines, copyright law, and avoid plagiarism. Instances that violate these guidelines will be referred to the Office of Student Conduct and Conflict Resolution.
   - Plagiarism detecting software: Some of your course work and assessments may submitted to SafeAssign, a plagiarism detecting software. SafeAssign is used review assignment submissions for originality and will help you learn how to properly attribute sources rather than paraphrase.

Expectations to Promote Success

- Students attaining a grade below 80% on any quiz or exam are expected to schedule a meeting with the professor. The goal is to ensure comprehension of the material, identify strategies to improve student performance and determine if alternative teaching methods may enhance learning. Our goal is for your success.
- Students will practice psychomotor skills on various body types for at least 3-4 additional hours weekly outside of dedicated lab times. This is the minimal time required to attain basic competence and ability to perform that will be required during clinical rotations. Practice, practice, practice.
- Additionally, practicing these skills on multiple body types is essential to refine precision and efficiency. Students will not develop the required competency and efficiency if they only practice these skills in scheduled lab sessions.

Course Content and Schedule: (Note: Students will be notified of changes via Blackboard or email. Additional details may be available in supporting course documents provided by the course instructor).

Week	Dates	Modules	Lecture Material	Assignments	Quizzes
1	27-29 Aug	General Ex. Phys. Foundations	Review Ex. Phys. Principles. Review: Chapters 1&2		Quiz 1 In Class (review)
2	3-5 Sept	Exercise Program Design	As Assigned in Bb		
	8 Sept			Begin Progressive Ex. Program	
3	10-12 Sept	Lumbar	Chapter 28		Quiz 2 Foundations/ Design
4	17-19 Sept	Cervical	Chapter 27		
	17 Sept	Tx Tech IPE - No Wed Lab - Combined Lab on Sept 18 8-11AM		Announced in MSK	
5	24-26 Sept	Hip	Chapter 23		Quiz 3 Lumbar/Cervical
6	1-2 Oct	MSK practice cases/program design			
	3-Oct	Exam 1		Exam 1: All content through hip	
7	8-10 Oct	Knee	Chapter 24		
8	15 Oct	Ankle	Chapters 25-26		Quiz 4 Hip/Knee
		APTA ELC - Combined Lab on Oct 15 1:30-4:30 AM - No Thurs Lab - No Friday Lec			
9	22-24 Oct	Return to Run	As Assigned in Bb	MSK Emphasis Case Due	
10	29-31 Oct	Sport/Tactical	As Assigned in Bb		

	31 Oct	Management/Rx for Simple monoplanar Athlete			Quiz 5 Ankle/ RtR
11	5-6 Nov	Management/Rx for Complex Multiplanar Athlete			
	7 Nov	Exam 2		Exam 2: Knee, Sport/Tactical	
12	12-14 Nov	Shoulder	Chapter 20		
13	19-21 Nov	Elbow/Wrist/Hand	Chapter 22		Quiz 6 Sport/Shoulder
14	26 Nov	Exercise Rx for Pt's with Neuro dx. - Combined Lab 1:30-4:30	As Assigned in Bb	Ex Program Due Ex Credit: NASM Cert Due	
	27-28 Nov	Holiday			
15	3-4 Dec	Exercise Rx for Pt's with Neuro dx. cont.	As Assigned in Bb		
	5-Dec	No Lecture - Dead day		Neuro Emphasis Case Study Due	
16	11 Dec	Final Exam	9-11:30am	Final Exam: Comprehensive	