كلية العلاج الطبيعي

قسم العلوم الأساسية

BASIC SCIENCE DEPARTMENT

"BASIC SCIENCE COURSES TIME TABLE 2021 - 2022"

2nd semester 2021-2022

(Electrotherapy2, Therapeutic exercises1, manual therapy, Tests and Measurements 2, Ex. Physiology, Research, SW.)

With my best wishes,

Vice Dean and head of the department

Prof Dr. Mahmoud Ewidea

Kafer elshyk university

Faculty of physical therapy

Basic science department

Department staff

Prof Dr. Mahmoud M. Ewidea

Vice Dean faculty of physical therapy

Dr. Yasmeen Mahmoud

lecture of physical therapy

Department staff

Dr. Mohamed Abd Elaziz.

Dr Mai ezat,

Dr omnia M.

تعليمات هامة للساده أعضاء الهيئة المعاونة للعام الدراسي (2021 – 2202)

1. يراعي اخذ غياب الطلبة في العشر دقائق الاولي من كل محاضرة عملية و ما بعد ذلك يعتبر تأخير مع مراعاه كتابه ذلك في دفتر أسماء الطلبه و ليس ورق خارجي مع تقديم تقرير كتابي عن الطلبة التي يتجاوز غيابها ثلاثة سكاشن مع اعتبار مرتين تأخير غياب.
2. تقدم نسخه دوريه من نتائج الاختبارات الشهرية للطلبه لاستاذ الماده في موعد أقصاه ميعاد المحاضره النظريه التاليه.
3. تصور نسخه من نتائج الاختبارات الشهرية وتعلق في السكاشن أو توزع اليكترونيا بعد عرضها علي أستاذ الماده وموافقته.
4. يتم حصر الطلبه التي حصلت علي اقل من نصف الدرجه في الاختبارات الشهرية ويتم ترتيب ميعاد عاجل مع استاذ الماده لبحث الاسباب التي ادت الي ذلك.
5. يتم تكريم الطلبه الحاصلين علي الدرجات النهائيه في المحاضرة النظرية التاليه.
6. في حالة اخلال أي طالب أو طالبة بالسلوك العام داخل المحاضرة العملية, يتم كتابة مذكرة ورفعها للسيد رئيس القسم فورا وعرض الطالب علية.
7. يتم عقد ورشه عمل للهيئة المعاونة مع أ.د. محمود عويضه يوم الاحد الأول من كل شهر في تمام الساعه العاشره صباحا أو طبقا لوقت الفراغ بجدول الكلية المعلن رسميا.

أ.د/ محمود محمد عويضة

وكيل كلية العلاج الطبيعي لشئون خدمة المجتمع وتنمية البيئة والمشرف علي قسم العلوم الأساسية

Kafer elshyk university

Faculty of physical therapy

Basic science department

Department staff

Dr. Yasmeen Mahmoud.

Mai ezat,

Mohamed Abd Elaziz.

Omnia M.

FACULTY OF PHYSICAL THERAPY

Elgaesh street

Kaferelshiek

Therapeutic Exercise 1 (Time Table)

2021- 2022

Prof Dr. Mahmoud Ewidea.

Serial No.	Topic	No. of hours/Week		
		Theoretical	LAB	Total
1st	Introduction To Therapeutic Exercises	2	2	4
2nd	Positions For Starting Exercises	2	2	4
3rd	Passive Range of Motion Exercises **(quiz 1)**	2	2	4
4th	Active Range of Motion Exercises	2	2	4
5th	**Stretching**	2	2	4
6th	Joint Mobilization **upper limb (quiz 2)**	2	2	4
7th	Joint Mobilization lower limb	2	2	4
8th	Neural Mobilization	2	2	4
9th	Neural Mobilization **(Quiz 3)**	2	2	4
10,11th	Revision	2	2	4
12,13,14	Case study	2	2	4

Electrotherapy Time Table

(2nd year 2nd semester)

Course Title: Electrotherapy (2) **Theoretical and practical**

Prof Dr. Mahmoud Ewidea

Serial No.	Topic	No. of hours/Week		
		Theoretical	LAB	Total
1st	Foundations of Electrical Stimulation	2	2	4
2nd	Foundations of Electrical Stimulation	2	2	4
3rd	Physiologic Response To Electrical Currents	2	2	4
4th	Physiologic Response To Electrical Currents **(Quiz 1)**	2	2	4
5th	Faradic - DD	2	2	4
6th	HVPS	2	2	4
7th	TENS-MENS **(Quiz 2)**	2	2	4
8th	Interferential current	2	2	4
9th	Russian current	2	2	4
10th	Stimulation of denervated muscle	2	2	4
11th	Stimulation of denervated muscle **(quiz 3)**	2	2	4
12th	Physical Agents for Transdermal Drug	2	2	4
13th	Decision Making In Electrotherapy (case study training)	2	2	4

1. Basic Information: Dr. Yasmeen Mahmoud.		
Code No.: 130119	**Course Title: Exercise Physiology**	**Academic Level: 2nd Year S2 (spring semester)**
Teaching Hours: **Lecture: 2 H/W LAB: - H/W Total: 2H/W**		**Specialization:** Bachelor of Physical Therapy

Serial No.	Topic	No. of hours/Week		
		Theoretical	LAB	Total
1st	Introduction to exercise physiology Definition- scope and importance	2	-	2
2nd	Energy for exercise - O2 independent systems	2	-	2
3rd	Energy for exercise – O2 dependent systems	2	-	2
4th	Fuel at rest and during different types of exercise intensities	2	-	2
5th	Effect of exercise on cardiovascular system (CVS)	2	-	2
6th	Effect of exercise on cardiovascular system (CVS)	2	-	2
7th	Effect of exercise on respiratory system	2	-	2
8th	Mid term exam	2	-	2
9th	Cardio-respiratory endurance	2	-	2

10th	Effect of exercise on musculoskeletal system	2	-	2
11 th	Effect of exercise on musculoskeletal system	2	-	2
12 th	Effect of exercise on endocrine system	2	-	2
13 th	Environmental factors affecting exercise	2	-	2
14 th	Completion of unfinished materials and revision Student presentation	2	-	2
15 th	Student presentation	2	-	2

Manual Therapy Time Table

(2nd year 2nd semester) 2021 - 2022

Course Title: Manual Therapy **Theoretical and practical**

Prof Dr. Mahmoud Ewidea

Serial No.	Topic	No. of hours/Week		
		Theoretical	LAB	Total
1st	**Skin and fascia**	1	2	3
2nd	**Myofascial release**	1	2	3
3rd	**kinsiotapping**	1	2	3
4th	***Soft Tissue Mobilization*** **(quiz 1)**	1	2	3
5th	***Medical massage***	1	2	3
6th	***Manual lymph drainage*** **(quiz 2)**	1	2	3
7th	***Acupressure.***	1	2	3
8th	***Reflexology.***	1	2	3
9th	***Aromatherapy.*** **(Quiz 3)**	1	2	3
10th	***Case study***	1	2	3
11th	***Case study***	1	2	3
12th, 13th	**Revision, Proplem solving**	1	2	3

1. Basic Information: Dr. Yasmeen Mahmoud		
Code No.: 130121	**Course Title**: **Test and measurement 2**	**Academic Level:** 2nd year S2 (spring semester)
Teaching Hours: **Lecture: 2H/W Applied: 1H/W Total: 3 H/W**		**Specialization:** Bachelor of Physical Therapy

Serial No.	Topic	No. of . hours/Week		
		Theoretical	LAB	Total
1st	Lower limb muscle testing protocol . hip flexors – extensors – abductors – adductors .	2	2	4
2nd	Hip ext. rotators – int. rotators – tensor fascialata – Sartorius	2	2	4
3rd	Knee flex. – extension. – ankle plantar flexion.- dorsi flexion quiz 1	2	2	4
4th	Ankle invertors- evertors and foot	2	2	4
5th	HIP TILTING AND TRUNK	2	2	4
6th	Trunk muscle	2	2	4
7th	Facial muscle testing quiz 2	2	2	4
8th	Anthropometric measurements	2	2	4
9th	Balance assessment	2	2	4
10th	Electrodiagnosis 1 quiz 3	2	2	4
11th	Electrodiagnosis II	2	2	4
12th	Postural assessment	2	2	4

1. Basic Information: Prof Dr. Mahmoud Ewidea

Code No.: 130133	**Course Title**: **research and Scientific Writing**	**Academic Level:** 5th year S2
Teaching Hours: **Lecture: 1H/W** **Total: 1 H/W**		**Specialization:** Bachelor of Physical Therapy

Week	Topics
1st week	**Introduction to research**
2nd week	• From research to writing • More reading and better writing
3rd week	**Scientific writing**
4th week	• Definition • Why Scientific writing • Types of scientific writing: 1)Scientific Articles 2)brief or technical report 3) case report 4)Theses 5)Proposals 6)Presentation
5th week	
6th week	**Guidelines for Writing** a **Scientific article** • Standard structure of the scientific article (IMRAD) • Format, Content, and Style of a Scientific Paper • Citation of references • Appendix
7th week	
8th week	

9th week	
10th week	**Visual support for the spoken word** Oral presentation
11th week	
12th week	**Writing ethics** • Authorship • plagiarism • duplicate publication • protection of human and animal subjects • conflict of interest

SEMESTER CALENDAR

▲ Electrotherapy 2

♠ Manual Therapy

♣ Exercise Physiology

♥ Test and Measurements 2

♦ Therapeutic Exercise 1

March	1st	11	12 ♥ (8-10 a.m.) Lower limb muscle testing protocol . hip flexors – extensors – abductors – adductor ♠ (10-11 p.m.) Skin and fascia ♣ (11-1p.m.) Introduction to exercise physiology Definition- scope and importance	13 ♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	14 ▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	15 ♦(8-10a.m.) Introduction To Therapeutic Exercises ▲(10-12p.m.) Foundations of Electrical Stimulation	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi
	2nd	18	19 ♥ (8-10 a.m.) Hip ext. rotators – int. rotators – tensor fascialata – Sartorius ♠ (10-11 p.m.) Myofascial release ♣ (11-1p.m.) Energy for exercise - O2 independent systems	20 ♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	21 ▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	22 ♦(8-10a.m.) Positions For Starting Exercises ▲(10-12p.m.) Foundations of Electrical Stimulation	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi

	3rd	25	26 ♥ (8-10 a.m.) Knee flex. – extens. – ankle plantar flexion.- dorsi flexion quiz 1 ♠ (10-11 p.m.) kinsiotapping ♣ (11-1p.m.) Energy for exercise – O2 dependent systems	27 ♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	28 ▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	1 ♦(8-10a.m.) Passive Range of Motion Exercises (quiz 1) ▲(10-12p.m.) Physiologic Response To Electrical Currents	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi
April	4th	4	5 ♥ (8-10 a.m.) Ankle invertors- evertors and foot ♠ (10-11 p.m.) Soft Tissue Mobilization (quiz 1) ♣ (11-1p.m.) Fuel at rest and during different types of exercise intensities	6 ♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	7 ▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	8 ♦(8-10a.m.) Revision + selection of 20 students for oral quiz ▲(10-12p.m.) Physiologic Response To Electrical Currents (Quiz 1)	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi
	5th	11	12 ♥ (8-10 a.m.) Hip tilting and trunk	13 ♥ (8-12 a.m.) * practical section	14 ▲ (12-4 p.m.) * practical section	15 ♦(8-10a.m.) Active Range of Motion	♠ (8 - practi

			♠ (10-11 p.m.) Medical massage ♣ (11-1p.m.) Effect of exercise on cardiovascular system (CVS)	♦ (12- 4 p.m.) * practical section	♣ (12 -4 a.m.) * practical section	Exercises (assisted and free) ▲(10-12p.m.) Faradic - DD	♣ (8 - practi ♠ (12 practi ♣ (12 practi
	6th	18	19 ♥ (8-10 a.m.) Trunk muscle ♠ (10-11 p.m.) Manual lymph drainage (quiz 2) ♣ (11-1p.m.) Effect of exercise on cardiovascular system (CVS)	20 ♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	21 ▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	22 ♦(8-10a.m.) Active resisted ex, types and importance of different active ex protocols ▲(10-12p.m.) HVPS	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi
	7th	25	26 ♥ (8-10 a.m.) Facial muscle testing quiz 2 ♠ (10-11 p.m.) Acupressure ♣ (11-1p.m.) Effect of exercise on respiratory system	27 ♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	28 ▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	29 ♦(8-10a.m.) Stretching L.L ▲(10-12p.m.) TENS-MENS (Quiz 2)	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi
may	8th	1	2	3	4	5	

			♥ (8-10 a.m.) Anthropometric measurements ♠ (10-11 p.m.) Reflexology. ♣ (11-1p.m.) Mid term exam	♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	♦(8-10a.m.) Stretching U.L. ▲(10-12p.m.) Interferential current	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi
9th	8	9 ♥ (8-10 a.m.) Balance assessment ♠ (10-11 p.m.) Aromatherapy. (Quiz 3) ♣ (11-1p.m.) Cardio-respiratory endurance	10 ♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	11 ▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	12 ♦(8-10a.m.) Joint Mobilization upper limb ▲(10-12p.m.) Russian current	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi
10th	15	16 ♥ (8-10 a.m.) Electrodiagnosis 1 quiz 3 ♠ (10-11 p.m.) Case study ♣ (11-1p.m.) Effect of exercise on musculoskeletal system	17 ♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	18 ▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	19 ♦(8-10a.m.) Joint Mobilization lower limb ▲(10-12p.m.) Stimulation of denervated muscle	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi
11th	22	23	24	25	26	

			♥ (8-10 a.m.) Electrodiagnosis II ♠ (10-11 p.m.) Case study ♣ (11-1p.m.) Effect of exercise on musculoskeletal system	♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	♦(8-10a.m.) Neural Mobilization ▲(10-12p.m.) Stimulation of denervated muscle (quiz 3)	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi
May	12th	29	30 ♥ (8-10 a.m.) Common Deformities of U.L & L.L ♠ (10-11 p.m.) Revision, Proplem solving ♣ (11-1p.m.) Effect of exercise on endocrine system	1 ♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	2 ▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	3 ♦(8-10a.m.) Neural Mobilization (Quiz 3) ▲(10-12p.m.) Physical Agents for Transdermal Drug	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi
	13th	5	6 ♠ (10-11 p.m.) Revision, Proplem solving ♣ (11-1p.m.) Environmental factors affecting exercise	7 ♥ (8-12 a.m.) * practical section ♦ (12- 4 p.m.) * practical section	8 ▲ (12-4 p.m.) * practical section ♣ (12 -4 a.m.) * practical section	9 ♦(8-10a.m.) Case study training and revision. ▲(10-12p.m.) Decision Making In Electrotherapy	♠ (8 - practi ♣ (8 - practi ♠ (12 practi ♣ (12 practi

						(case study training)	
	14th	12	13 ♣ (11-1p.m.) Completion of unfinished materials and revision	14	15	16	
	15th	19	20 ♣ (11-1p.m.) Student presentation	21	22	23	

Practical lab schedule:

▲Electrotherapy 2
♠ Manual Therapy
♣ Exercise Physiology
♥ Test and Measurements 2
♦ Therapeutic Exercise 1

Week	▲Electrotherapy 2	♠ Manual Therapy	♣ Exercise Physiology	♥ Test and Measurements 2	♦ Therapeutic Exercise 1
Time	Tuesday (12-4 p.m.)	Thursday (8-10a.m.,12-2p.m.)	Tuesday (12-4p.m.) Thursday (8-10a.m.,12-2p.m.)	Monday (8-12 a.m.)	Monday (12-4 a.m.)
1st	Foundations of Electrical Stimulation	Skin and fascia	Introduction to exercise physiology Definition-scope and importance	Revision on basics of muscle test	Introduction to motion axes and planes, movements occur in different axes and planes, fundamental positions

2nd	Foundations of Electrical Stimulation	Myofascial release	Energy for exercise - O2 independent systems	Hip (muscles and movements)	Fundmental and deriverd positions (student couples)
3rd	Physiologic Response To Electrical Currents	kinsiotapping	Energy for exercise – O2 dependent systems	Hip (muscles and movements)	Practical part of passive range of motion for upper limp
4th	Physiologic Response To Electrical Currents	Soft Tissue Mobilization	Fuel at rest and during different types of exercise intensities	Hip (muscles and movements)	Practical part of passive range of motion for lower limp
5th	Faradic - DD	Medical massage	Effect of exercise on cardiovascular system (CVS)	Hip (muscles and movements)	Active assisted and free ex., types and names of devices used in assisted ROM, practical application either in section or outpatient clinic
6th	HVPS	Manual lymph drainage	Effect of exercise on cardiovascular system (CVS)	Knee (muscles and movements)	Practical part of resisted ex (student couples)+ case study
7th	TENS-MENS	Acupressure.	Effect of exercise on respiratory system	Knee (muscles and movements)	Stretching for upper limp+ self-stretch for upper limp.(student couple)
8th	Interferential current	Reflexology.	Midterm exam	Knee (muscles and movements)	Stretching for lower limp+ self-stretch for lower

					limp.(student couple)
9th	Russian current	Aromatherapy.	Cardio-respiratory endurance	Knee (muscles and movements)	Practical application of Joint Mobilization upper limb
10th	Stimulation of denervated muscle	Case study	Effect of exercise on musculoskeletal system	Ankle (muscles and movements)	Practical application of Joint Mobilization lower limb
11th	Stimulation of denervated muscle	Case study	Effect of exercise on musculoskeletal system	Ankle (muscles and movements)	Techniques for neural mobilizations U.L
12th	Physical Agents for Transdermal Drug	Revision, Problem solving	Effect of exercise on endocrine system	Ankle (muscles and movements)	Techniques for neural mobilizations L.L
13th	Decision Making in Electrotherapy (case study training)	Revision, Problem solving	Environmental factors affecting exercise	Ankle (muscles and movements)	Revision + case study

Quiz schedule:

▲Electrotherapy 2
♠ Manual Therapy
♣ Exercise Physiology
♥ Test and Measurements 2
♦ Therapeutic Exercise 1

Week	▲Electrotherapy 2	♠ Manual Therapy	♣ Exercise Physiology	♥ Test and Measurements 2	♦ Therapeutic Exercise 1
Quiz 1 date	4th week	4th	4th	3rd	3rd
Topics included	Foundations of Electrical Stimulation Physiologic Response To Electrical Currents	Skin and fascia Myofascial release kinsiotapping Soft Tissue Mobilization	Introduction to exercise physiology Definition- scope and importance Energy for exercise - O2 independent systems Energy for exercise – O2 dependent systems	Lower limb muscle testing protocol. hip flexors – extensors – abductors – adductors. Hip ext. rotators – int. rotators – tensor fascialata – Sartorius Knee flex. – extens. – ankle plantar flexion.- dorsi flexion	Introduction to Therapeutic Exercises Positions for Starting Exercises Passive Range of Motion Exercises
Quiz 2 date	7th	6th	8th	7th	8th
Topics included	Foundations of Electrical Stimulation Physiologic Response to Electrical Currents Faradic - DD HVPS TENS-MENS	Skin and fascia Myofascial release kinsiotapping Soft Tissue Mobilization Medical massage Manual lymph drainage	Introduction to exercise physiology Definition- scope and importance Energy for exercise - O2 independent systems Energy for exercise – O2 dependent systems	Lower limb muscle testing protocol. hip flexors – extensors – abductors – adductors. Hip ext. rotators – int. rotators – tensor fascialata – Sartorius	Introduction to Therapeutic Exercises Positions for Starting Exercises Passive Range of Motion Exercises Active Range of Motion

			Fuel at rest and during different types of exercise intensities Effect of exercise on cardiovascular system (CVS) Effect of exercise on cardiovascular system (CVS) Effect of exercise on respiratory system	Knee flex. – extens. – ankle plantar flexion. - dorsi flexion Ankle invertors-evertors and foot Hip tilting and trunk Trunk muscle Facial muscle testing	Exercises (assisted and free) Active resisted ex, types and importance of different active ex protocols Stretching L.L
Quiz 3 date	11th	9th	13th	10th	12th
Topics included	Foundations of Electrical Stimulation Physiologic Response to Electrical Currents Faradic - DD HVPS TENS-MENS Interferential current Russian current Stimulation of denervated muscle	Skin and fascia Myofascial release kinsiotapping Soft Tissue Mobilization Medical massage Manual lymph drainage Acupressure Reflexology. Aromatherapy.	Introduction to exercise physiology Definition-scope and importance Energy for exercise - O2 independent systems Energy for exercise – O2 dependent systems Fuel at rest and during different types of exercise intensities Effect of exercise on cardiovascular system (CVS) Effect of exercise on	Lower limb muscle testing protocol. hip flexors – extensors – abductors – adductors. Hip ext. rotators – int. rotators – tensor fascialata – Sartorius Knee flex. – extens. – ankle plantar flexion. - dorsi flexion Ankle invertors-evertors and foot Hip tilting and trunk Trunk muscle	Introduction to Therapeutic Exercises Positions for Starting Exercises Passive Range of Motion Exercises Active Range of Motion Exercises (assisted and free) Active resisted ex, types and importance of different active ex protocols Stretching L.L

			cardiovascular system (CVS) Effect of exercise on respiratory system Cardio-respiratory endurance Effect of exercise on musculoskeletal system Effect of exercise on musculoskeletal system Effect of exercise on endocrine system Environmental factors affecting exercise	Facial muscle testing	Stretching U.L Joint Mobilization upper limb Joint Mobilization lower limb Neural Mobilization