



STARK STATE COLLEGE

GENERAL SYLLABUS

Course Information

Course Name: Exercise Applications Lab
Course Number: EXS120L

Required Materials

Textbook(s): *Therapeutic Exercise, Foundations and Techniques, 8th ed. Kisner & Colby; Lab Manual, Linville*
Required Readings: See below
Additional Materials: TheraBand Kit (can be purchased in the Stark State Bookstore)

Course Outline/Calendar

The date of coverage and order of coverage may be modified based on the faculty member and events beyond the control of faculty members that interfere with class times and teaching.

Week	Chapter/Topic/Lab
Week 1	Lab Applications – Introduction to Lab Palpations Surface anatomy of muscles and joints Positioning (shoulder 30/30; supine hooklying; prone lumbar and cervical; ankles; wrist/hand) Gravity resisted vs. reduced Equipment in the clinic No Readings
Week 2	No Class
Week 3	Muscle Lab Complete the questions of the Lab Manual pages 2-8 In Lab: In Lab Muscle and Nervous System pages 9-13
Week 4	Theory of Range of Motion: Complete the questions of the Lab Manual pages 14-17 prior to lab

Week	Chapter/Topic/Lab
	In Lab: Practice PROM Kisner and Colby pages 69-8
Week 5	Theory of Stretching Complete the questions of the Lab Manual pages 18-21 prior to lab In Lab Range of Motion and Stretching pages 22-24
Week 6	Theory of Strengthening Complete the questions of the Lab Manual pages 25-30 prior to lab In Lab Strengthening pages 31-3
Week 7	Theory of Balance Exercises Complete the questions of the Lab Manual pages 40-43 prior to lab In Lab Balance pages 44-45
Week 8	Theory of Aerobic Exercises Complete the questions of the Lab Manual pages 46-49 prior to lab In Lab Aerobic pages 50-5
Week 9	Applications of Shoulder Exercises In Lab Shoulder pages 53-6
Week 10	Shoulder Exercises In Lab Shoulder pages 53-6
Week 11	Applications of Elbow and Trunk Exercises In Lab Elbow pages 62-7
Week 12	Applications of Trunk Exercises In Lab Trunk pages 71-7
Week 13	Applications of Hip Exercises In Lab Hip pages 75-81
Week 14	Applications of Knee Exercises In Lab knee pages 82-88
Week 15	Applications of Ankle Exercises In Lab Ankle pages 89-95
Week 16	Finals