

Physical Therapy

كلية العلوم التمريضية والصحية

**Faculty of Nursing
& Health Sciences**



Vision

The vision of our Physical Therapy department is to be recognized in the region as an outstanding physical therapist educational program with quality faculty members, staff and students.

Mission

The Islamic University of Lebanon, faculty of public health, Physiotherapy Department will preserve, advance, create and promote knowledge, critical thinking, intellectual independence, education and professional practice to maximize the contribution physiotherapy makes to the health and wellbeing of individuals and society.

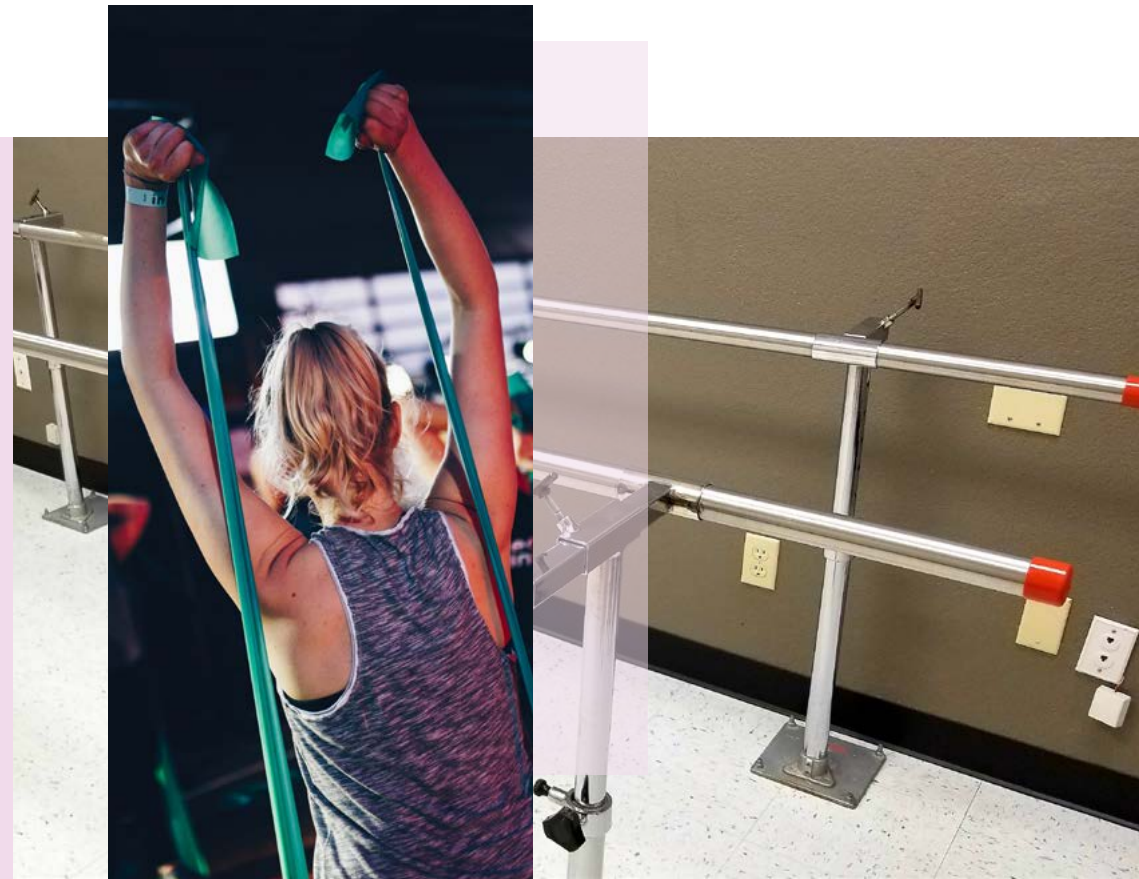
Program Objectives:

1. PO1: Perform assessments and clinical evaluation in physiotherapy
2. PO2: Apply the specific tests required
3. PO3: Develop a physiotherapy diagnosis
4. PO4: Set up a therapeutic strategy and a clinical management plan
5. PO5: Prevent the different complications
6. PO6: Participate in research in Physiotherapy and Public Health

The Islamic University of Lebanon, faculty of public health, Physiotherapy Department will preserve, advance, create and promote knowledge, critical thinking, intellectual independence, education and professional practice to maximize the contribution physiotherapy makes to the health and wellbeing of individuals and society.

Program Learning Outcomes

1. PLO1: Collect and interpret information relating to the needs of the patient
2. PLO2: Assess patient problem with different assessment and specific test then put an adequate diagnosis
3. PLO3: Put a plan of treatment with critical scientific reasoning based on evidence
4. PLO4: Collaborate with multidisciplinary care teams (doctors, nurses, occupational therapists, speech therapists, etc.)
5. PLO5: Educate the patient and his family to prevent complication
6. PLO6: Work alone and in a team to achieve set goals and produce positive results
7. PLO7: Develop scientific research in physiotherapy and public health
8. PLO8: Act within an ethical and legal framework



Semester I (30 credits)

	Code	Courses	Credit	Pre-requisite	Co-requisites
Semester I	NLCC101	Human Anatomy & Physiology I	5	-	
	NLPT101	Documentation	2	-	
	NLPT102	Anatomy and Physiology of Musculoskeletal System	5	-	
	NLPT103	Neuroanatomy and Physiology Brain and cranial nerves	3	-	
	NLPT104	Basics of Health Care	3	-	
	NLPT105	Introduction to Physical Therapy	2	-	
	NLPT106	Introduction to Clinical Psychology in Physical Therapy	2	-	
	NLCC106	Computer Application	3	-	
	NLCC107	OR Technical Drawing	3	-	
	ILIS101	Culture, Ethics and Religion	3	-	
	CLEN121	General English 1	3	-	
	CLFR121	OR Français Général 1	3	-	
	Total Credits Semester I		30		

Semester II (30 credits)

	Code	Courses	Credit	Pre-requisite	Co-requisites
Semester II	NLPT201	Exercise Physiology	3	-	
	NLPT215	Massage and lymphatic drainage	4	NLPT102	
	NLPT213	Neuroanatomy and physiology Spinal Cord and Peripheral Nerves	3	-	
	NLPT205	Palpatory Anatomy	3	NLPT102	
	NLPT214	Manual Handling	2	-	
	NLPT217	Clinical Psychology in Physical Therapy	2	-	
	NLPT216	Physiotherapy practice in hospital domains - Surgery and Nursing Departments	3	NLPT104 NLCC101 NLCC102	
	NLPT209	Human Anatomy and Physiology II	3	-	
	NLPT210	Ergonomics	2	-	
	NLPT211	Public Health and Epidemiology	2	-	
	CLEN221	General English 2	2	-	
	CLFR221	OR Français Général 2	2	-	
	Total Credits Semester II		30		



Semester III (30 credits)

Semester III	Code	Courses	Credit	Pre-requisite	Co-requisites
	NLPT301	Pathology in Cardiovascular, Respiratory and Uro-Genital	4	NLCC101	
	NLPT302	Muscle Testing I (Upper, cervical and trunk)	4	-	
	NLPT303	Muscle Testing II (Lower and Face)	3	-	
	NLPT304	Physical Therapy Assessment I Articular/ Trophic/ Pain	3	-	
	NLPT305	Physical Therapy Assessment II Neurological / Functional	3	-	
	NLPT306	Passive Manipulation	3	NLPT102	
	NLPT307	Neuro Pathology	3	NLPT103	
	NLPT308	Physiotherapy Practice II (Initiation)	4	NLPT216	
	CLEN321 CLFR321	English Advanced I OR Français Avancé I	3	-	
	Total Credits Semester III		30		

Semester IV(30 credits)

Semester IV	Code	Courses	Credit	Pre-requisite	Co-requisites
	NLPT401	Pathology in Rheumatology	3	NLCC101	
	NLPT402	Neuro pediatric (Normal development and pathology)	3	NLPT103	
	NLPT403	Pathology in Traumatology and Orthopedic	3	NLPT102	
	NLPT 411	Medical Imaging Techniques	2	-	
	NLPT405	Physiotherapy and Rehabilitation Practice III (Observation / Assessment)	5	NLPT308	
	NLPT410	Active Mobilisation and aides technics	4	NLPT201	
	NLPT407	Mechano-therapy	2	-	
	NLPT412	Articular Biomechanics and Modeling	2	NLPT201	
	NLPT409	Active and passive stretching	3	NLPT102	
	CLEN421 CLFR421	English Advanced II OR Français Avancé II	3	-	
	Total Credits Semester IV		30		



Semester V (30 credits)

	Code	Courses	Credit	Pre-requisite	Co-requisites
Semester V	NLPT501	Electrotherapy	2	-	
	NLPT502	Amputation , Prosthesis and orthotics	3	-	
	NLPT503	Physiotherapy & Rehabilitation Practice IV (Intervention)	8	NLPT405	
	NLPT504	Trauma Rehabilitation	4	NLPT403	
	NLPT505	Neurology Rehabilitation	4	NLPT307	
	NLPT506	Sports Injuries Rehabilitation	3	-	
	NLPT507	Pharmacology for Physical Therapy	3	-	
	NLPT511	Hydrotherapy	3		
		Total Credits Semester V	30		

Semester VII (30 credits)

	Code	Courses	Credit	Pre-requisite	Co-requisites
Semester VII	NLPT701	Health Management & Administration	2	-	
	NLPT702	Specific Technics II	3	-	
	NLPT703	Law & Professional Legislation	3	-	
	NLPT704	Physical Education and Musculation	3	NLPT201	
	NLPT705	Evidenced-Based Practice	3	-	
	NLPT706	Physiotherapy & Rehabilitation Practice VI (Intervention)	10	NLPT610	
	NLCC514	Research Methodology	3	-	
	NLCC503	Biostatistics & SPSS application	3	NLCC106 NLCC107	
		Total Credits Semester VII	30		

Semester VI(30 credits)

	Code	Courses	Credit	Pre-requisite	Co-requisites
Semester VI	NLPT601	Cardiovascular Rehabilitation	3	NLPT301	
	NLPT602	Pulmonary rehabilitation	2	NLPT301	
	NLPT603	Orthopedic Rehabilitation	2	NLPT403	
	NLPT604	Rheumatology Rehabilitation	3	NLPT401	
	NLPT605	Urology-Genital Rehabilitation	3	NLPT301	
	NLPT606	Pediatric Rehabilitation	2	NLPT402	
	NLPT607	Geriatric Rehabilitation	2		
	NLPT608	Specifics technics I	3	-	
	NLPT609	Post-Surgical and Esthetic Rehabilitation	2	-	
	NLPT610	Physiotherapy & Rehabilitation Practice V (Intervention)	8	NLPT503	
		Total Credits Semester VI	30		

Semester VIII(30 credits)

	Code	Courses	Credit	Pre-requisite	Co-requisites
Semester VIII	NLPT801	Physiotherapy & Rehabilitation Practice VII (Intervention)	12	NLPT706	
	NLPT802	Senior Project	6	NLCC514	
	NLCC803	Differential Diagnosis	4	-	
	NLCC804	Advanced Techniques in Physical Therapy	3	-	
	NLCC805	Professional Ethics	2	-	
	NLPT806	Clinical reasoning	3		
		Total Credits Semester VIII	30		

Physical Therapy Program

Semester I

NLCC101

Human Anatomy & Physiology I

No Prerequisites

Course Description:

This course is designed to meet the needs of physical therapy students. It will study the shape, structure, and function of the human body and its parts. Content includes: basic anatomy and directional terminology, structure and function of body systems and special senses, fundamental concepts and principles of body organization, histology, and hematology.

NLPT101

Documentation

No Prerequisites

Course Description:

The aim of the course is to allow students to acquire an organizational mind and methods by using the steps of the administrative process for a better quality of work. For this, the student will have to demonstrate written documentation using the categories for the examination, evaluation, intervention and care plan; compare and contrast the format and content of the documentation for the initial grade, daily grade, progress/reassessment grade, exit grade; apply the ICF model to physiotherapy literature. In addition, he will have to familiarize himself with group work, scientific writing and of course oral presentation. Finally, from learning the curriculum vitae, the student will know how to take the first step in the administrative world of the profession.

NLPT102

Anatomy and Physiology of Musculoskeletal System

No Prerequisites

Course Description:

This course includes the basic structure and function of the musculoskeletal system of the human body. Students will learn terminology and functional anatomical structures with a detailed study of the origin, insertion and action of the major muscles of the human body.

NLPT103 –

Neuroanatomy and Physiology - Brain and cranial nerves

No Prerequisites

Course Description:

The purpose of this course is to provide you with a comprehensive overview of the field of neuroscience, with a focus on neuroanatomy and neurophysiology, which will serve as a solid foundation for future studies. We will explore how the nervous system functions under normal health conditions.

NLPT104

Basics of health care

No Prerequisites

Course Description:

This course introduces classic health care principles that underpin future clinical practice. This course introduces the basic concepts of Health, Wellness and illness. It provides students with theoretical knowledge and skills for applying effective communication within the health care setting and apply technical issues of some foundation of health care practice related to: physical assessment, safety, vital signs, activity and exercise and asepsis techniques.





NLPT105 –

Introduction to Physical Therapy

No Prerequisites

Course Description:

An introduction to the medical specialty of physical therapy as a discipline within the health care system, including the history and development, philosophy, purposes, and legal and ethical aspects of physical therapy. The role of the physical therapist is defined, and the relationship, communication of physical therapy to other health services is explored.

NLPT107 –

Introduction to Physical Therapy

No Prerequisites

Course Description:

This course is a review to the fundamentals of biology intended for science majors. The course investigates the diversity in form and function of the major groups of organisms through the presentation and discussion of biological process.

NLPT-106

Introduction to Clinical Psychology

No Prerequisites

Course Description:

This course aims to improve understanding and management of psychopathological disorders in patients with a disability or a neurological condition (multiple sclerosis, amyotrophic lateral sclerosis, Parkinson's disease, cerebrovascular diseases and other neurological pathologies/Muscle).

NLPT -215

Massage and lymphatic drainage

Prerequisites: NLPT102

Course Description:

The emphasis of this course is on the following content area: soft tissue massage techniques. The student will develop the knowledge and skill required to formulate and implement appropriate treatment programs related to these skills. This course will provide essential skills for later more advanced clinical courses where comprehensive

evaluation and treatment of the patient is the emphasis. The format of this course is a combination of lecture, discussion/demonstration sessions. Students will be expected to demonstrate professional behavior throughout this course.

NLCC-106

NLCC107

Computer Application or Technical Drawing

No Prerequisites

Course Description:

This course is an introduction to computer literacy, understanding of the nature, development, and use of computer, program, software (Window, Word) and statistical analysis introduced in this course.

ILIS101

Culture, Ethics and religion

No Prerequisites

Course Description:

This course consists of seven lectures, about the Imam, Sayed Musa al-Sadr, and his intervention on various occasions. These lectures deal with several topics such as the role of journalism, culture and freedom in building societies. It also sheds light on the importance of the role of the individual in his society and highlights the role of students in building the future.

We find ourselves in front of a thought that simulates human reality through philosophy, religion, psychology and sociology ...

CLEN121

**General English I
Level A2**

No Prerequisites

Course Description:

Students at this level need material that maintains their enthusiasm and confidence. They need to know how much they are learning and what they can now achieve. At the same time, they need the encouragement to push themselves to use the new language that they are learning. Our aim during this course with the latest edition of New English File is to meet these students' expectations. We find ourselves in front of a thought that simulates human reality through philosophy, religion, psychology and sociology ...

CLEN121

**General English I
Level B1**

No Prerequisites

Course Description:

In this course there is much emphasis on consolidating and putting into practice known grammar as learning new structures. Moreover, lessons have clear lexical aims, and many of them are linked to vocabulary banks which help present and practice high-frequency, topic-based vocabulary. Lessons at this level also include speaking activities where

students get the chance to put into practice their knowledge of grammar, vocabulary and pronunciation. Students' listening problem is addressed with motivating and integrated listening texts and tasks which are challenging in terms of speed, length, and language difficulty. Reading texts have been adapted from a variety of real resources and have been chosen for their intrinsic interest which stimulates students to read and respond. Also throughout the course students will practice different writing types which helps them develop their writing skill.

NLPT-205

Palpatory Anatomy

Prerequisites: NLPT102

Course Description:

This course will provide a learning musculoskeletal anatomy, develop touch, both in area and depth, control bone anatomical landmarks, joint and tendon and differentiate the different areas of the body.

NLPT201

**Physiology
Exercises**

No Prerequisites

Course Description:

The body is an amazingly complex machine. At any given time, there is intricate communication among various cells, tissues, organs, and systems that serve to coordinate its physiological functions. When you think of the numerous processes occurring within the body at any given time, it is truly remarkable that these physiological functions work so well together.

NLPT213

**Neuroanatomy and
Physiology - Brain
and cranial nerves**

No Prerequisites

Course Description:

The purpose of this course is to provide you with a comprehensive overview of the field of neuroscience, with a focus on neuroanatomy and neurophysiology, which will serve as a solid foundation for future studies. We will explore how the nervous system functions under normal health conditions.

NLPT-214

Manual handling

No Prerequisites

Course Description:

Manual handling has a strong biomechanical basis enhanced by the study of human movement and weightlifting. It is used to describe an approach to manual tasks which teaches physical therapy students specific skills to reduce the likelihood of injury when handling patients, or things by using fundamental postures and actions in a variety of ways. It also focuses on the many benefits of ergonomics, risk management, and appropriate use of equipment. The overall aim of the Manual Handling Method is to provide graded, systematic manual tasks and skills training to reduce musculoskeletal disorders arising from manual tasks carried out in all activities of life.

NLPT216

Physiotherapy Practice I (Nursing, Operating room)

Prerequisites:

NLPT-104 NLCC101

Course Description:

During this internship, the student begins his integration into the hospital field in which he begins to communicate with patients and live in this environment. Likewise, he begins to learn to read patient files, take histories and apply vital signs.

NLPT-210

Ergonomics

No Prerequisites

Course Description:

This topic outlines general information about the domain of ergonomics, and provides an overview of human characteristics, capacities and the specific considerations for the human in a work system

To provide the student with a broad based

introduction to ergonomics principles and their application in the design of work, equipment and the workplace. Specific consideration is given to musculoskeletal disorders, ergonomic aspects of the environment, as well as to the social aspects and relevant international standards.

NLPT209

Human Anatomy & Physiology II

No Prerequisites

Course Description:

This course is designed to meet the needs of physical therapy students. It will study the shape, structure, and function of the human body and its parts. It's a continuity of Human anatomy I: different topics but same content that includes: basic anatomy and directional terminology, structure and function of body systems and special senses, fundamental concepts and principles of body organization, histology, and hematology.

NLPT211

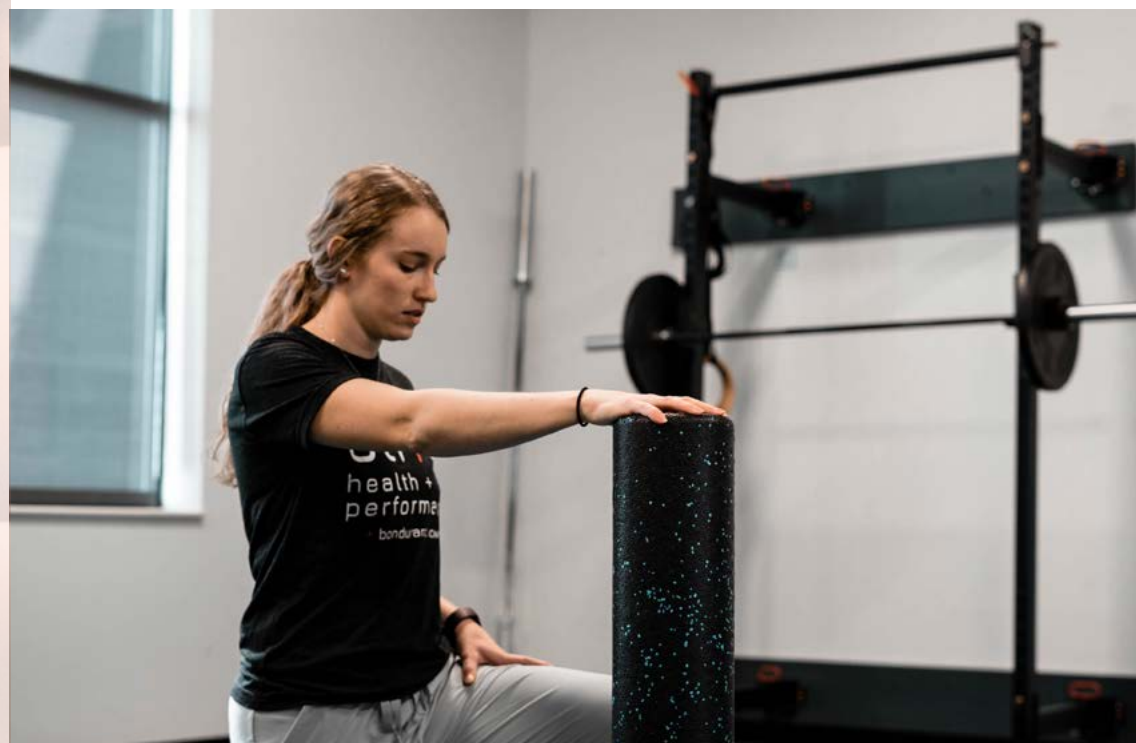
Public Health and epidemiology

No Prerequisites

Course Description:

This course provides an introduction to epidemiology as a basic science for public health and clinical medicine. It will address the principles of the quantitative approach to public health and clinical problems. The course will discuss measures of frequency and association, introduce the design and

validity of epidemiologic research, give an overview of data analysis and introduces the basic principles and methods of epidemiology, with an emphasis on critical thinking, analytic skills, and application to clinical practice and research. It is an introduction to the skills needed by public health professionals to interpret critically the epidemiologic literature and will provide students with the principles and practical experience needed to develop these skills. Lectures are complemented by seminars devoted to case studies, exercises, or critiques of current examples of epidemiologic studies. Topics include outcome measures, methods of adjustment, surveillance, quantitative study designs, and sources of data. Designed for those with a clinical background, the course will provide tools for critically evaluating the literature and skills to practice evidence-based medicine.



CLEN221

**General English II
Level B1**

No Prerequisites

Course Description:

In this course there is much emphasis on consolidating and putting into practice known grammar as learning new structures. Moreover, lessons have clear lexical aims, and many of them are linked to vocabulary banks which help present and practice high-frequency, topic-based vocabulary. Lessons

at this level also include speaking activities where students get the chance to put into practice their knowledge of grammar, vocabulary and pronunciation. Students' listening problem is addressed with motivating and integrated listening texts and tasks which are challenging in terms of speed, length, and language difficulty. Reading texts have been adapted from a variety of real resources and have been chosen for their intrinsic interest which stimulates students to read and respond. Also throughout the course students will practice different writing types which helps them develop their writing skill.

CLEN221

**General English II
Level B2**

No Prerequisites

Course Description:

This course is designed for English-educated students who should be ready to «push on» to become very proficient users of the language. To achieve this, they need motivating material and challenging tasks. They need to set clear course goals from day one in terms of both language knowledge and of fluency

and accuracy in speaking. This course has clearly stated grammar, vocabulary, and pronunciation aims. This keeps lessons focused and gives students concrete learning objectives and a sense of progress. There is also a special emphasis on student interaction to ensure active control of the patterns and usage of English. Most importantly, the course comprises speaking off the cuff and writing cycle materials that would prepare students for skills needed to communicate socially and engage in academic work in English with some significant linguistic boundaries.

CLFR221

**General French II
Level A2**

No Prerequisites

Course Description:

At A2 level of the CEFR, the student will find most of the descriptors that indicate social relationships such as: uses everyday forms of politeness and address; greets someone, asks for their news and reacts to the answer; carries out a very short exchange; answers and asks similar questions about what he

does professionally and for his leisure time; invites and responds to an invitation; discusses what he wants to do and where, and makes the necessary arrangements; makes a proposal and accepts one.

CLFR221

**General French II
Level B1**

No Prerequisites

Course Description:

Level B1 of the CEFR corresponds to the specifications of the Threshold Level. Two points particularly characterize it: The first is the ability to continue to interact and achieve what he wants in different situations. The second is the ability to understand the essential points when clear and standard

language is used and whether it is about familiar things at work, or at leisure time, etc. The student can cope with most situations encountered while traveling in an area where French is spoken, can produce simple, coherent speech on familiar topics and in areas of interest, and can relate an event, experience or dream, describe a hope or goal, and briefly state reasons or explanations for a project or idea.

CLFR221

**General French II
Level B2**

No Prerequisites

Course Description:

This course is designed with the aim of gradually acquiring the skills of level B2 of the CEFR. The selected materials and the tasks offered to students by the authors allow students to acquire naturalness, ease and efficiency in communicating, both written and oral, with native speakers.



NLPT217

Clinical Psychology in Physical Therapy

No Prerequisites

Course Description:

This course focuses on the clinical psychology of handicap adults. It will also cover the role of the Clinical Psychologist in these cases, as well as the management of behavioral disturbance associated with disorders of ageing such as dementia and how the physiotherapist deals with disability in all phases of evolution.

NLPT301

Pathology in Cardiovascular- Respiratory and Uro-Genital

Prerequisites:
NLCC101

Course Description:

This course includes a comprehensive presentation of cardiovascular, respiratory, and uro-genital diseases. Emphasis is placed on the mechanisms underlying disease and their management as a basis for therapeutic rehabilitative program planning in physical therapy. A distinction between the various possible pathologies is required, while detailing the characteristic symptoms. Pathologies of interest to physiotherapists will be most important.

NLPT302

Muscle Testing I (Upper, cervical and trunk)

No Prerequisites

Course Description:

This course is an approach to the assessment of muscular strength and function as fundamental components of movement and performance. A manual testing in which an examiner pre-positions a limb with the intent of ruling out a particular muscle from acting in a given movement. Manual muscle testing is utilized by physical therapists to aid in the diagnosis and evaluation of pathology. The basis

of a diagnosis or the modification of a treatment program is dependent upon the clinician's perception of a patient's strength.

NLPT303

Muscle Testing II (Lower and Face)

No Prerequisites

Course Description:

This course is an approach to the assessment of muscular strength and function as fundamental components of movement and performance. A manual testing in which an examiner pre-positions a limb with the intent of ruling out a particular muscle from acting in a given movement.

NLPT304

Physical Therapy Assessment I Articular/ Trophic/ Pain- Physical Therapy

No Prerequisites

Course Description:

Physical therapists evaluate and assess various impairments that occur after injury or illness; students will well know in this course how to assess all limitations presented in including:

1. Articular assessment: This zone of assessment instructs the student to assess all issues related to the joint: including its ROM. Special instruments were used to measure: goniometry and tape measure.
2. Pain assessment: For optimal pain management,

clinicians must understand and identify a multitude of biological, psychological, cognitive, and social factors. The course will educate students on acute and persistent pain mechanisms and influences and how to evaluate it.

3. Trophic assessment: The student is able to make an observation first and then a palpation to evaluate the cutaneous and muscular trophicity by a comparison and a symmetry based on the knowledge.

4. Neurological assessment: The Neurological course includes assessment procedures to define impairments and limitations in activity and participation, and development of plan of care for persons with neurological dysfunction across the lifespan. Examination, evaluation, diagnosis,

5. Clinical decision-making, prognosis, standardized assessments, and outcome measures will be emphasized.

6. Functional and Gait assessment: Using the Guide to Physical Therapy Practice and current evidence, student physical therapist will utilize special functional examination, tests, and measures to diagnose and implement interventions designed to address functional disabilities in a culturally competent manner. Interventions will be grounded in the foundational movement science and evidence-based practice. Gait is your manner, pattern, or style of walking. In this course student will be able to analyze patients gait to look for impairments or compensatory motions that may be causing their pain or functional mobility loss after injury or illness.

NLPT305

Physical Therapy Assessment II Neurological / Functional

No Prerequisites

Course Description:

This course contains the detailed methods of a complete physical assessment before, during and at the end of the rehabilitation process, on different levels: cutaneous, articular, muscular, neurological and functional.

It will help the student to gain the theoretical and practical knowledge of the assessments used in physical therapy in order to put his own diagnosis for a good and accurate treatment. The assessment is a very important part of the pick of charge.

NLPT306

Passive Manipulation

Prerequisites NLPT102

Course Description:

Passive mobilization of all peripheral joints, whether they are synovial or non-synovial, will be the basis for the techniques described in this course. However, passive movement can be applied to any structure of the movement system which has had its mobility compromised by injury, overuse or disease. The principles of the technique can be and should be applied to any movement impairment.

NLPT306

Pathology in Neurology

Prerequisites NLPT103

Course Description:

The purpose of this course to provide an overview of the cardinal neurological diseases, their presentation, diagnosis, neuropathological and genetic basis where known, and the modes of treatment. The neuro diseases related to the physical therapy rehabilitation, central, peripheral, genetic, infectious, hereditary, traumatic, degenerative, tumor. For example: The Alzheimer's disease, the Parkinson's disease, the CVA, the Multiple sclerosis, the myopathy, epilepsy... (Any movement disorders) This course explains in some of the cases the underlying neuropathological processes, and in other it explains the etiology or part of the genetic background.



NLPT308

Physiotherapy and Rehabilitation Practice III

Prerequisites NLPT216

Course Description:

The purpose of the clinical experiences in the curriculum is to progressively integrate the student into direct patient care.

The primary performance expectations for each student participating in the clinical experience, is that by the end of the experience, and with the assistance of the clinical instructor, to

demonstrate the ability to perform and document a comprehensive patient examination.

tumor. For example: The Alzheimer's disease, the Parkinson's disease, the CVA, the Multiple sclerosis, the myopathy, epilepsy... (Any movement disorders) This course explains in some of the cases the underlying neuropathological processes, and in other it explains the etiology or part of the genetic background.

CLEN321

Advanced English I

Prerequisites NLPT216

Course Description:

This course assists students to improve their English language and develop their skills, enabling them to reach the level necessary to pass English Standardized tests based on the requirements required for FCE: First Certificate in English. The course provides relevant practice in reading, listening, speaking, and grammar (language focus). In addition,

it follows a systematic approach to word formation, word building, paraphrasing, and recording new vocabulary. The course focuses as well on the writing part, using a step-by-step approach, high-interest models, and varied practice types to teach students rhetoric and sentence structure in a straightforward manner. It integrates instruction in essay organization and sentence structure with the writing process, and it carefully guides students through the steps of the writing process to produce well-organized, clearly developed essays that are essential to academic writing in English.

CLFR321

Advanced French I

Prerequisites NLPT216

Course Description:

This course assists students to improve their French language and develop their skills, enabling them to reach the necessary level to pass French Standardized tests based on the requirements of FCE: First Certificate in French. The course provides relevant practice in reading, listening, speaking, and grammar (language focus). In addition, it follows a

systematic approach to word formation, word building, paraphrasing, and recording new vocabulary. This course focuses as well on the writing part, using a step-by-step approach, high-interest models, and varied practice types to teach students rhetoric and sentence structure in a straightforward manner.



NLPT403

Pathology in Traumatology and Orthopedic

Prerequisites NLPT102

Course Description:

This course includes a comprehensive presentation to traumatic and orthopedic diseases and disorders, their presentation, diagnosis, orthopedic and genetic basis where known, and the modes of treatment. This includes all pathologies attacking; bones, joints, muscles, tendons, ligaments, and nerves in the body.

NLPT402

Neuro pediatric (Normal development and pathology)

Prerequisites NLPT103

Course Description:

This course aims to provide students in physical therapy with the basic medical knowledge of pediatric neurology. Normal pediatric development and normal neurological examination will be detailed. The different pathologies will be approached from the point of view of their clinical presentation with particular attention to the impact of pediatric neuro pathology on psychomotor development.

The topics covered are normal development (major stages and neuro pediatric examination), abnormal development (motor disorders, intellectual disability and learning disabilities), acute or acquired problems (epilepsy, acute disorders of walking, abnormal movements, traumatic pathologies, infectious pathologies and neurodegenerative diseases).

NLPT411

Medical Imaging Techniques

No Prerequisites

Course Description:

This course explains an overview of the field of radiologic technology and its role in health care delivery. Students are oriented to academic and administrative structure, and the profession as a whole. Basic principles of imaging reading are introduced. Graduates of an associate degree program in radiography have experience and knowledge of

the various types of medical images, including magnetic resonance, ultrasound, computed tomography and mammography. Students study briefly about basic medical terminology, x-ray exposure, and pathology. Also this course introduces the student to the principles and practices of medical imaging. The function of physical therapist and their relationship with the health care team is stressed. The student is also oriented to the hospital environment and health care systems.

NLPT405

Physiotherapy and Rehabilitation Practice III

(Observation / Assessment)

Prerequisites NLPT308

Course Description:

The purpose of the clinical experiences in the curriculum is to progressively integrate the student into direct patient care. The primary performance expectations for each student participating in the clinical experience, is that by the end of the experience, and with the assistance of the clinical instructor, to demonstrate the ability to perform and document a comprehensive patient examination.



NLPT410

Active Mobilization and technical aids

Prerequisites NLPT201

Course Description:

This course is divided into two parts, a theoretical part and another practical. Thus, the student will be able to understand the basis of active mobilization in order to choose the appropriate exercise for the joint being treated and the pathology. Likewise, the parameters influencing mobilization will be studied. The second part is devoted to the practice of active mobilization of the upper extremities, the trunk and the lower extremities.

NLPT407

Mechano-therapy

No Prerequisites

Course Description:

This topic outlines general information about the domain of mechanotherapy and pulleys therapy in physical therapy rehabilitation, and provides an overview about the definition of mechanotherapy and pulleys, different types of pulleys, field of application in physical therapy rehabilitation which depends on the integrity of the neuro-muscular-articular system.

To provide the student with a broad based introduction to mechanotherapy principles, pulleys system and their application in the physical therapy rehabilitation, equipment and the workplace. Specific consideration is given to musculoskeletal disorders, different exercises which is prescribed in the treatment of injuries or disorders by means of simple mechanical device, and different types of pulleys.

NLPT412

Articular Biomechanics and Modeling

Prerequisites NLPT201

Course Description:

Biomechanical methods are used in our rehabilitation studying program to quantify movement of joint, the form of articulation and the effect of this form in movement. This course explains the role of all structure of joint and its effect. In addition to quantifying movement, biomechanical methods contribute to a comprehensive approach to understanding the effect of rehabilitation interventions. This course focus

on the mechanical interactions between the muscles and joints of the body, and provides a valuable educational resource for Physiotherapy students. And It helps to place a large emphasis on the anatomic detail of the musculoskeletal system, and apply few principles of Physics and Physiology on the human body by highlighting the muscle and joint interactions

NLPT409

Active and Passive stretching

Prerequisites NLPT201

Course Description:

This course explains the techniques and the process of stretching, means the elongating of muscles to improve ROM. Mainly, it's divided into categories; Dynamic Stretching (which is ideal for stretching before exercise, and Static stretching is when you stretch while staying stationary, which is the preferred type of stretching during and after exercise. Students after this course will be able to differentiate between active and passive stretching

which depends on the applicant whether he is the therapist or the patient himself.



CLEN421

Advanced English II

No Prerequisites

Course Description:

This course assists students to improve their English language and develop their skills, enabling them to reach the level necessary to pass English Standardized tests based on the requirements required for FCE: First Certificate in English. The course provides relevant practice in reading, listening, speaking, and grammar (language focus). In addition, it follows a systematic approach to word formation, word building, paraphrasing, and

recording new vocabulary. The course focuses as well on the writing part, using a step-by-step approach, high-interest models, and varied practice types to teach students rhetoric and sentence structure in a straightforward manner. It integrates instruction in essay organization and sentence structure with the writing process, and it carefully guides students through the steps of the writing process to produce well-organized, clearly developed essays that are essential to academic writing in English.

CLFR421

Advanced French II

No Prerequisites

Course Description:

This course assists students to improve their French language and develop their skills, enabling them to reach the necessary level to pass French Standardized tests based on the requirements of FCE: First Certificate in French. The course provides relevant practice in reading, listening, speaking, and grammar (language focus). In addition, it follows a systematic approach to word formation, word building, paraphrasing, and recording new

vocabulary. This course focuses as well on the writing part, using a step-by-step approach, high-interest models, and varied practice types to teach students rhetoric and sentence structure in a straightforward manner.

NLPT501

Electrotherapy

No Prerequisites

Course Description:

This course presents the electrical modalities as adjuvants to rehabilitation principles. Based on the anatomy and physiology of the central nervous system, this course presents the physiological bases of the use of electric currents in rehabilitation. This course aims to introduce the knowledge of electrical currents and the electro-physical agent. (such as ultrasound, shock-wave therapy, LASER....) applied in medicine for the treatment of various diseases in the field of physiotherapy.

NLPT502

Amputation, Prosthesis and orthotics

No Prerequisites

Course Description:

This course allows the student to better understand the foundations of amputation surgery, to know the different levels of amputation and its effects on mobility and subsequent functions. To understand the importance of a global approach to the rehabilitation after amputation. and the role of the physiotherapist in the multidisciplinary environment.



NLPT504

Trauma Rehabilitation

Prerequisites NLPT403

Course Description:

Trauma provides a health response to injuries caused by shocks. The traumatic lesions and other consequences of external causes are classified in an anatomical mode, head, neck, thorax, abdomen, and different segments of the upper and lower limbs.

After the acquisition of the course of the pathology of

the musculoskeletal system and joint and muscular assessments. He will therefore be able to conduct a joint and muscular examination, from the collection of signs and symptoms through interrogation and examination, to the formulation of hypotheses and identify problems following the traumatic accident.

This course is designed to introduce students to the care in physiotherapy of the different traumatic cases. And it is divided into two parts: a theoretical part focusing on the anatomical and path physiological reminder, the possible reeducation techniques and the clinical reasoning for the application protocols, and another practical part to teach the students the modalities of application.

NLPT506

Sports Injuries Rehabilitation

No Prerequisites

Course Description:

This course includes the management of all injuries induced by the practice of physical activity. The physiotherapist being a specialist in the musculoskeletal system is involved in the management of these lesions as diverse as specific. This course offers to students theoretical, practical and professional knowledge of sports injuries.

It seeks to explain the risk factors of sports injuries, the means of prevention, an approach to rehabilitation strategies and the most used techniques in this practice. Therefore, this course aims to understand the role of the physiotherapist in the sports field during the preparatory phase of the game, in the field and in rehabilitation.

NLPT507

Pharmacology for Physical Therapy

Prerequisites NLPT403

Course Description:

This lecture-based course for physiotherapists aims at enabling students to gain basic knowledge on drugs: their clinical uses, mechanism of action, side effects, and precautions for proper administration. It focuses mainly on the clinical pharmacology of medications that are most-frequently encountered by physical therapists in their clinical practice. In addition, this course addresses how drugs may exert beneficial as well as harmful effects that can impact the rehabilitation process in patients undergoing physical therapy.

Basic pharmacological principles related to pharmacodynamics (what does the drug do to the body) and pharmacokinetics (what does the body do to the drug). The actions of major drug classes prescribed by medical professionals to patients who visit the physiotherapist.

NLPT505

Neurology Rehabilitation

Prerequisites NLPT307

Course Description:

In recent years, however, there has been an explosion of knowledge in the basic mechanisms of recovery after neurological disorders. Concepts of brain plasticity now range from the molecular and cellular levels to integrated neural systems. Advanced neuroimaging techniques have provided new insight into the recovery process in neurological disorders, especially those involving the central nervous system.

The course is divided into three main sections:

- The first explains briefly the functional neurophysiology and neuropathology behind any disorder of the Nervous System.
- The second describes the methods of practice including assessment evaluation and treatment plus the characteristics and remediation of physical, cognitive disorders on the recovery
- The third highlights the use of these approaches in the context of specific diseases



NLPT511

Hydrotherapy

Prerequisites NLPT307

Course Description:

The course will present the therapeutic values of hydrotherapy-related modalities as employed in physical therapy management of various conditions referred to physical therapy departments. Also this course explains the therapeutic pool environment, pool temperature, pH, humidity, ventilation, water hygiene (disinfectant) and the advantages of exercises in water over exercises on land. It describes

the physiological effects, therapeutic uses, indications, contraindications, dangers and safety measures. It shows the application to specific conditions – paralytic (poliomyelitis), spastic, rheumatic and orthopedic conditions. These applications will include cryo-therapy, cold and hot packs, paraffin-wax, pools, contrast baths among others. Issues concerning clarification of indications, contraindications, precautions and physiological effects of various forms of applications will be addressed.

NLPT503

Physiotherapy & Rehabilitation Practice IV (Intervention)

Prerequisites NLPT307

Course Description:

At the time of this training, the student is thus able to carry out the assessment and intervention procedure quite complete based on acquired knowledge. The student takes the history of the patient; he makes only a complete evaluation of the state of the patient. He can plan a treatment with the help of a supervisor, and make a therapeutic intervention assisted using the acquired techniques.

NLPT601

Cardiovascular Rehabilitation

Prerequisites NLPT301

Course Description:

This course is intended especially for students to find the knowledge necessary to carry out treatments adapted to people who suffer from cardiac and vascular pathology.

The aim of this course is to present physiotherapeutic management for patients suffering from cardiac or vascular damage.

NLPT602

Pulmonary Rehabilitation

Prerequisites NLPT307

Course Description:

This course is intended especially for students to find the knowledge necessary to carry out treatments adapted to people who suffer from pulmonary pathology.

The aim of this course is to present physiotherapeutic management for patients suffering from pulmonary damage.

NLPT603

Orthopedic Rehabilitation

Prerequisites NLPT403

Course Description:

This course is designed to provide students with the necessary knowledge, skills and competencies to organize, manage and deliver an Orthopedics Rehabilitation program within a hospital /community setting. It prepares the students to work in the area of orthopedic

injuries as well as primary prevention of metabolic and joint diseases specifically in later stages of rehabilitation.

NLPT605

Urology-Genital Rehabilitation

Prerequisites NLPT301

Course Description:

This course is interested in the study of the urogenital system with the possible complications following any pathology that can occur since the perineum is very stressed during life. Perineal rehabilitation is currently undergoing considerable development both in the techniques used and in the number of patients

who have recourse to it, especially in women, hence the interest in the specific care developed during this course.



NLPT604

Rheumatology Rehabilitation

Prerequisites NLPT401

Course Description:

Rheumatology provides a health response to deformities in joint biomechanics. Rheumatologic pathologies and other consequences of external causes are classified in an anatomical mode, head, neck, thorax, abdomen, different segments of the upper and lower limbs.

After the acquisition of the course of pathology and

anatomy of the musculoskeletal system, spine, upper and lower limbs articular biomechanics and joint and muscle assessments. The student will therefore be able to conduct a morpho static, joint, muscle, and functional examination from the collection of signs and symptoms by interrogation and examination, to the formulation of hypotheses and identifying rheumatologic problems and their consequences on functional limitations.

Thus, the course of "Rehabilitation in rheumatology" allows him to take charge in physiotherapy of different rheumatologic cases. This course is divided into two parts: a theoretical part which focuses on the anatomical, biomechanical and pathophysiological review, the possible rehabilitation techniques with clinical reasoning for the application protocols, and another practical part to teach students the modalities application of different rehabilitation approaches.

So, this course provides education in rheumatology including clinical management, exam and procedural skills, interpretation of diagnostic data, patient counseling, development of diagnostic and management plans.

NLPT-608

Specifics technics I

No Prerequisites

Course Description:

This course is designed to introduce the concept of Neurodynamics, assessment and treatment techniques. It shows, the biomechanical relationship between load and the biological response of neural tissue.

It offers practical clinical solutions for therapists who treat patients with musculoskeletal problems

with a neural component. The history and evolution of neurodynamics, the anatomy and pathophysiology of the peripheral nervous system.



NLPT607

Geriatric Rehabilitation

No Prerequisites

Course Description:

This course focuses on the study of the aging of the human system with implications for its life. It is particularly intended for students to find the knowledge necessary to carry out treatments adapted to the elderly.

NLPT609

Post-Surgical and Esthetic Rehabilitation

No Prerequisites

Course Description:

This course describes the assessment of patients before and after surgery and improves the skill of student to outline the management of patients before, during and after surgical operations. They will observe surgical procedures in the theatre, monitoring and management of patients during immediate post-operative periods and during admission. And The course shows the role of physical therapy in esthetic domain and the maneuvers for esthetic rehabilitation.

NLPT610

Physiotherapy & Rehabilitation Practice V (Intervention)

Prerequisites NLPT503

Course Description:

At the time of this training, the student is thus able to carry out the assessment procedure quite complete based on acquired knowledge. The student takes the history of the patient; he makes only a complete evaluation of the state of the patient.

NLPT701

Health Management & Administration

No Prerequisites

Course Description:

Practical managerial and supervisory techniques and theory in physical therapy settings with emphasis on application in a variety of settings are presented. The main topics of this course include the changing health care system, access to physical therapy services, reimbursement to health care providers, strategic planning, consultation, performance improvement, professional development planning,

resumes and interviews, management, and performance appraisal, the health care continuum, budgeting, productivity, outcomes and patient satisfaction.

NLPT703

Law & Professional Legislation

No Prerequisites

Course Description:

These course requirements for ethics, laws and regulations for physical therapists practicing in Lebanon. This course describes the purpose of the Practice Act, Rules, and Board of Physical Therapy Policy Statements. It explains the rules related to continuing competence, license renewal, and the licensure process. It describes the Practice Act and Rules related to the scope of practice and disclosures to patients and the offenses that may

lead to disciplinary action. The course explains the rules of supervision for Physical Therapist Assistants, Physical Therapy assistive personnel, and others.

NLPT702

Specific Technics II

No Prerequisites

Course Description:

This course is divided into 3 topics. The first one focuses on the study of the concept of osteopathy, the second on vestibular rehabilitation and the final one on mental imagery. The topics taught in this course:

- Osteopathy Concept and its application on upper / lower extremities and trunk
- Vestibular examination and rehabilitation
- Mental imagery: overview, characteristics, domains of application and effects

NLPT704

Physical Education and Musculation

Prerequisites NLPT201

Course Description:

This course describes the procedures, materials, and issues for teaching physical education for patient or sportive human and describes in-depth view of all aspects of teaching body building for a client. The student becomes capable to plan a training program in different sport domain.

NLPT705

Evidenced-Based Practice

No Prerequisites

Course Description:

Physical therapy is a dynamic profession, one characterized by ongoing research to enhance clinical practice. As a future professional, you must not only seek information but also critically review findings to appropriately integrate information into your clinical practice. The contents in this course include techniques of literature search, concepts of measurement and how to evaluate the scientific

literature. By the end of this course, you will have developed the beginning skills of becoming a critical consumer of the scientific literature. These skills will enable you to systematically review the scientific literature and make informed decisions regarding the application of research findings in physical therapy practice.

NLPT706

Physiotherapy & Rehabilitation Practice VI (Intervention)

Prerequisites NLPT610

Course Description:

At the time of this training, the academic training is mostly completed. The student is therefore able to carry out the evaluation process and complete intervention of the initial meeting until healing, with a varied clientele. The initial level of supervision is of a moderate intensity evolving towards a light supervision at the end of the internship with autonomous management of the known tasks.

NLCC514

Research Methodology

Prerequisites NLPT610

Course Description:

This course introduces and discusses approaches, strategies, and data collection methods relating to research in health sciences. Students will consider how to select the appropriate methodology for use in a study to be performed. Additionally, students will learn how to collect data based on different

data collection methods, construct these tools, and pilot them before they become ready for use. Finally, this course elucidates the requirements for an academic work, considering aspects related to language, writing style, and lay-out. The students will learn to write a comprehensive research proposal that may be conducted in the future. This fundamental objective can be realized through helping these students to develop the subject of their research, encourage the formation of higher level of trained intellectual ability, critical analysis, rigor, and independence of thought, foster individual judgement, skill in the application of research theory and methods, and develop skills required in writing research proposals, reports, and dissertation.

NLCC503

Biostatistics & SPSS application

*Prerequisites:
NLCC106 / NLCC107*

Course Description:

This course provides the basic principles and methods of biostatistics, and covers statistical methods used to organize and summarize data, and to overview statistical procedures used in inferential statistics, the course offers descriptive and analytic statistic that led to data analysis.

NLPT801

Physiotherapy & Rehabilitation Practice VII (Intervention)

Prerequisites NLPT706

Course Description:

At the time of this training, the student completed several hours of clinical training during which he was able to develop his professional role as an expert (evaluation and intervention). The initial level of supervision is of a light intensity evolving towards autonomy at the end of training.



NLPT802

Senior Project

Prerequisites NLCC514

Course Description:

The Senior Project is a student-selected exploration of a topic which results in a research paper, a project or a product, and a presentation. It moves students away from departmentalized learning toward a more interdisciplinary approach. This approach is one which allows students to use a variety of skills in the areas of writing, speaking, research, and documentation. Upon completion students have learned more about their topics, their community,

and, most importantly, about themselves. This offering allows students to work with faculty members on a research project, and gives students the opportunity to actively participate with faculty members in innovative research experiences that will allow them to better relate the scientific method of discovery to clinical practice.

NLPT802

Differential Diagnosis

No Prerequisites

Course Description:

This course analyses of the decision-making process, with special focus on clinical guidelines, Physical Therapy Guide to Practice, and differential diagnosis. Differential diagnosis is addressed through comparison of systemic signs and symptoms, as well as appropriate diagnostic tests which may indicate involvement of a problem outside of the scope of physical therapy practice and musculoskeletal origin.

NLPT804

Advanced Techniques in Physical Therapy

No Prerequisites

Course Description:

This course describes the advanced techniques in physiotherapy and the unconventional ones taught by specialized physiotherapists.

At the end of the course, students will be able to:

1. Apply the different advanced techniques in Physical Therapy.
2. Apply diagnosis, assessment, and treatment of each one.

NLCC805

Professional Ethics

No Prerequisites

Course Description:

This course includes the basic structure and function of the musculoskeletal system of the human body. Students will learn terminology and functional anatomical structures with a detailed study of the origin, insertion and action of the major muscles of the human body.

NLPT806

Clinical Reasoning

No Prerequisites

Course Description:

This course emphasizes clinical reasoning and problem solving through the presentation and discussion of case studies with complex, multifactorial problems. Lecture and laboratory sessions assist in student preparation for the comprehensive examinations. Successful completion of both an online, multiple choice comprehensive curricular examinations and

a comprehensive Objective Structured Clinical Examination (OSCE) are required. Clinical reasoning of treatment selection will also be integrated into this class.

