

# PT 638: HEALTH, WELLNESS AND ERGONOMICS IN PHYSICAL THERAPY

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## In Workflow

1. PT Committee Chair (william.garcia@csus.edu)
2. PT Chair (irwin.thompson@csus.edu)
3. HHS College Committee Chair (andrea.becker@csus.edu)
4. HHS Dean (sac19804@csus.edu)
5. Academic Services (catalog@csus.edu)
6. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
7. Dean of Undergraduate (gardner@csus.edu)
8. Dean of Graduate (cnewsome@skymail.csus.edu)
9. Catalog Editor (catalog@csus.edu)
10. Registrar's Office (k.mcfarland@csus.edu)
11. PeopleSoft (PeopleSoft@csus.edu)

## Approval Path

1. Tue, 25 Feb 2025 03:20:18 GMT  
William Garcia (william.garcia): Approved for PT Committee Chair
2. Tue, 25 Feb 2025 04:48:57 GMT  
Scott Thompson (irwin.thompson): Approved for PT Chair
3. Mon, 10 Mar 2025 16:11:38 GMT  
Andrea Becker (andrea.becker): Rollback to PT Chair for HHS College Committee Chair
4. Mon, 17 Mar 2025 15:46:28 GMT  
Scott Thompson (irwin.thompson): Approved for PT Chair
5. Wed, 19 Mar 2025 17:50:18 GMT  
Andrea Becker (andrea.becker): Rollback to Initiator
6. Thu, 20 Mar 2025 23:15:25 GMT  
William Garcia (william.garcia): Approved for PT Committee Chair
7. Thu, 20 Mar 2025 23:31:47 GMT  
Scott Thompson (irwin.thompson): Approved for PT Chair
8. Fri, 21 Mar 2025 00:31:59 GMT  
Andrea Becker (andrea.becker): Approved for HHS College Committee Chair
9. Fri, 21 Mar 2025 16:22:50 GMT  
Robert Pieretti (sac19804): Approved for HHS Dean

## History

1. Apr 1, 2021 by 101039935

Date Submitted: Thu, 20 Mar 2025 23:13:41 GMT

**Viewing: PT 638 : Health, Wellness and Ergonomics in Physical Therapy**

**Last approved: Thu, 01 Apr 2021 14:03:34 GMT**

**Last edit: Thu, 20 Mar 2025 23:13:40 GMT**

Changes proposed by: Scott Thompson (223005614)

**Contact(s):**

Name (First Last)	Email	Phone 999-999-9999
Scott Thompson	irwin.thompson@csus.edu	916-278-5055

**Catalog Title:**

Health, Wellness and Ergonomics in Physical Therapy

**Class Schedule Title:**

Health, Wellness& Ergo in PT

**Academic Group: (College)**

HHS - Health & Human Services

**Academic Organization: (Department)**

Physical Therapy

**Will this course be offered through the College of Continuing Education (CCE)?**

No

**Catalog Year Effective:**

Spring 2026 (2026/2027 Catalog)

**Subject Area: (prefix)**

PT - Physical Therapy

**Catalog Number: (course number)**

638

**Course ID: (For administrative use only.)**

201783

**Units:**

2

**Is the ONLY purpose of this change to update the term typically offered or the enforcement of existing requisites at registration?**

No

**In what term(s) will this course typically be offered?**

Fall, Spring

**Does this course require a room for its final exam?**

Yes, final exam requires a room

**This course complies with the credit hour policy:**

Yes

**Justification for course proposal:**

The DPT program has proposed to move PT618 to the 1st year Summer Semester and PT646 to the 2nd year Fall Semester. Consequently, prerequisite and corequisite courses listed in the catalog would no longer be accurate. The program follows a sequential curricular model, and DPT students may only take courses in the sequence listed in the catalog. Moreover, the department approves and enrolls DPT students in their classes each semester. As such, the program has opted to eliminate listed corequisite and prerequisite courses, as students would not be allowed to enroll in any program course without departmental approval.

**Course Description: (Not to exceed 90 words and language should conform to catalog copy.)**

This course presents basic philosophical, historical, psychological and scientific foundations in wellness; reviews cultural forces/theories that affect individuals and society; applies concepts of healthy lifestyle education to reach an understanding of the importance of wellness and to establish an effective and potentially fulfilling lifestyle.

**Are one or more field trips required with this course?**

No

**Fee Course?**

No

**Is this course designated as Service Learning?**

No

**Is this course designated as Curricular Community Engaged Learning?**

No

**Does this course require safety training?**

No

**Does this course require personal protective equipment (PPE)?**

No

**Course Note: (Note must be a single sentence; do not include field trip or fee course notations.)**

Open to Physical Therapy majors only

**Does this course have prerequisites?**

No

**Does this course have corequisites?**

No

**Graded:**

Letter

**Approval required for enrollment?**

Department Approval

**Course Component(s) and Classification(s):**

Lecture

**Lecture Classification**

CS#02 - Lecture/Discussion (K-factor=1WTU per unit)

**Lecture Units**

2

**Is this a paired course?**

No

**Is this course crosslisted?**

No

**Can this course be repeated for credit?**

No

**Can the course be taken for credit more than once during the same term?**

No

**Description of the Expected Learning Outcomes and Assessment Strategies:**

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre- and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

	Expected Learning Outcome	Assessment Strategies
1	1.1 Compare and contrast normal biological, physiological, and psychological mechanisms of the human body with pathophysiological factors that lead to impaired body functions and structure.	Exam #1 Exam #2
2	Determine the physical therapy needs of any individual seeking services.	Exam #1 Exam #2 Fitness Assessment & Prescription
3	Develop a plan of care based on the best available evidence and that considers the patient's personal and environmental factors	Fitness Assessment & Prescription
4	Implement the physical therapy plan of care designed to restore and/or maintain optimal function applying selected procedural interventions that demonstrate safe and effective psychomotor and clinical reasoning skills.	Fitness Assessment & Prescription
5	Demonstrate effective verbal and written communication skills with patients, families, other health care professionals, and the public, to facilitate interventions and interdisciplinary interactions and cooperation.	Fitness Assessment & Prescription
6	Utilize data from selected outcome measures to document intervention effectiveness.	Exam #1 Exam #2 Fitness Assessment & Prescription

7	Recognize cultural, ethnic, age, economic, and psychosocial differences and apply a humanistic and holistic approach to the delivery of a clinical service.	Exam #1 Exam #2 Fitness Assessment & Prescription
8	Communicate effectively for varied audiences and purposes	Fitness Assessment & Prescription
9	Apply basic principles of statistics and research methodologies within the practice of physical therapy.	Exam #1 Exam #2 Fitness Assessment & Prescription

**Attach a list of the required/recommended course readings and activities:**

PT 638 Syllabus.docx

**Is this course required in a degree program (major, minor, graduate degree, certificate?)**

Yes

**Has a corresponding Program Change been submitted to Workflow?**

No

**Identify the program(s) in which this course is required:**

**Programs:**

Doctor of Physical Therapy

**Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?**

No

**Will there be any departments affected by this proposed course?**

No

**I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.**

I/we agree

## University Learning Goals

**Doctorate Learning Goal(s):**

Disciplinary knowledge  
Communication  
Critical thinking/analysis  
Information literacy  
Professionalism  
Intercultural/Global perspectives

**Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?**

No

**Is this a Graduate Writing Intensive (GWI) course?**

No

**Reviewer Comments:**

**Andrea Becker (andrea.becker) (Mon, 10 Mar 2025 16:11:38 GMT):** Rollback: Rolled back for minor edits. Please see shared committee document for feedback.

**Andrea Becker (andrea.becker) (Wed, 19 Mar 2025 17:50:18 GMT):** Rollback: Minor Edits

Key: 4085