Integrated Clinical Education – Planned Learning Experience (PLEX)

Plex #: 20	Plex Title: Anatomy and Exercise	Date created: 8/2/2014

ICE Week/Number

- ☑ ICE I- Week I
- ☑ ICE I- Week 2
- ☐ ICE II

Continuum of Care

- ☐ IP Acute/ICU
- ☐ IP Rehab
- ☐ Outpatient
- ☐ School
- ☑ Not Setting Specific

Patient Management Component

- ☑ Exam/Eval
- ☐ Dx/Prognosis
- ☐ Plan of Care
- ☑ Intervention
- ☐ Outcomes

Curricular Thread

- ☐ Quality Improvement and Safety
- ☐ Patient Centered Care
- ☑ Movement for Participation
- ☐ Teamwork and Collaboration
- ☑ Clinical Reasoning and Evidence Based Practice

Brief Description of the Planned Learning Experience:

Following a patient encounter, students will link knowledge of anatomy with exercise prescription.

Objectives	Description of Actual Learning Experience	Anticipated time to complete	Recommended Preparation or Readings
1. The student will be able to identify the specific anatomical structures involved in a therapeutic exercise 2. The student will be able to identify the primary movers (muscular) involved in an exercise 3. The student will be able to identify potential causes of compensatory movement patterns.	1. During a patient encounter, the student will observe the patient performing a prescribed exercise. 2. The student willidentify the primary movers involved in the particular exercise. 3. The student will further discuss muscles that can be involved in a compensatory movement pattern.	1. Observation of patient encounter: 15-30 minutes 2. Discussion of anatomy and movement patterns: 15 minutes Total: 30-45 minutes	1. Anatomy content 2. Exercise prescription: Foundations of Intervention