

## **Physical Therapy and Sports Rehabilitation**

Course code: HHD 1020

Total contact hours: 48 hours

Pre-requisite: None.

### **Course Overview**

Physical therapy ranks in Costa Rica and the USA as one of the most desirable careers.

Physical Therapists play essential roles in today's health care environment. They contribute to all health care providers to maintain, restore, and improve movement, activity, and health, enabling individuals of all ages to have optimal functioning and quality of life.

During this course, students will learn the history of Physical Therapy, PT core values, principles, mechanical principles applied to the human body, an introduction to exercise therapy, massage therapy, and physical therapists approach after a stroke.