

# Therapeutics: The Art of Restoring and Maintaining Wellness

## Course Overview and Syllabus

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**Grade level:** 9–12

**Prerequisite Courses:** None

**Credits:** 0.5

### Course Description

Therapeutics: The Art of Restoring and Maintaining Wellness is a semester-long high school course that focuses on careers that help restore and maintain mobility and physical and mental health, such as physical therapists, physical therapy assistants, occupational therapists, athletic trainers, massage therapists, dieticians and dietetic technicians, art therapists, neurotherapists, vocational rehabilitation counselors, and registered dental hygienists. Each career is explored in depth, examining typical job duties, educational and licensure requirements, working conditions, average salary, and job outlook. Key concepts and specific skill sets are introduced in the lessons, allowing students to apply what they have learned to health careers. This course is important because skilled health care workers are in high demand and expected to remain so for the foreseeable future.

### Course Objectives

Throughout the course, you will meet the following goals:

- Discuss the concepts of physiotherapy and biomechanics
- Learn about the career paths of athletic trainers, physical therapists, and their assistants
- Describe anatomy and physiology and the theory of muscle contraction
- Explore the physics of movement, the biomechanical approach to viewing the body, and their relation to athletic training
- Investigate wellness and rehabilitation as they relate to occupational therapy, vocational rehabilitation, recreational therapy, and audiology
- Discover the effect of nutrition on health and well-being, and the careers of registered dietitians and nutritional therapists
- Examine contributing factors to global obesity
- Learn about speech-language pathology, art therapy, massage therapy, and animal-assisted therapy and their role in improving the lives of patients
- Explore careers for registered dental hygienists and assistants, as well as dental laboratory technicians

## Student Expectations

This course requires the same level of commitment from you as a traditional classroom course. Throughout the course, you are expected to spend approximately 5–7 hours per week online on:

- Interactive lessons that include a mixture of videos, readings, and tasks
- Assignments in which you apply and extend learning in each lesson
- Assessments, including quizzes, tests, and cumulative exams

## Communication

Your teacher will communicate with you regularly through discussions, email, chat, and system announcements. You will also communicate with classmates, either via online tools or face to face, as you collaborate on projects, ask and answer questions in your peer group, and develop your speaking and listening skills.

## Grading Policy

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below.

Grading Category	Weight
Lesson Quizzes	20%
Unit Tests	20%
Cumulative Exams	20%
Assignments	10%
Projects	30%
Additional	0%

## Scope and Sequence

When you log into Edgenuity, you can view the entire course map—an interactive scope and sequence of all topics you will study. The units of study are summarized below:

- Unit 1:** Physical Therapy (Physiotherapy) and Biomechanics
- Unit 2:** Occupational Therapy and Related Careers
- Unit 3:** Dietetics and Nutrition: Dietitian and Dietetic Technician
- Unit 4:** Speech-language Pathologist, Art Therapists, Massage Therapists
- Unit 5:** Support Careers, Biofeedback and Psychotherapy