

**CAREER
PATHS**

Physiotherapy

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Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Physiotherapy	Webpage	balance, inpatient, mobility, outpatient, patient, physical therapist, physiotherapy, rehabilitate, restore, stretching	Asking about experience
2	The Body 1	Patient chart	back, bicep, chest, forearm, hand, neck, rotator cuff, shoulder, tricep, wrist	Asking about location
3	The Body 2	Poster	ankle, calf, foot, gluteal, hamstring, knee, quadriceps, shin, thigh, toe	Asking about schedules
4	The Body 3	Textbook excerpt	abdomen, core, hip, pelvis, posture, rib cage, spine, stabilize, support, torso	Correcting yourself
5	Bones	Medical guide	bone, skeleton, ligament, marrow, greenstick, fracture, displaced, comminuted, impacted, compound, stress fracture	Clarifying information
6	Muscles	Textbook excerpt	contract, elastic, fascicle, flex, muscle fiber, muscle, myofibril, sarcomere, shorten, stretch	Identifying an error
7	Muscular System	Encyclopedia passage	cardiac muscle, contraction, involuntary, skeletal muscle, smooth muscle, tendon, tension, tissue, twitch, voluntary	Expressing confusion
8	Joints 1	Course syllabus	amphiarthrosis, articulate, biaxial, cartilaginous joint, diarthrosis, joint, monaxial, multiaxial, ovoid, sellar, synovial joint	Asking for a favor
9	Joints 2	Medical dictionary	ball-and-socket joint, spheroidal joint, condylar joint, ellipsoidal joint, hinge joint, pivot joint, plane joint, saddle joint, trochoid joint	Asking for confirmation
10	Anatomical Locations	Poster	anterior, distal, frontal plane, inferior, lateral, contralateral, ipsilateral, medial, posterior, proximal, sagittal plane, superior, transverse plane	Describing location
11	Body Movements	Patient assessment form	abduction, adduction, depression, elevation, extension, flexion, plantarflexion, dorsiflexion, pronation, supination	Describing ability
12	Resistance Exercise 1	Pamphlet	cross training, muscle strength, functional strength, muscle power, endurance, overload principle, resistance exercise, strength training, reversibility principle, detraining, SAID principle	Providing reassurance
13	Resistance Exercise 2	Exercise program	free weights, full-arc exercise, repetition, rest interval, set, short-arc exercise, submaximal loading, maximal loading, repetition maximum, mode	Introducing a plan
14	Aerobic Exercise 1	Webpage	adaptation, deconditioning, aerobic exercise, energy expenditure, fitness, heavy activity, light activity, maximum oxygen consumption, conditioning, moderate activity	Asking about frequency
15	Aerobic Exercise 2	Exercise program	active recovery, calisthenics, circuit training, circuit-interval training, cool-down period, continuous training, interval training, heart rate, passive recovery, warm up	Describing order

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