

## Curricula Plan at HU after COVID-19 (September 2020)

### Faculty of Physical Therapy

Goal	Targets \ Objectives	Indicators
Goal No. 1 To improve immune system	1.1 Lifestyle Modification	1.1.1 Daily Exercises (Cycling-Walking - Bicycling) 1.1.2 Nutrition ( Water intake -Junk foods – organic healthy foods 1.1.3 Smoking Cessation
Goal No. 2 To improve cardiopulmonary endurance post COVID-19 insult	2.1 to increase chest expansion and cardiac output	2.1.1 Spirometry, chest exercises, diaphragmatic excursion and Bicycle ergometer
Goal No. 3 To promote elderly health	3.1 To prevent falling 3.2 To prevent the risk of fractures 3.3 to decrease the effects of dementia	3.1.1 Group Therapy Counseling
Goal No. 4 To provide safe ergonomics and occupational health	4.1 To prevent occupational disorders and industrial hazards resulted from COVID-19	4.1.1 Raising up awareness between workers in farms and factories
Goal No. 5 To enhance E-Learning being a 3 <sup>rd</sup> generation university	5.1 To provide easy way to deliver informations to students	5.1.1 Mobile applications 5.1.2 Media ( Zoom – Microsoft team – google classroom – Ultra black board)