



"التمريض جوهر الحياة"
 "Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
----------------	--

Study plan No.	2025-2026		University Specialization		Nursing	
Course No.	0301214		Course name		Physical Assessment \ laboratory	
Credit Hours	3		Prerequisite Co-requisite		Physical assessment\ theory 0301213	
Level of the course	2 nd years		Language of instruction		English	
Course type	<input type="checkbox"/> Mandatory university requirement	<input type="checkbox"/> University elective requirements	<input type="checkbox"/> Faculty mandatory requirement	<input type="checkbox"/> Support course family requirements	<input checked="" type="checkbox"/> Mandatory requirements	<input type="checkbox"/> Elective requirements
Teaching style	<input type="checkbox"/> Full online learning		<input type="checkbox"/> Blended learning		<input checked="" type="checkbox"/> Traditional learning	
Teaching model	<input type="checkbox"/> 1Synchronous: 1asynchronous		<input type="checkbox"/> 1 face to face: 1synchronous		<input checked="" type="checkbox"/> 2 Traditional	

Faculty member and study divisions' information (to be filled in each semester by the subject instructor)

Section	Name	Academic rank	Office No.	Phone No.	Office hours	E-mail	
	Other instructors	Academic rank	Office No.	Phone No.	Office hours	E-mail	
Division number		Time	Place	Number of students		Teaching style	Approved model
1						Traditional	2



جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"التمريض جوهر الحياة"
"Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
----------------	--

Brief description

This clinical course is concurrent with physical assessment theoretical course. It helps the students to develop physical assessment psychomotor and communication skills in taking physical assessment. It focuses on the interviewing skills and systematic performance analysis and documentation of physical assessment process and findings of healthy and ill adult clients with emphasis on legal and ethical aspects of nursing. Non-threatening clinical lab helps the students to apply their physical assessment knowledge and skills safely

Learning resources

Course book information (Title, author, date of issue, publisher ... etc)	1. , Jarvis C. (2023). Physical Examination & Health Assessment, 9 th Edition, W.B. Saunders Company, Elsevier Inc.			
Supportive learning resources (Books, databases, periodicals, software, applications, others)	1. Jarvis C. (2020). Physical Examination & Health Assessment, 8 th Edition, W.B. Saunders Company, Elsevier Inc. 2. `Kozier B., Erb G. (2021). Fundamentals of Nursing; Concepts, Process, and Practice. Berman A., Snyder S, Frandsen, G. (1 ^{1th} ed), Japan, Pearson Education International. 3. Perry, Potter& Ostendorf. (2020). Nursing Interventions & Clinical Skills. (11th ed). Elsevier			
Supporting websites			
The physical environment for teaching	<input type="checkbox"/> Class room	<input checked="" type="checkbox"/> labs	Virtual educational platform	<input type="checkbox"/> Others
Necessary equipment and software	<ul style="list-style-type: none"> Web sites and Internet. Data-show 			
Supporting people with special needs	-----			
For technical support	Contact the e-learning center and open resources First floor – faculty of science and information technology Dr. kaled jaber Tel : 064291511. Ext. 425			



جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"التمريض جوهر الحياة"
"Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
----------------	--

e-mail: k.jaber@zu.j.edu.jo

Course Intended Learning Outcomes (CILOs):

Upon successful completion of this course, students will be able to achieve the following Program and Course Intended Learning Outcomes

PILO #2 Provide high quality comprehensive nursing care in accordance with the legal, ethical and professional standards of practice.	
Course Intended Learning Outcomes (CILO)	1. Demonstrate accurate and comprehensive physical assessment skills in evaluating the health status of adult individuals. 2. Apply legal, ethical, and professional standards when performing and documenting physical assessments.
Concept based competency1: (Safe and Effective Care Environment)	Professional and Core Values, Professional Growth and Development, Accountability and Responsibility, Advocacy, Client rights, Collaboration, Continuity of Care, Referrals, Concept of management, Case manager, Performance and Quality Improvement, Injury prevention, Use safety devices, Handling hazardous and infection material, safety, Standard precautions/ transmission-based precautions/ surgical asepsis, Member of the Nursing Profession, Evidence-Based Practice, Caring and Spirituality.
Relevant Competency (JNC)	Standard 1 (core competencies 1,2,3,4,5,6), Standard 3 (core competencies 1,2,3,4), Standard 4 (core competencies 1,2,3,4), Standard 5 (core competencies 1,2), Standard 6 (core competencies 1,2,3).
National framework	MS1
Weight	40%
Learning Methods	Interactive lecturing, case study scenarios, Group discussion, Demonstration
Evaluation Methods	Written exam, Continuous evaluation



جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"التمريض جوهر الحياة"
"Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
----------------	--

PILO #3: Master critical thinking, problem-solving, reasoning and clinical judgment skills to provide comprehensive nursing care and adopt these skills to enhance lifelong professional development.



جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"التمريض جوهر الحياة"
"Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
----------------	--

Course Intended Learning Outcomes	<ol style="list-style-type: none"> 1. Demonstrate critical thinking and clinical reasoning in collecting, analyzing, and interpreting physical assessment data. 2. Utilize problem-solving and clinical judgment skills to identify actual and potential health problems during patient assessment
Concept based competency 3: (Physiological Integrity)	<p>A. Basic care and comfort (Assistive devices, Elimination, Mobility and Immobility, Non pharmacological comfort interventions, Nutrition and oral hydration, Personal hygiene, Rest and Sleep, Critical Thinking, Nursing Process / Clinical Competence).</p> <p>B. Pharmacological & Parenteral Therapies (Adverse effects, contradictions, side effects, and interactions of medications, Blood and blood products, Central venous access devices, Medication administration, Dosage calculations, Parenteral and intravenous therapies, Expected actions and outcomes, Pharmacological pain management, Total parenteral nutrition).</p> <p>C. Reduction of Risk Potential (Changes and abnormalities in vital signs, Laboratory values, Diagnostic tests, Potential for alterations in body systems, System-specific assessments, Therapeutic procedures).</p> <p>D. Physiological Adaptation (Fluids and electrolyte imbalances, Hemodynamic, Illness management, Medical emergencies).</p>
Relevant Competency (JNC)	Standard (7.1, 7.2, 7.3, 7.4, 7.5).
National framework	MS2
Weight	20%
Learning Methods	Interactive lecturing, case study scenarios, Group discussion ,Demonstration
Evaluation Methods	Written exam, Continuous evaluation

PILO # 5: Demonstrate the ability to maintain the physiological integrity of patients while providing high quality nursing care.



جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"التمريض جوهر الحياة"
"Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
----------------	--

Course Intended Learning Outcomes (CILO)	<ol style="list-style-type: none"> Apply safe and appropriate assessment techniques to maintain patients' physiological stability Recognize early physiological changes that require reporting or further nursing intervention.
Concept based competency 3: (Physiological Integrity)	<p>A. Basic care and comfort (Assistive devices, Elimination, Mobility and Immobility, Non pharmacological comfort interventions, Nutrition and oral hydration, Personal hygiene, Rest and Sleep, Critical Thinking, Nursing Process / Clinical Competence).</p> <p>B. Pharmacological & Parenteral Therapies (Adverse effects, contradictions, side effects, and interactions of medications, Blood and blood products, Central venous access devices, Medication administration, Dosage calculations, Parenteral and intravenous therapies, Expected actions and outcomes, Pharmacological pain management, Total parenteral nutrition).</p> <p>C. Reduction of Risk Potential (Changes and abnormalities in vital signs, Laboratory values, Diagnostic tests, Potential for alterations in body systems, System-specific assessments, Therapeutic procedures).</p> <p>D. Physiological Adaptation (Fluids and electrolyte imbalances, Hemodynamic, Illness management, Medical emergencies).</p>
Relevant Competency (JNC)	Standard (7.1, 7.2, 7.3, 7.4, 7.5).
National framework	MC2.
Weight	40%
Learning Methods	Interactive lecturing, case study scenarios, Group discussion, Demonstration
Evaluation Methods	Written exam, Continuous evaluation

Mechanisms for direct evaluation of learning outcomes

Type of assessment / learning style	Fully electronic learning	Blended learning	Traditional Learning (Theory Learning)	Traditional Learning (Practical Learning)	
Quizzes				10%	Two quizzes



جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"التمريض جوهر الحياة"
"Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
-----------------------	--

Mid-term Evaluation				30%	
Ongoing Evaluation				20%	
Final exam				20%	Clinical final exam
				20%	Written final exam

Evaluation Methods:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

Evaluation Activity/Purpose	Covered PILO & CILO(s)	Mark	Topic(s)	Period (Week)	Platform
Quizzes	All 2+3+5	10%	History Taking & Interview Skills Skin, Hair, and Nail Assessment Head, face, and Neck Eye assessment	5 th & 11 week	Nursing Labs
Midterm evaluation	All 2+3+5	30%	Ear Assessment Nose, Sinus, Mouth, & Throat Respiratory System	8 th week	
Ongoing evaluation	All 2+3+5	20%		Continuo us during the semester	
Final	All 2+3+5	40%	All	15th to 16th week	



جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"التمريض جوهر الحياة"
"Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
----------------	--

Note 1: Asynchronous interactive activities are activities, tasks, projects, assignments, research, studies, projects, and work within student groups ... etc, which the student carries out on his own, through the virtual platform without a direct encounter with the subject teacher.

Note 2: According to the Regulations of granting Master's degree at Al-Zaytoonah University of Jordan, 40% of final evaluation goes for the final exam, and 60% for the semester work (examinations, reports, research or any scientific activity assigned to the student).

Schedule of simultaneous / face-to-face encounters and their topics

Week	Subject	learning methods*	Reference **
1	Orientation to the course expectations and requirements History Taking & Interview Skills	lecture and discussion Participatory learning Demonstration and re-demonstration on students	-- Chapter 4 *Pages 41-58
2	Skin, Hair, and Nail Assessment	Demonstration and re-demonstration on dolls and mannequins and students	Chapter 13 *Pages 199-250
3	Head, face, and Neck	Demonstration and re-demonstration on dolls and mannequins and students	Chapter 14 *Pages 251-280
4	Eye assessment	Demonstration and re-demonstration on dolls and mannequins and students	Chapter 15 *Pages 281-322
5	First Evaluation		
6	Ear Assessment	Demonstration and re-demonstration on dolls and mannequins and students	Chapter 16 *Pages 323-350



جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"التمريض جوهر الحياة"
"Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department			
7	Nose, Sinus, Mouth, & Throat	Demonstration and re-demonstration on dolls and mannequins and students	Chapter 17 *Pages 351-382
8	Respiratory System	Demonstration and re-demonstration on dolls and mannequins and students	Chapter 19 *Pages 409-454
9	2nd evaluation		
10	Application of newly developed technology and virtual reality (VR) in Heart and Neck Vessel Assessment	Demonstration and re-demonstration on dolls and mannequins and students, and the use the virtual reality equipment in assessing different heart conditions and abnormalities.	Chapter 20 *Pages 455-504
11	Peripheral Vascular Assessment	Demonstration and re-demonstration on dolls and mannequins and students	Chapter 21 *Pages 505-532
12	Abdominal Assessment	Demonstration and re-demonstration on dolls and mannequins and students	Chapter 22 *Pages in textbook 533-572
13	Musculoskeletal Assessment	Demonstration and re-demonstration on dolls and mannequins and students	Chapter 23 *Pages in textbook 573-628
14	Neurological Assessment	Demonstration and re-demonstration on dolls and mannequins and students	Chapter 24 *Pages in textbook 629-684
15	Final Exam		
16	Final Exam		



جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"التمريض جوهر الحياة"
"Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
----------------	--

* Learning styles: Lecture, flipped learning, learning through projects, learning through problem solving, participatory learning ... etc.

** Reference: Pages in a book, database, recorded lecture, content on the e-learning platform, video, website ... etc.

Course Intended Learning Outcomes Matrix					
Course Name: Physical Assessment/ Laboratory					
Course Number: 0301214					
PILO #2: Provide high quality comprehensive nursing care in accordance with the legal, ethical and professional standards of practice.					
CILOS	<div>1. Demonstrate accurate and comprehensive physical assessment skills in evaluating the health status of adult individuals.</div> <div>2. Apply legal, ethical, and professional standards when performing and documenting physical assessments.</div>				
PILO 3: Master critical thinking, problem-solving, reasoning and clinical judgment skills to provide comprehensive nursing care and adopt these skills to enhance lifelong professional development					
CILOS	<div>1. Demonstrate critical thinking and clinical reasoning in collecting, analyzing, and interpreting physical assessment data.</div> <div>2. Utilize problem-solving and clinical judgment skills to identify actual and potential health problems during patient assessment</div>				
PILO # 5: Demonstrate the ability to maintain the physiological integrity of patients while providing high quality nursing care.					
CILOS	<div>1. Apply safe and appropriate assessment techniques to maintain patients' physiological stability</div> <div>2. Recognize early physiological changes that require reporting or further nursing intervention.</div>				
Week	Intended Learning Outcomes				
	Course contents	PILOS	PILO 2	PILO 3	PILO 5



جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"التمريض جوهر الحياة"
"Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
----------------	--

	CILOS	1	2	1	2	1	2
1	History Taking & Interview Skills	X	X	X	X		
2	Skin, Hair, and Nail Assessment Head, face, and Neck	X		X	X	X	X
3	Eye assessment	X		X	X	X	X
4	Ear assessment	X		X	X	X	X
5	Nose, Sinus, Mouth, & Throat	X		X	X	X	X
7	Respiratory System	X		X	X	X	X
8	Application of newly developed technology and virtual reality (VR) in Heart and Neck Vessel Assessment	X	X	X	X	X	X
10	Peripheral Vascular Assessment	X		X	X	X	X
11	Abdominal Assessment	X		X	X	X	X
13	Musculoskeletal Assessment	X		X	X	X	X
14	Neurological Assessment	X		X	X	X	X
رئيس القسم: د. خلدون عبيدات		مدرس المساق:					

Learning Methods Matrix				
Course Name: Physical Assessment \ laboratory				
Course Number: 0301214				
Teaching methods: Interactive lecturing, Discussion and activities and teamwork, case study scenarios, Audio-Visual aids, and evidence-based reviews				
Week	Course contents	Course Teaching methods		
		Interactive lecturing	Discussion and activities and teamwork	case study scenarios
1	Orientation to the course expectations and requirements	X		



جامعة الزيتونة الأردنية
Al-Zaytoonah University of Jordan
كلية التمريض
Faculty of Nursing



"التمريض جوهر الحياة"
"Nursing is the Essence of Life"

"عراقة وجودة"
"Tradition and Quality"

QF03/0408-4.0E	Course Plan for Bachelor program - Study Plan Development and Updating Procedures/ Nursing Department
----------------	--

	History Taking & Interview Skills	X	X	X
2	Skin, Hair, and Nail Assessment	X	X	
3	Head, face, and Neck	X	X	
4	Eye assessment	X	X	
5	First evaluation			
6	Ear assessment	X	X	
7	Nose, Sinus, Mouth, & Throat	X	X	
8	Respiratory System	X	X	
9	Second evaluation			
10	Application of newly developed technology and virtual reality (VR) in Heart and Neck Vessel Assessment	X	X	X
11	Peripheral Vascular Assessment	X	X	
12	Abdominal Assessment	X	X	
13	Musculoskeletal Assessment	X	X	
14	Neurological Assessment	X	X	
رئيس القسم: د. خلدون عبيدات			مدرس المساق:	