



North Central State College  
MASTER SYLLABUS  
2019-2020

- A. Academic Division: Health Sciences
- B. Discipline: Physical Therapist Assistant
- C. Course Number and Title: PHTA1090 Therapeutic Exercise
- D. Course Coordinator: Heidi Kreglow, MPT  
Assistant Dean: Melinda Roepke, MSN, RN

Instructor Information:

- Name: Click here to enter text.
- Office Location: Click here to enter text.
- Office Hours: Click here to enter text.
- Phone Number: Click here to enter text.
- E-Mail Address: Click here to enter text.

- E. Credit Hours: 4  
Lecture: 2 hours  
Laboratory: 5 hours
- F. Prerequisites: PHTA1010, PHTA1040, PHTA1070  
Co-requisites: PHTA1110 (M)
- G. Syllabus Effective Date: Fall, 2019
- H. Textbook(s) Title:

Required:

*Therapeutic Exercise*

- Authors: Kisner & Colby
- Copyright Year: 2012
- Edition: 6th
- ISBN #: 9780803625747

*Musculoskeletal Assessment: Joint Motion and Muscle Testing*

- Authors: Lippincott, Williams and Wilkins
- Copyright Year: 2013
- Edition: 3rd
- ISBN #: 9781609138165

- I. Workbook(s) and/or Lab Manual: None
- J. Course Description: This course is beginning course work in therapeutic exercise including goniometry, range of motion, manual muscle testing, strengthening, stretching, joint mobilization, manual therapy, abnormal posture and gait training as well as wheelchair mobility, aquatic therapy and women's care.

K. College-Wide Learning Outcomes:

<b>College-Wide Learning Outcome</b>	<b>Assessments - - How it is met &amp; When it is met</b>
Communication – Written	
Communication – Speech	
Intercultural Knowledge and Competence	
Critical Thinking	
Information Literacy	
Quantitative Literacy	Solving math formula for correct application of the band utilizing Quantitative Literacy VALUE rubric during weeks 6-7

L. Course Outcomes and Assessment Methods:

Upon successful completion of this course, the student shall:

<b>Outcomes</b>	<b>Assessments – How it is met &amp; When it is met</b>
1. Demonstrate verbal and non-verbal interactions to initiate, complete and terminate a simulated patient intervention.	Midterm lab practical and final lab practical exams
2. Produce a functional SOAP note for a simulated patient intervention.	Written SOAP note completed at midterm lab practical and final lab practical exams
3. Design a therapeutic exercise program for a simulated patient according to the physical therapist plan of care.	Midterm lab practical and Final lab practical exams
4. Collaborate with supervising P.T. when simulated therapeutic exercise program requires modification.	Midterm lab practical and Final lab practical exams
5. Adjust therapeutic exercise program, functional training intervention, or manual therapy program based on the simulated patient's response and in accordance with PT Plan of Care.	Mini-lab tests at time of topic, Midterm lab practical and final lab practical exams
6. Explain therapeutic exercise program, functional training intervention and manual therapy techniques at patient's level of understanding.	Mini-lab tests at time of topic, Midterm lab practical and Final lab practical exams
7. Provide therapeutic exercise and functional training instruction to simulated patient(s) for home carry over.	Mini-lab tests at time of topic, Midterm lab practical and Final lab practical exams
8. Instruct patient and/or caregiver in use and care of assistive device.	Mini-lab tests at time of topic, Midterm lab practical and Final lab practical exams
9. Compare simulated patient performance of therapeutic exercise program and functional training activities with short and long term goals in simulated plan of care.	Midterm lab and final lab practical exams
10. Progress patient interventions utilizing short and long term goals in the simulated plan of care.	Midterm lab and final lab practical exams
11. Analyze simulated patient response to physical therapy treatment to provide suggestions to supervising P.T. for plan of care modification.	Midterm lab and final lab practical exams
12. Compare and contrast various methods and/or protocols of application for therapeutic exercise, gait training, range of motion, stretching, posture training, joint mobilization and manual therapy	Quiz at time of topic. Exam 1, 2, 3 and Final exams

Outcomes	Assessments – How it is met & When it is met
13. Identify indications, precautions, and contraindications for gait training, range of motion, stretching, joint mobilization and manual therapy application.	Quiz at time of topic. Exams 1, 2, 3 and Final exams
14. Demonstrate the application of range of motion, stretching, and strengthening techniques.	Mini-lab tests at time of topic. Midterm lab practical and Final lab practical exams
15. Demonstrate application of therapeutic exercise interventions for postural deficits.	Mini-lab test at time of topic, Exam 3 Weeks 12-13 and Final exam week 16
16. Describe principles and grades of peripheral joint mobilizations.	Quiz at time of topic and Exam 3 weeks 12-13 and Final exam week 16
17. Demonstrate safe application of therapeutic exercise principles.	Mini-lab tests at time of topic, Midterm lab practical and final lab practical
18. Describe principles and grades of peripheral joint mobilizations.	Quiz at time of topic. Exam 3 weeks 12-13 and Final exam week 16
19. Identify normal range of motion measurements and levels of muscle grades.	Mini-lab tests at time of topic, Midterm lab and final lab practical. Quiz at time of topic. Exam 1 weeks 4-5 and Final exam week 16
20. Demonstrate correct application of manual muscle testing and goniometric measurements on a simulated patient.	Mini-lab tests at time of topic, Midterm lab and Final lab practical exams
21. Apply anatomy and physiology principles to the application of goniometry, manual muscle testing, gait training, manual therapy, joint mobilization and therapeutic exercise.	Quiz at time of topic. Exam 1, 2, 3 and Final exams Mini-lab tests at time of topic, Midterm lab practical and Final lab practical exams
22. Demonstrate proper use of W/C through doorways, uneven surfaces, ramps and when encountering environmental barriers.	Lab skills checklist at time of topic
23. Determine correct instructional technique for simulated patient in wheelchair.	Quiz at time of topic. Final exam week 16
24. Demonstrate ability to instruct patient in wheelchair mobility skills in a competent and effective manner.	Final lab practical exam
25. Discuss the theory of taping for a variety of diagnoses/interventions.	Quiz at time of topic. Final exam week 16
26. Identify differences in functional and traditional taping applications.	Quiz at time of topic. Final exam week 16
27. List various patient deficits that may be addressed in physical therapy in relation to women's health care.	Quiz at time of topic. Final exam week 16
28. Identify physical therapy interventions utilized in women's health care.	Quiz at time of topic. Final exam week 16
29. Identify indications, precautions and contraindications involved in physical therapy treatment for the obstetric patient.	Quiz at time of topic. Final exam week 16
30. Identify indications, precautions, and contraindications for aquatic therapy.	Quiz at time of topic. Final exam week 16
31. Describe principles and positioning techniques for aquatic therapeutic exercise.	Quiz at time of topic. Final exam week 16
32. Compare and contrast various methods and/or protocols of application for aquatic therapeutic exercise.	Quiz at time of topic. Final exam week 16

M. Topical Timeline (Subject to Change):

Week 1: Introduction/ROM  
Week 2: Goniometry and Manual Muscle Testing  
Week 3: Goniometry and Manual Muscle Testing cont'd  
Week 4: Exam 1  
Week 5: Stretching/Dynamic Splinting  
Week 6: Strengthening  
Week 7: Open/Closed Kinetic Chain and Plyometrics  
Week 8: Exam 2  
Week 9: Jt. Mobilization/Manual Therapy  
Week 10: Abnormal Posture  
Week 11: Pre-Gait/Gait Training  
Week 12: Exam 3  
Week 13: Taping/Wheelchair  
Week 14: Aquatic Exercise  
Week 15: Women's Care/Obstetrics  
Week 16: Final exam

N. Course Assignments:

1. Lecture:
  - a. Quizzes given throughout semester worth 10% of course grade
  - b. 3 exams worth 30% of course grade
  - c. One comprehensive final exam worth 20% of course grade
2. Lab:
  - a. Mini laboratory examinations worth 10% of course grade for manual muscle testing, goniometric measurements, active/assisted/passive range of motion, strengthening, stretching, posture and gait training.
  - b. Lab skills checklists for wheelchair management (P/NP)
  - c. One mid- term full laboratory examination worth 10% of course grade.
  - d. One final full laboratory examination which is comprehensive worth 20% of course grade.
  - e. Computation assessment (non-graded)

O. Recommended Grading Scale:

<b>NUMERIC</b>	<b>GRADE</b>	<b>POINTS</b>	<b>DEFINITION</b>
93-100	A	4.00	Superior
90-92	A-	3.67	Superior
87-89	B+	3.33	Above Average
83-86	B	3.00	Above Average
80-82	B-	2.67	Above Average
77-79	C+	2.33	Average
73-76	C	2.00	Average
70-72	C-	1.67	Below Average
67-69	D+	1.33	Below Average
63-66	D	1.00	Below Average
60-62	D-	0.67	Poor
00-59	F	0.00	Failure

P. Grading and Testing Guidelines:

This is a lecture/lab course which requires a passing grade of 77% in both the lecture and lab component. Lecture is worth 60% of the total grade and lab is worth 40% of the total grade. Once each component has been passed with a 77% grade the two components will be averaged for the final course grade. Students falling below 77% in either component will have failed to meet the requirements to continue in the PTA program.

Q. Examination Policy:

A student who misses a quiz for any reason must notify the instructor and make arrangements for making up the quiz. The student will have three school days from the quiz date to make it up.

A student who must miss an examination for any reason is responsible for notifying the instructor prior to the exam, if possible, or within 24 hours of missed exam, and to make arrangements for making up the examination. The student will have a maximum of five school days from the date of the examination in which to make it up. If the instructor is not notified regarding a missed exam, the student will receive an automatic "0" on the exam.

Final exams will be held as scheduled. Requests to take a final exam earlier should be made only under unusual and extenuating circumstances. These requests are to be submitted, in writing, no later than one week prior to the last class day of the term to the Program Director's office.

R. Class Attendance and Homework Make-Up Policy:

The PTA program is a series of sequential courses developed to build from one class session and course to the next. It is imperative that the student attend all class and laboratory sessions based on the progressive sequence and amount of educational material to be presented in six semesters. All instructors will maintain attendance records and will follow college attendance guidelines and policies.

It will be the responsibility of the student to obtain lecture notes and to make up laboratory sessions. Any student missing two or more classes will be required to meet with the Program Director. Students have a primary responsibility for notifying their instructors about anticipated or planned absences.

S. Classroom Expectations:

Students are expected to attend every class session and listen attentively and interact and behave in a professional manner conducive to learning. If a student is found to be disrupting a class session he/or she may be asked to leave the classroom upon the discretion of the instructor and then be required to meet with the Program Director discuss professional behavior and expectations.

T. College Procedures/Policies:

**Important information regarding College Procedures and Policies can be found on the [syllabus supplement](#) located at**

**<https://sharept.ncstatecollege.edu/committees/1/curriculum/SiteAssets/SitePages/Home/SYLLABUS%20SUPPLEMENT.pdf>**

**The information can also be found** [Choose an item.](#)