



North Central State College

MASTER SYLLABUS

2026-2027

- A. Academic Division: Health Sciences
- B. Discipline: Physical Therapist Assistant
- C. Course Number and Title: PHTA1070 Functional Anatomy
- D. Assistant Dean: Dr. Jason Tucker, Ph.D.
- E. Credit Hours: 3
Lecture: 2 hours
Laboratory: 2 hours
- F. Co-requisites: PHTA1010 (M) and PHTA1040 (M)
- G. Last Course/Curriculum Revision Date: Fall 2022 Origin date: 11/22/2010
- H. Textbook(s) Title:

Required:

Trail Guide to the Body

- Author: Biel, Andrew
- Year: 2019
- Edition: 6th
- ISBN: 9780998785066

PTA Examination Review & Study Guide

- Author: McGinty, Patrick
- Year: 2024
- Edition: 7th
- ISBN: 9798989231416

PhysioU Access Plan (2-Year Access Code required)

- Author: Unknown
- Copyright Year: 2025
- ISBN: 9200604022222
- <https://clinicalpattern.com/physical-therapy/>

- I. Workbook(s) and/or Lab Manual:

Trail Guide to the Body Student Workbook

- Author: Biel, Andrew
- Year: 2019
- Edition: 6th
- ISBN: 9780991466672

- J. Course Description: A course involving a study of human movement, principles of mechanics, musculoskeletal anatomy and neuromuscular physiology as it relates to the development of physical therapy exercise and those forces creating human activity. The time, space and mass aspects of human motion are also presented. Laboratory activities include location and palpation of muscles.

K. College-Wide Learning Outcomes:

College-Wide Learning Outcome	Assessments - - How it is met & When it is met
Communication – Written	
Communication – Speech	
Intercultural Knowledge and Competence	
Critical Thinking	
Information Literacy	
Quantitative Literacy	

L. Course Outcomes and Assessment Methods:

Upon successful completion of this course, the student shall:

Outcomes	Assessments – How it is met & When it is met
1. Integrate the axes and the planes of joint motions.	Exam 1 Beginning of term
2. Use kinetic principles in human applications.	Exam 1 Beginning of term
3. Describe kinematic principles related to joint structures and components.	Exam 1 Beginning of term
4. Explain the principles of human joint motion.	Exam 1 Beginning of term
5. Explain principles of active and passive insufficiency.	Exam 2 Beginning of term
6. Identify components of movement.	Exam 2 Beginning of term
7. Differentiate the major motor and sensory pathways for human movement.	Exam 2 Beginning of term
8. Describe the difference between an upper motor neuron and lower motor neuron.	Exam 2 Beginning of term
9. Describe major functions of the components of the central nervous system.	Exam 2 Beginning of term
10. List the spinal cord levels for major nerve plexi.	Exams 2, 3, 4, 5 and Final exam end of term
11. Define the functional characteristics of muscle tissue.	Exam 2 Middle of term
12. Illustrate roles of muscle during joint motion.	Exam 3, 4, 5 and Final exam end of term
13. Identify origin, insertion, innervations and action for major muscles of the human body.	Exams 3, 4, 5 and Final exam end of term
14. Determine function of muscle based on movement analysis.	Exams 3, 4, 5 and Final exam end of term
15. Correlate primary peripheral nerve injury to gross muscle function.	Exams 2, 3, 4, 5 and Final exam end of term
16. Demonstrate types of muscle contractions.	Exams 2, 3, 4, 5 and Final exam end of term
17. Define normal postural alignment.	Exam 5 end of term
18. Identify deviations from normal postural alignment.	Exam 5 end of term
19. Define normal gait pattern.	Final exam end of term
20. Identify components of gait cycle.	Final exam end of term

M. Recommended Grading Scale:

NUMERIC	GRADE	POINTS	DEFINITION
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	Average
67–69	D+	1.33	Below Average
63–66	D	1.00	Below Average
60–62	D-	0.67	Below Average
00--59	F	0.00	Failure

N. College Procedures/Policies:

North Central State College believes that every student is a valued and equal member of the community.* Every student brings different experiences to the College, and all are important in enriching academic life and developing greater understanding and appreciation of one another. Therefore, NC State College creates an inclusive culture in which students feel comfortable sharing their experiences.

Discrimination and prejudice have no place on the campus, and the College takes any complaint in this regard seriously. Students encountering aspects of the instruction that result in barriers to their sense of being included and respected should contact the instructor, assistant dean, or dean without fear of reprisal.

* *Inclusive of race, color, religion, gender, gender identity or expression, national origin (ancestry), military status (past, present or future), disability, age (40 years or older), status as a parent during pregnancy and immediately after the birth of a child, status as a parent of a young child, status as a foster parent, genetic information, or sexual orientation*

Important information regarding College Procedures and Policies can be found on the syllabus supplement located at

<https://ncstatecollege.edu/documents/President/PoliciesProcedures/PolicyManual/Final%20PDFs/14-081b.pdf>



North Central State College
SYLLABUS ADDENDUM

Academic Division:	Health Sciences	Discipline:	PTA
Course Coordinator:	Laura Testrake		
Course Number:	PHTA 1070-01	Course Title:	Functional Anatomy
Semester / Session:	Fall 2026 / Session A	Start / End Date:	08/17/2026 – 10/09/2026

Instructor Information

Name:	Laura Testrake, PT, DPT	Phone Number:	330-353-2303
Office Location:	HS-142	E-Mail Address:	ltetrake@ncstatecollege.edu
		Student Hours:	M/W 8-9, 3-4:30 or By appointment

I. Topical Timeline (Subject to Change):

<u>WEEK</u>	<u>TOPIC</u>	<u>READINGS</u> <i>Trail Guide to the Body</i> <i>Trail Guide to the Body</i> <i>Workbook</i>
1 a (8/17)	Lecture-Basic info, Articular System	Ch. 1
	Lab-Basic info, Articular System	
1 b (8/19)	Lecture-Muscular System and Nervous System	Ch. 1
	Lab-Muscular System and Nervous System	
2 a (8/24)	Lecture- Exam 1	Ch. 2
	Lab-Shoulder Girdle Lecture	
2 b (8/26)	Lecture-Shoulder Joint	Ch. 2
	Lab-Shoulder Joint	
3 a (8/31)	Lecture-Elbow	Ch. 2
	Lab-Elbow	
3 b (9/2)	Exam 2 (shoulder girdle, shoulder, elbow)	
	Lab-shoulder check off (#1)	
4 a (9/7)	NO SCHOOL HAPPY LABOR DAY!	
4 b (9/9)	Lecture-wrist and hand	Ch. 3
	Lab-wrist and hand	
5 a (9/14)	Wrist and hand check off (#2)	
	Lecture-neck and trunk	Ch. 4 and 5
	Lab-neck and trunk	
5 b (9/16)	Exam 3 (forearm/wrist/hand, neck/trunk)	
	Trunk check off (#3)	
6 a (9/21)	Lecture-pelvic girdle/hip	Ch.6
	Lab-pelvic girdle/hip	
6 b (9/23)	Lecture-knee	Ch. 7
	Lab- knee	
7 a (9/28)	Lab Leg/pelvis check off (#4)	Ch. 7
	Lecture/lab- ankle and foot	
	Posture lecture and lab?	
7 b (9/30)	Lab-ankle check off (#5)	
	Review	
8 (10/5, 10/7)	<u>FINAL Comprehensive Written Exam</u> <u>FINAL Lab Practical</u>	

II. Grading Guidelines:

This is a combined lecture and laboratory course. Students must achieve a passing grade of 77% or higher in both the lecture and laboratory components to pass the course. Lab practicals must be passed with an 80%. Lecture comprises 60% of the total course grade and laboratory comprises 40%. Once both components have been passed at 77% or higher, the two components will be averaged to calculate the final course grade. Students who fall below 77% in either component will have failed to meet the requirements to continue in the PTA program.

1. Lecture: (60% of the final course grade once combined with lab)
 - a. 3 exams worth 60% of course grade (20% each)
 - b. One comprehensive final exam worth 25% of course grade
 - c. Discussion posts/assignments 10%
 - d. Lecture participation worth 5% of course grade
2. Lab: (40% of the final course grade once combined with lecture)
 - a. 5 lab check offs worth 50% of lab grade (10% each).
 - b. One final full lab practical examination which is comprehensive worth 40% of lab grade.
 - c. Pre-lab assignments 10% of lab grade

III. Examination Policies/Guidelines:

1. Excused Absences from Examinations:

A student may be excused from a scheduled examination under the following circumstances, provided that appropriate documentation is submitted:

- Hospitalization (documented verification required)
- Death in the immediate family (documented verification required)
- Personal illness or illness of an immediate family member (physician's excuse required)

Any student who misses an examination for any reason is responsible for contacting the instructor immediately upon absence. Make-up examinations will be scheduled at the earliest available date in accordance with college policy and at the discretion of the instructor. Please note that no make-up opportunity will be granted for missed quizzes if the student failed to notify the instructor of the absence or failed to coordinate with the instructor to schedule a make-up in a timely manner.

2. Lab Skills Checks/Tests (per PTA program policy):

Students must obtain a score of 80% or higher to pass any unit-specific lab skills check or test. The following attempt structure applies:

- First attempt: Full credit available.
- Second attempt (same day): A 20% grade reduction is applied. The highest achievable score on the second attempt is 80%.

If the 2nd attempt is unsuccessful: The student receives a zero for that skills check or test and will be dropped from the PTA program.

3. Lab Midterm and Final Practical (per PTA program policy):

Students must obtain a score of 80% or higher to pass the lab midterm and final practical examinations. The following attempt structure applies:

- First attempt: Full credit available.
- Second attempt (at faculty discretion): The maximum achievable score is 80%.
- If the second attempt is unsuccessful: The student receives a zero for that practical and will be dropped from the PTA program.

Course Number: PHTA 1070-01
Semester / Session: Fall 2026 Session A

Course Title: Functional Anatomy
Start / End Date: 08/17/2026 – 10/09/2026

IV. Class Attendance and Homework Make-Up Policy:

The PTA program is a series of sequential courses designed to build progressively from one class session and course to the next. Given the volume and complexity of material presented across five semesters, attendance at all lecture and laboratory sessions is imperative. Attendance records will be maintained by all instructors in accordance with college attendance guidelines and policies.

Students bear primary responsibility for notifying instructors in advance of any anticipated or planned absences. Any student missing two or more classes will be required to meet with the Program Director. In the event of an absence, it is the student's responsibility to obtain missed lecture notes and to arrange make-up of any missed laboratory sessions.

All assignments are due according to the dates established in the weekly Canvas modules. Assignments submitted after the established due date will receive a deduction of 10% per day late.

V. Classroom Expectations:

Students are expected to engage in weekly studying and assigned readings, attend all scheduled lectures and laboratory sessions, and submit all assignments and activities on time. Success in this program requires consistent preparation and active participation throughout each semester.

Students are expected to listen attentively and conduct themselves in a professional manner conducive to learning during lecture and lab session. Should a student be found disrupting a class session, the instructor reserves the right to ask the student to leave the classroom. The student will then be required to meet with the Program Director to discuss professional behavior and expectations.