



**PTAP 116 Musculoskeletal Focus for PTA & OTA Section Name Section Credit Hours Credits**  
**Syllabus**

## Course Information

**Meeting times and location:** section meeting\_times section location

**Catalog description:** Enrollment restricted to prospective PTA and OTA students only. Basic anatomy as well as Origin, Insertion, Action and Nerve of the musculoskeletal system including identification of anatomical bony landmarks. Introduction to osteokinematics and arthrokinematics.

**Prerequisites:** Take BIOL-1130/1130L(BIOL-112.)

**Terms offered:** Fall and Spring

**Section-specific Course Description:**

## Course Level Objectives

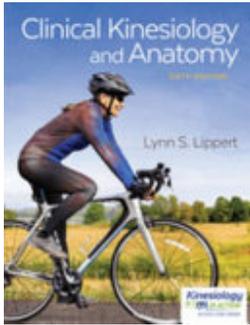
### COURSE LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to...

1. Understand advanced human anatomy of the musculoskeletal system.
2. Analyze osteokinematics and arthrokinematics related to the human body.
3. Identify anatomical surface landmarks.
  1. Understand the advanced human anatomy of the musculoskeletal system.
    - a. Explain the function of the skeletal system.
    - b. Describe the gross anatomical components and relationships of the skeletal system.
    - c. Identify joint structures and components.
    - d. Define principles of joint motion.

- e. Describe normal joint end-feel for all major joints.
  - f. Identify the normal curves of the vertebral column.
  - g. Identify the center of gravity in standing.
  - h. Explain the function of the muscular system.
    - i. Describe the gross anatomical components and relationships of the muscular system.
    - j. Compare and contrast the structure and function of the three major subtypes of skeletal muscles.
    - k. Describe the types of muscle contractions and give functional examples for each type.
    - l. Name the proximal/distal attachments and function of the major skeletal muscles.
  - m. Analyze how the skeletal system and the muscular system function together to allow normal movement.
2. Analyze osteokinematics and arthrokinematics related to the human body.
- a. Define planes and axes.
  - b. Identify the relationship of axes to the cardinal planes of motion and the anatomical position for individual joints.
  - c. Define Newton's Laws applicable to physical therapy and provide examples.
  - d. Define the terminology applicable to forces and loading.
  - e. Differentiate between pressure and forces.
  - f. Describe the relationship between physical laws and biomechanical principles of the musculoskeletal system.
  - g. Examine the components of levers and their use in the human body.
  - h. Describe the mechanical property of tissues.
    - i. Describe how the length-tension relation of muscle affects force production.
    - j. Explain the forces involved when an object is in equilibrium.
3. Identify anatomical surface landmarks.
- a. Describe the correlation between bony structures and surface anatomy.
  - b. Demonstrate the ability to palpate bony structures.
  - c. Describe the correlation between muscular structures and surface anatomy.
  - d. Demonstrate the ability to palpate muscular structures.
  - e. Describe the correlation between connective structures and surface anatomy.
  - f. Demonstrate the ability to palpate connective structures.

## Required Texts and/or Materials



### **Clinical Kinesiology and Anatomy**

9780803658233

Lynn S. Lippert

2017-01-01

6th

## Required Technology and Software

- Canvas
- Chrome, Safari, or Firefox

## Course Requirements

Students will do the following activities:

- Maintain professionalism & respect
- Check-in to the course regularly to ensure you are reading announcements, checking emails, etc.
- Complete all assignments (e.g., virtual lab skills, self-assessments, peer-assessments, synchronous meetings via zoom, assignments, exams, etc.) in accordance with the course schedule
- Critically analyze tasks offering realistic and constructive input
- Effectively communicate with classmates and instructors when questions arise
- Schedule meetings with the instructor, if requiring additional assistance
- Ensure that all technology is working for success in this course
- Contact tech support if problems arise with technology

### Lecture Exams

There are 3 lecture exams and 1 quiz in this course that will be proctored via Smarter Proctoring Services. This service has a fee of \$5.00 per exam. Pricing is subject to change and is based on Proctoring fees.

## Visible Body

This service is a paid external surface used to accompany course material and enhance your learning throughout this course. This service is utilized for assignments throughout the course and is required for course participation.

- Please contact Visible for any technical support that may be needed, OR
- If you may have account questions

## Other Classroom Policies and Expectations

### **REDEMPTION POINTS**

Redemption points have been created as an opportunity for students to learn from their mistakes and better understand the course's concepts.

Once grading has been finalized for Exams 1 and 2, the exams will be released for students to review what they have missed. The correct answers will not be revealed. The student's responsibility is to review their exams, refer to the Redemption Point assignment, and complete the assignment fully and accurately within the specified timeframe to receive a maximum of 5 "Redemption Points" toward the specific exam. The maximum score on any given exam is 100% with or without Redemption Points.

For example:

- If a student misses 30 points on the exam and completes the Redemption Point assignment fully and accurately for the 30 questions missed, the student will recover a maximum of 5 points to be applied to the exam.
- If a student misses 1 point on the exam and completes the Redemption Point assignment fully and accurately for the 1 question missed, the student will recover the 1 point to be applied to the exam for a score of 100%.

Redemption Points will be awarded on the specified exam as follows:

- 5 points = 100% of the questions missed on the exam were completed fully and/or accurately
- 4 points = 80% of the questions missed on the exam were completed fully and/or accurately
- 3 points = 60% of the questions missed on the exam were completed fully and/or accurately
- 2 points = 40% of the questions missed on the exam were completed fully and/or accurately

- 1 point = 20% of the questions missed on the exam were completed fully and/or accurately
- 0 points = None of the questions that were missed on the exam were completed fully and/or accurately

## LATE WORK

Due dates for every assignment are provided on the course syllabus and course schedule (posted in Canvas). Unless otherwise stated, assignments are due according to the course schedule.

The PTA faculty recognize that sometimes “life happens.” In these instances, you may use your allotted 2 “flex.” These days allow you to submit an assignment(s) up to two days late without penalty. For example, you can use 2 flex days on one assignment that is two days late. Alternatively, you can use 1 flex day on one assignment that is one day late, and then 1 flex day towards another assignment. You do not need to provide the instructor with the reason: simply email the instructor how many of your flex days you would like to use. Flex days cannot be used for quizzes, exams, or redemption point assignments.

Once you have exhausted your 2 flex days, then late point deductions will occur for any assignment submitted after the deadline. A 10 point deduction will occur each day that passes beyond the due date and up to 72 hours (e.g. an 84 would be a 74 on day 1, a 64 on day 2, etc.). Assignments submitted more than 72 hours after the due date will not be accepted and you will receive a 0.

If you experience extenuating circumstances (e.g., you are hospitalized) that prohibit you from submitting your assignments on time, please let the instructor know. The instructor will evaluate these instances on a case-by-case basis.

## Grading

Final grades are calculated based on the following...

<b>LECTURE</b>	
Introduction to Anatomy Quiz	10%
Exam 1 (Upper Extremity)	15%
Exam 2 (Neck & Trunk)	15%
Exam 3 (Comprehensive Final Exam)	25%
Lecture Subtotal	65%
<b>LAB</b>	
Scavenger Hunt #1	5%
Scavenger Hunt #2	5%

Scavenger Hunt #3	5%
Scavenger Hunt #4	5%
Scavenger Hunt #5	5%
Scavenger Hunt #6	5%
Scavenger Hunt #7	5%
Lab Subtotal	35%
Total	100%

#### Grading Scale:

A	92 – 100%
B	84 – 91%
C	76 – 83%
D	68 – 75%
F	< 67%

A 76% or higher must be achieved in order to be considered eligible for the selection process for the Physical Therapist Assistant program.

#### GRADE BREAKDOWN

1. The course grade is determined by a mix of formative and summative assessments (e.g., online discussion boards, assignments, quizzes, lecture exams, lab practicals) as specified in the Syllabus.
2. Students are expected to complete all assessments (e.g., online discussion boards, assignments, quizzes, lecture exams, lab practicals) as scheduled in the course syllabus.
3. When determining the overall grade for courses with lecture and lab components, the lecture component is 65% and the lab component is 35%.

## Course Time Commitment

This is a challenging course. Please be prepared to dedicate extensive study time (at least 10 hours per week). Reach out to your instructor early if you need assistance in this course.

## Canvas Participation and Expectations

Students are expected to participate regularly and submit all course assignments, based on the course guide definition. A student who does not submit any assignments during a consecutive 10% of the course (i.e., 1.5 weeks of a 15-week semester) without consulting the instructor, may be considered as having abandoned the course. Logging in does not meet the attendance standard.

Late work is not accepted once the flex option has been used.

Failure to Meet Class Participation Expectations:

Students who fail to meet participation expectations will have their last date of attendance recorded. This date will be used to recalculate any financial aid received/veteran's benefits received, and the student may be required to repay the institution/government. If the student does not drop the course, an 'X' grade will be recorded. An 'X' grade impacts the grade point average the same as an 'F'.

Online communication expectations ("Netiquette"): (Please refer to SJC online services for further information)

## Participation and Attendance Policy

### ATTENDANCE POLICY

This PTA Program Attendance Policy supplements the college's attendance policies found in the SJC Academic Catalog and SJC Student Handbook. Unless otherwise outlined in the course syllabus, this Attendance Policy applies to all classroom, lab, and clinical experiences. Since absenteeism negatively impacts a student's ability to learn, students are expected to attend the entire duration of all scheduled activities. Students may need to arrive early to be sufficiently prepared for the learning experience, especially during clinical rotations. Tardiness is considered an absence. An absence is defined as failing to attend part or all of a scheduled activity (e.g., arriving late to class, returning late after a break, taking an unscheduled break, leaving early, failing to show up). Unexcused absences may result in a grade penalty and/or dismissal from the PTA Program as outlined in the General Attendance Guidelines.

### General Attendance Guidelines

1. For planned situations, the student is expected to discuss the reason for the requested absence with the instructor as soon as possible, but not later than 48 hours prior to the start of the time of the requested absence.
2. For unplanned situations, the student is expected to notify the instructor as soon as possible. Having a classmate inform the instructor in lieu of notifying the instructor directly is unacceptable.
3. The instructor of record retains the right to determine if any absence (planned or unplanned) is excused or unexcused. Failure to adhere to the Attendance Policy, failure to provide timely notification, and a pattern of absences may result in absences being counted as unexcused and/or the behavior being addressed with a Professional Development Plan.

4. For online or online hybrid classes, attendance is defined as logging into the course in Canvas and completing the required activities according to the outlined schedule.
5. Three (3) unexcused absences in a course will result in the student being dismissed from the course at the discretion of the PTA Program Director. For every unexcused absence, the instructor will attempt to contact the student with a verbal warning and will follow-up with a written warning.
6. For online or online hybrid classes, attendance is defined as logging into the course in Canvas and completing the required activities according to the outlined schedule.

## Instructor Response Times & Regular Interaction Expectations

Please feel free to contact me through Canvas email, phone, or visit me on-campus. I will make every effort to get back to you within 48 hours except weekends and holidays. Grades will be released to students upon successful completion and grading of all assignments and exams.

## Key Dates to Remember

[Full Academic Calendar](#)

## Course Schedule

### PTAP 116 - Musculoskeletal Focus

#### Fall 2021

Date	Topic	Reading	Assignments / Due Date
W 1 8/23 - 8/28	Getting Started Module 1: Introduction to Anatomy	Canvas Course Notes Lippert – Chapters 1-5; 8	Pre-Test (Mandatory) – Mon., 8/26 6a MT – Sat., 8/28 11:59pm MT Orientation Quiz: due Sat., 8/28 11:59p MT Introduction DB: due Sat., 8/28 11:59p MT
W 2	Module 1: Introduction	Canvas Course Notes	

8/30 - 9/4	to Anatomy	Lippert – Chapters 1-5; 8	
W 3 9/5 - 9/11	Module 2 Shoulder Complex: Shoulder Girdle	Canvas Course Notes Lippert Chapters 9 & 10	Campus Closed: 9/6 Labor Day Holiday Introduction to Anatomy Quiz Sun., 9/5 6 am MT – Tues., 9/7 11:59 pm MT LAB: Scavenger Hunt # 1 (Shoulder Complex) due Sat., 9/18 11:59 pm MT
W 4 9/12 - 9/18	Module 2 Shoulder Complex: Shoulder Joint	Canvas Course Notes Lippert Chapters 9 & 10	
W 5 9/19 - 9/25	Module 3: Elbow Joint	Canvas Course Notes Lippert Chapter 11	LAB: Scavenger Hunt #2 (Elbow & Wrist) due Sat., 10/2 11:59 pm MT
W 6 9/26 - 10/2	Module 3: Wrist	Canvas Course Notes Lippert Chapter 12	
W 7 10/3 - 10/9	Module 4: Hand	Canvas Course Notes Lippert Chapter 13	LAB: Scavenger Hunt #3 (Hand) due Sat., 10/9 11:59pm MT
W 8 10/10-10/16	Module 5: Neck & Trunk	Canvas Course Notes Lippert Chapter 14 & 15; 16 (Reference)	Exam 1 (Upper Extremity) Sun., 10/10 6 am MT - Tues. 10/12 11:59pm MT Redemption Points #1: Fri., 10/15 11:59pm MT LAB: Scavenger Hunt #4 (Neck & Trunk) due Sat., 10/23 11:59 pm MT
W 9 10/17-10/23	Module 5: Neck & Trunk	Canvas Course Notes Lippert Chapter 14 & 15; 16	
W 10 10/24-10/30	Module 6: Hip	Canvas Course Notes Lippert Chapter 17 & 18	Exam 2 (Neck & Trunk) Sun., 10/31 6 am MT – Tues. 11/2 11:59 pm MT Redemption Points #2: Fri., 11/5 11:59 pm MT LAB: Scavenger Hunt #5 (Hip) due Sat., 11/6 11:59 pm MT

W 11 10/31-11/6	Module 6: Hip	Canvas Course Notes Lippert Chapter 17 & 18	
W 12 11/7-11/13	Module 7: Knee	Canvas Course Notes Lippert Chapter 19	LAB: Scavenger Hunt #6 (Knee) due Sa 11/20 11:59 pm MT
W 13 11/14- 11/20	Module 7: Knee	Canvas Course Notes Lippert Chapter 19	
W 14 11/21- 11/27	Thanksgiving Break	Thanksgiving Break	Campus Closed 11/22-11/28
W 15 11/28-12/4	Ankle & Foot	Canvas Course Notes Lippert Chapter 20	LAB: Scavenger Hunt #7 (Ankle & Foot) due Sat., 12/11 11:59 pm MT
W 16 12/5-12/11	Ankle & Foot / Review	Canvas Course Notes Lippert Chapter 20	**Course Evaluations** Post-Test (Mandatory)
Finals 12/12- 12/14	Comprehensive Final Exam		Comprehensive Final Exam Sun. 12/12 6am MST – Tues. 12/14 11:59pm MST

\*Calendar is subject to change

\*\*Visible Body is a supplemental resource embedded into this course. Please refer to the module introduction pages for the assigned muscles.

## Technical Support

Technical support is available through the San Juan College Help Desk 24/7/365. The help desk can be reached at 505-566-3266 or by creating a ticket at [San Juan College Help Desk](#).

For password reset and Canvas support, visit the [Student Technology Guide](#) website.

## Accessibility/Privacy Policies for all Technology Tools Used

[Accessibility/Privacy Policies for all Technology Tools Used](#)

## Student Support

At San Juan College, we are committed to supporting your academic success and overall well-being. We recognize that college life can be challenging and stressful, impacting both learning and personal health. We are here to help you succeed.

### **Academic Support and Resources**

We provide a range of academic support services to help you stay on track on your educational journey. Free resources include tutoring, computer loans, life skills workshops, and so much more. Visit the [Academic Support and Resources](#) webpage to learn more about support and resources available through Academic Advising, the Tutoring Center, the Student Resource Center (formerly Student Achievement Center) and the Testing Center.

### **Student Support and Resources**

If you or someone you know could benefit from counseling, accessibility services, career exploration, veteran transitional assistance, or any of our other support services, visit the [Student Support and Resources](#) webpage where you'll find detailed information about various resources available to you as an SJC student.

We encourage you to take advantage of these free resources to enhance your college experience and ensure your success.

## College Policies and Resources for Current Students

The [Student Handbook](#) provides information on student support, student organizations, and student conduct policies at San Juan College.

The San Juan College catalog outlines the [Academic Policies](#) students need to know.

## Healthy and Safe Practices for Being on Campus

We want a healthy and safe campus for students, faculty, staff, and guests.

### **Contagious diseases and your responsibility:**

If you have COVID-19 symptoms, fever, flu or even the common cold, you should stay home. Do not come to campus if you are feeling sick. Contact your instructor about missing class (and review your

instructor's policies on missed or late work). Being sick does not necessarily excuse you from completing your work on time.

### **Safety on campus and your responsibility:**

If you are on campus and experience or witness an emergency, call 9-1-1 first and then the Department of Public Safety at 505-566-3333 (or just 3333 if calling from a campus phone).

When you are on campus, be aware of your surroundings. If you need an escort to your vehicle, call 505-566-4444 (DPS non-emergency line) or 505-215-3091 (officer on duty line).

The College will send information for campus emergencies through SJC AlertAware, email and the webpage. Stay informed and stay safe.

## Inclement Weather Information

Students will receive notification of class delays and cancellations due to inclement weather via the SJC AlertAware and SJC student email. Face-to-face classes will not meet in person; however, students are advised to check with instructors about alternative meeting options, as some may choose to meet via zoom. Hybrid classes will meet as scheduled via zoom. For questions regarding your class delay or cancelation, please contact your instructor.

## Online Course Fee

Online Courses - San Juan College requires all online courses to include some form of assessment to demonstrate the mastery of course objectives. This could include exams, capstone projects, e-portfolios, presentations, final papers or other appropriate assessments. The use of a proctoring platform, plagiarism detection software or other method to ensure that assessments are completed by the enrolled student is required.

A course fee of \$5.00 is assessed for all online courses at San Juan College to cover the cost of the above services. Students who are required to take a proctored exam and choose to use a physical testing center outside the SJC Testing Center or SJC Disability Services will be responsible for the cost of using that center.