



PTAP 140 Therapeutic Exercise Section Name Section Credit Hours Credits

Syllabus

Course Information

Meeting times and location: section meeting_times section location

Catalog description: Clinical techniques related to stretching, strengthening, posture, balance, coordination, agility, and aerobic conditioning.

Prerequisites: Take PTAP-110, PTAP-125, PTAP-130, and PTAP-150.

Terms offered: Fall and Summer

Section-specific Course Description:

Course Level Objectives

Course Learning Outcomes

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

1. Apply techniques related to joint and muscle flexibility.
2. Apply techniques related to strength and endurance training.
3. Apply techniques related to body mechanics and postural stabilization.
4. Apply techniques related to balance, coordination, and agility training.
5. Apply techniques related to aerobic conditioning.
6. Recognize appropriate treatment programs within the plan of care developed by the supervising PT.
7. Explain outcome assessment related to course content.
8. Practice Professional Behaviors Student's Self-Assessment related to course content.
9. Describe basic concepts related to the APTA Guide to Physical Therapist Practice.

Specific Learning Objectives

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

1. Apply techniques related to joint and muscle flexibility.

1a. Describe soft tissue extensibility.

1b. Demonstrate techniques to maintain joint and muscle flexibility.

1c. Explain the indications, contraindications, precautions, and physiological response related to stretching.

1d. Demonstrate competency in the application of stretching techniques to meet requirements outlined in the skill check and lab exam.

1e. Measure PROM or AROM to determine response to stretching exercises.

1f. Identify normal and functional ROM for all major joints.

2. Apply techniques related to strength and endurance training.

2a. Identify which muscles are active during a given functional activity.

2b. Explain the use of common exercise equipment such as free weights, Thera-Band, foam rolls, pulleys, isokinetic machines, steppers, treadmills, elliptical, stationary bicycle, UBE, etc.

2c. Demonstrate the following concepts related to progressive resistive exercises: isometric, isotonic, isokinetic, gravity-eliminated, gravity minimized, against-gravity, open-chain, closed-chain, concentric, eccentric, etc.

2d. Explain the indications, contraindications, precautions, and physiological response related to strengthening.

2e. Demonstrate competency in the application of strengthening techniques to meet requirements outlined in the skill check and lab exam.

2f. Measure strength to determine response to strengthening exercises.

2g. Perform functional muscle testing.

3. Apply techniques related to body mechanics and postural stabilization.

3a. Describe postural alignment during resistive exercise training.

3b. Apply techniques related to relaxation.

3c. Apply techniques to improve core strength.

3d. Explain the indications, contraindications, precautions, and physiological response related to body mechanics and postural stabilization.

3e. Demonstrate competency in the application of body mechanics and postural stabilization to meet requirements outlined in the skill check and lab exam.

4. Apply techniques related to balance, coordination, and agility training.

4a. Demonstrate common exercise equipment such as foam, BAPS, BOSU, etc.

4b. Perform the following balance assessment tools such as the Tinetti and Berg.

4c. Explain the indications, contraindications, precautions, and physiological response related to balance, coordination, and agility training.

4d. Demonstrate competency in the application of balance, coordination, and agility training to meet requirements outlined in the skill check and lab exam.

4e. Describe changes in balance reactions after participation in structured balance training activities.

5. Apply techniques related to aerobic conditioning.

5a. Differentiate aerobic and anaerobic exercise.

5b. Explain the effects of exercise on the cardiovascular system.

5c. Review the perceived exertion scale.

5d. Explain the indications, contraindications, precautions, and physiological response related to aerobic conditioning.

5e. Describe cardiopulmonary signs during aerobic conditioning such as heart rate, cardiac rhythm, respiration rate, blood pressure, oxygen saturation, color, etc.

5f. Recognize signs of distress during aerobic conditioning such as dyspnea, excessive sweating, angina, claudication, decreased level of alertness, cyanosis, etc.

6. Recognize appropriate treatment programs within the plan of care developed by the supervising PT.

6a. Select appropriate therapeutic exercises for surgical or non-surgical patients with appropriate responses to change in status and change in the plan of care.

6b. Select appropriate therapeutic exercises for obstetric patients with appropriate responses to change in status and change in the plan of care.

6c. Modify treatment programs to ensure optimal functional outcomes.

7. Explain outcome assessment related to course content.

7a. Identify equipment and resources necessary for discharge.

7b. Finalize a functional home exercise program including ADLs.

7c. Provide input to the supervising physical therapist about outcomes.

8. Practice Professional Behaviors Student's Self-Assessment criteria related to course content.

8a. Commitment to Learning – Demonstrate the ability to self-assess, self-correct, and self-direct. Identify needs and sources of learning. Seek new knowledge and understanding.

8b. Interpersonal Skills – Demonstrate the ability to interact effectively with patients, families, colleagues, other health care professionals, and the community. Demonstrate the ability to effectively deal with cultural and ethnic diversity issues.

8c. Communication Skills – Demonstrate the ability to communicate effectively (i.e., speaking, body language, reading, writing, and listening) for a varied audiences and purposes.

8d. Effective Use of Time – Demonstrate the ability to obtain maximum benefit from a minimum investment of time and resources.

8e. Use of Constructive Feedback – Demonstrate the ability to identify sources and seek out feedback and to effectively use and provide feedback for improving personal interaction.

8f. Problem-Solving – Demonstrate the ability to recognize and define problems, analyze data, develop and implement solutions, and evaluate outcomes.

8g. Professionalism – Demonstrate the ability to exhibit appropriate professional conduct and to represent the profession effectively.

8h. Responsibility – Demonstrate the ability to fulfill commitments and to be accountable for actions and outcomes.

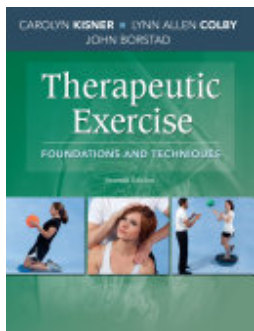
8i. Critical Thinking – Demonstrate the ability to question logically; to identify, generate, and evaluate elements of a logical argument; to recognize and differentiate facts, illusions, assumptions, and hidden assumptions; and to distinguish the relevant from the irrelevant.

8j. Stress Management – Demonstrate the ability to identify sources of stress and to develop effective coping behaviors.

8k. Use a SOAP note format to document lab skills.

9. Describe basic concepts related to the APTA Guide to Physical Therapist Practice.
- 9a. Integrate basic concepts presented in the APTA Guide to Physical Therapist Practice related to course content.
- 9b. Identify the parameters of the scope of practice of the PTA related to course content.

Required Texts and/or Materials



Therapeutic Exercise

Foundations and Techniques

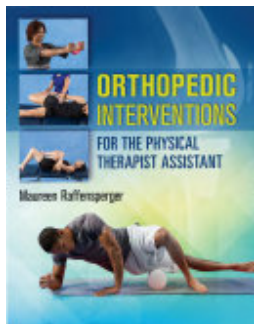
9780803658547

Carolyn Kisner, Lynn Allen Colby, John Borstad

F.A. Davis

2017-10-18

7th



Orthopedic Interventions for the Physical Therapist Assistant

9780803658950

Maureen Raffensperg

F.A. Davis

2019-11-05

1st

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 (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

Other Classroom Policies and Expectations

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 group assignments or assignments with a partner as it would impact the grade of another student. These “flex days” do not apply to exams or the peer-assessed portion of a virtual lab skill.

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...

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. If an assessment is not completed as scheduled, the grade may be impacted as outlined in the Attendance Policy.
3. When determining the overall grade for courses with lecture and lab components, the lecture component is 65% and the lab component is 35%.

SKILL CHECKS AND LAB PRACTICALS

Critical Safety/Performance Elements

Critical Safety/Performance Elements are elements of patient care that are critical for safe and effective practice as a physical therapist assistant. On skill check and lab practical rubrics, Critical Safety/Performance Elements are denoted by italics and are graded pass/fail (P/F). Students must pass all Critical Safety/Performance Elements to pass the skill check or lab practical.

Skill Checks

All required skill checks must be peer-reviewed by a classmate and assessed by a faculty member(s) before the student will be allowed to take the lab practical. Skill checks may be completed during class time. The instructor reserves the right to complete skill checks outside of regularly scheduled class time to allow students to have additional practice hours in lab to improve competency in lab skills. With a faculty member(s), the student must pass all P/F items including Critical Safety/Performance Elements shown in italics, and meet the minimum required score during a skill check within a maximum of 3 attempts. If the student fails to pass the required skill checks by a faculty member(s) within 3 attempts, then the student may be dismissed from the program. The student may also be dismissed from the program for failure to complete the required skill checks prior to the time of the scheduled lab practical examination despite reasonable opportunities to do so. The PTA Program Director retains the right to grant an extension.

Lab Practicals

Students must pass all P/F items including Critical Safety/Performance Elements shown in italics, meet the minimum score denoted for any section(s) or subsection(s), and achieve an overall minimum

score of a 76% in order to pass the lab practical. Points will be deducted for any portion not completed within the allotted time, which may lead to failure if a minimum of a 76% is not achieved. All lab practicals will be recorded.

Retake Lab Practical

Prior to a retake lab practical, students will be provided the opportunity to remediate with a faculty member. One retake lab practical with a different scenario and different grader will be offered. Two faculty members – one grader and one observer – are present for retake lab practicals. For students in the On-Campus Program, the retake lab practical is expected to be completed within the next 5 business days after failing the lab practical. For students in the Online Hybrid Program, during semesters with one lab course, the retake lab practical is expected to be completed the next day after failing the lab practical. During semesters with two lab courses, the retake midterm lab practical is expected to be completed the next day after completing the midterm lab practicals for both courses.

The retake final lab practical is expected to be completed the next day after completing the final lab practicals for both courses. The PTA Program Director retains the right to grant an extension. If a retake lab practical is necessary, the student must pass the retake lab practical with a minimum 76% grade and will be awarded a 76% minimum grade. If the student fails to pass the retake lab practical, the student will be dismissed from the program.

Course Time Commitment

In order to be successful in this course, you will need to set aside a minimum of 8 hours per week.

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 no 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

I will make every effort to get back to you within 48 hours except weekends and holidays. All exams, assignments, and lab videos will be graded with feedback provided one week after the due date. Grades will be released to students upon successful completion and grading of all exams.

Key Dates to Remember

[Full Academic Calendar](#)

Course Schedule

Attach the course schedule here...

Program Handbook

Please see Canvas PTA Program Handbook

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.