

MASTER SYLLABUS

Course Discipline Code & No: PTA 225 Title: Therapeutic Exercise II Effective Term Fall 2008  
 Division Code: HAT Department Code: PTA Org #: 15800  
 Don't publish:  College Catalog  Time Schedule  Web Page

**Reason for Submission.** Check all that apply.  
 New course approval  Reactivation of inactive course  
 Three-year syllabus review/Assessment report  Inactivation (Submit this page only.)  
 Course change

**Change information: Note all changes that are being made. Form applies only to changes noted.**

Consultation with all departments affected by this course is required.  Total Contact Hours (total contact hours were: \_\_\_\_\_)  
 Course discipline code & number (was \_\_\_\_\_)\*  Distribution of contact hours (contact hours were: lecture: \_\_\_\_\_ lab \_\_\_\_\_ clinical \_\_\_\_\_ other \_\_\_\_\_)  
 \*Must submit inactivation form for previous course.  Pre-requisite, co-requisite, or enrollment restrictions  
 Course title (was \_\_\_\_\_)  Change in Grading Method  
 Course description  Outcomes/Assessment  
 Course objectives (minor changes)  Objectives/Evaluation  
 Credit hours (credits were: \_\_\_\_\_)  Other \_\_\_\_\_

**Rationale for course or course change. Attach course assessment report for existing courses that are being changed.**  
 This course is a continuation of PTA 220, Therapeutic Exercise I. This is a second year course. The focus of this course is neurological rehabilitation, functional activities and progression of the patient's exercise and rehabilitation program.

**Approvals** Department and divisional signatures indicate that all departments affected by the course have been consulted.

**Department Review by Chairperson**  New resources needed  All relevant departments consulted

Print: Kathleen A. Cook, PT, DPT Faculty/Preparer Signature: Kathleen A. Cook Date: 12-8-08  
 Print: Connie Foster Department Chair Signature: Connie Foster Date: 12/10/08

**Division Review by Dean**  
 Request for conditional approval  
 Recommendation  Yes  No [Signature] Date: 12/10/08  
 Dean's/Administrator's Signature

**Curriculum Committee Review**  
 Recommendation  Tabled  Yes  No [Signature] Date: 1/15/09  
 Curriculum Committee Chair's Signature

**Vice President for Instruction Approval**  
[Signature] Date: 1/23/09  
 Vice President's Signature

Approval  Yes  No  Conditional

Do not write in shaded area.  
 Log File 12/12/08 Copy  Banner 1/28 C&A Database 1/28 C&A Log File 1/28/09 Basic skills  Contact fee

Please return completed form to the Office of Curriculum & Assessment and email an electronic copy to [sjohn@wccnet.edu](mailto:sjohn@wccnet.edu) for posting on the website.

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\*Complete ALL sections which apply to the course, even if changes are not being made.

Course: PTA 225	Course title: Therapeutic Exercise II
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<b>Credit hours:</b> 4 If variable credit, give range: _____ to _____ credits	<b>Contact hours per semester:</b> <table style="width:100%"> <tr> <td></td> <td style="text-align:center">Student</td> <td style="text-align:center">Instructor</td> </tr> <tr> <td>Lecture:</td> <td style="text-align:center">30</td> <td style="text-align:center">30</td> </tr> <tr> <td>Lab:</td> <td style="text-align:center">60</td> <td style="text-align:center">60</td> </tr> <tr> <td>Clinical:</td> <td style="text-align:center">0</td> <td style="text-align:center">0</td> </tr> <tr> <td>Practicum:</td> <td style="text-align:center">—</td> <td style="text-align:center">—</td> </tr> <tr> <td>Other:</td> <td style="text-align:center">—</td> <td style="text-align:center">—</td> </tr> <tr> <td><b>Totals:</b></td> <td style="text-align:center"><b>90</b></td> <td style="text-align:center"><b>90</b></td> </tr> </table>		Student	Instructor	Lecture:	30	30	Lab:	60	60	Clinical:	0	0	Practicum:	—	—	Other:	—	—	<b>Totals:</b>	<b>90</b>	<b>90</b>	<b>Are lectures, labs, or clinicals offered as separate sections?</b> <input checked="" type="checkbox"/> Yes - lectures, labs, or clinicals are offered in separate sections <input type="checkbox"/> No - lectures, labs, or clinicals are offered in the same section	<b>Grading options:</b> <input type="checkbox"/> P/NP (limited to clinical & practica) <input type="checkbox"/> S/U (for courses numbered below 100) <input checked="" type="checkbox"/> Letter grades
	Student	Instructor																						
Lecture:	30	30																						
Lab:	60	60																						
Clinical:	0	0																						
Practicum:	—	—																						
Other:	—	—																						
<b>Totals:</b>	<b>90</b>	<b>90</b>																						

**Prerequisites.** Select one:

College-level Reading & Writing     
  Reduced Reading/Writing Scores (Add information at Level I prerequisite)     
  No Basic Skills Prerequisite (College-level Reading and Writing is not required.)

**In addition to Basic Skills in Reading/Writing:**

Level I (enforced in Banner)

Course	Grade	Test	Min. Score	Concurrent Enrollment <small>(Can be taken together)</small>	Corequisites <small>Must be enrolled in this class also during the same semester</small>
PTA 220	C	_____	_____	<input type="checkbox"/>	PTA 198
<input type="checkbox"/> and <input type="checkbox"/> or _____	_____	_____	_____	<input type="checkbox"/>	PTA 240
<input type="checkbox"/> and <input type="checkbox"/> or _____	_____	_____	_____	<input type="checkbox"/>	_____
<input type="checkbox"/> and <input type="checkbox"/> or _____	_____	_____	_____	<input type="checkbox"/>	_____

Level II (enforced by instructor on first day of class)

Course	Grade	Test	Min. Score
_____	_____	_____	_____
<input type="checkbox"/> and <input type="checkbox"/> or _____	_____	_____	_____
<input type="checkbox"/> and <input type="checkbox"/> or _____	_____	_____	_____

**Enrollment restrictions** (In addition to prerequisites, if applicable.)

and  or Consent required     
  and  or Admission to program required     
  and  or Other (please specify): \_\_\_\_\_  
 Program: Physical Therapist Assistant

**Please send syllabus for transfer evaluation to:**  
 Conditionally approved courses are not sent for evaluation.  
 Insert course number and title you wish the course to transfer as.

<input type="checkbox"/> E.M.U. as _____	<input type="checkbox"/> _____ as _____
<input type="checkbox"/> U of M as _____	<input type="checkbox"/> _____ as _____
<input type="checkbox"/> _____ as _____	<input type="checkbox"/> _____ as _____

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<p><b>Course</b> PTA 225</p>	<p><b>Course title</b> Therapeutic Exercise II</p>	
<p><b>Course description</b> State the purpose and content of the course. Please limit to 500 characters.</p>	<p>This course continues the study and application of theory, principles, and procedures necessary for patient treatment using goal-directed exercise as a treatment modality, under the direction and supervision of a licensed physical therapist. General exercise as well as exercise for specific populations and diagnoses will be included. Students will practice instruction, progression, and justification of exercise programs as well as monitoring and documentation of patient response and/or simulated patient interaction. Laboratory activities will correlate with lectures and will include practice, patient simulations, and demonstrations.</p>	
<p><b>Course outcomes</b> List skills and knowledge students will have after taking the course.</p> <p><b>Assessment method</b> Indicate how student achievement in each outcome will be assessed to determine student achievement for purposes of course improvement.</p>	<p><b>Outcomes</b> (applicable in all sections)</p> <ol style="list-style-type: none"> <li>Administer, monitor and adjust appropriate therapeutic exercise interventions including: <ul style="list-style-type: none"> <li>neuromuscular re-education,</li> <li>developmental activities,</li> <li>fine and gross motor skills,</li> <li>relaxation, inhibition and facilitation</li> </ul> in order to implement and progress a plan of care developed by the physical therapist.</li> <li>Identify components and demonstrate therapeutic exercise for specific systems and diagnoses including neurological and traumatic conditions.</li> <li>Identify and describe the relationship between therapeutic interventions and the long and short-term goals identified in the plan of care developed by the physical therapist, the patient/client outcomes and discharge planning.</li> </ol>	<p><b>Assessment</b> Methods for determining course effectiveness</p> <p>Final Practical Exam</p> <p>Sections of the Clinical Performance Instrument (used for clinical)</p> <p>Final Written Exam (multiple choice, T/F) Final Practical Exam Sections of the Clinical Performance Instrument (used for clinical)</p> <p>Final Written Exam (multiple choice, T/F) Final Practical Exam Sections of the Clinical Performance Instrument (used for clinical)</p>
<p><b>Course Objectives</b> Indicate the objectives that support the course outcomes given above.</p> <p><b>Course Evaluations</b> Indicate how instructors will determine the degree to which each objective is met for each student.</p>	<p><b>Objectives</b> (applicable in all sections)</p> <p>Outcome #1</p> <ol style="list-style-type: none"> <li>Demonstrate effective and appropriate verbal and nonverbal communication skills with patients, family members and caregivers, physical therapist and other members of the healthcare team.</li> <li>Recognize adverse reactions, respond and communicate effectively and appropriately to patients, family members and/or caregivers, physical therapist and other members of the healthcare team.</li> <li>Demonstrate competence in monitoring and recording patient response to position change, progression of therapeutic exercise programs and change in status and functional level.</li> <li>Demonstrate competence in safe and appropriate implementations of physical therapy interventions in the management of the CVA patient, identified in a plan of care developed by a physical therapist</li> <li>Demonstrate competence in the safe and appropriate</li> </ol>	<p><b>Evaluation</b> Methods for determining level of student performance of objectives</p> <p>All objectives for Outcome #1 will be assessed utilizing Lab Practical and Written Exams</p>

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	<p>implementation of physical therapy interventions in the management of the TBI patient as identified in a plan of care.</p> <ol style="list-style-type: none"> <li>6. Demonstrate competence in the safe and appropriate implementation of physical therapy interventions in the management of progressive neurological diseases including multiple sclerosis.</li> <li>7. Demonstrate effective communication for patient, family member and care-giver instruction in functional activities, equipment use and individual exercise programs as directed by the physical therapist.</li> <li>8. Demonstrate competence in thorough, accurate, concise and timely documentation of patient response, patient status, interventions implemented and relationship to expected outcomes identified in the plan of care.</li> </ol>	
	<p>Outcome #2</p> <ol style="list-style-type: none"> <li>1. Describe the patient/client management model and identify the roles of the physical therapist and the physical therapist assistant.</li> <li>2. List the stages of adjustment to impairment.</li> <li>3. Describe individual and cultural factors that influence response to treatment.</li> <li>4. Describe the stages of motor development across the lifespan.</li> <li>5. Describe the stages of gross and fine motor development in children.</li> <li>6. Describe the progression of the developmental sequence.</li> <li>7. Identify the tests and response of the developmental reflexes and reactions.</li> <li>8. Describe the patterns of movement associated with proprioceptive neuromuscular facilitation.</li> <li>9. Describe the rationale, indications, precautions, contraindications and benefits of the basic procedures of proprioceptive neuromuscular facilitation.</li> <li>10. Describe the mechanisms of injury resulting in spinal cord injury (SCI).</li> <li>11. Describe the autonomic, respiratory, musculoskeletal, and cardiovascular complications associated with SCI.</li> <li>12. Describe the rationale, indications, precautions, contraindications and benefits of physical therapy management for SCI based on the level of lesion, stage of recovery, and the plan of care developed by the physical therapist.</li> <li>13. Describe the sensory, cognitive and motor deficits associated with cerebral vascular accidents (CVA).</li> <li>14. Describe the cognitive, motor and sensory deficits associated with the stage of recovery in the patient with traumatic brain injury (TBI).</li> </ol> <p>Outcome #3</p> <ol style="list-style-type: none"> <li>1. Identify, implement and monitor therapeutic exercise programs to achieve short and long-term goals and intended outcomes of the plan of care developed by the physical therapist.</li> </ol>	<p>All objectives for Outcome #2 &amp; 3 will be assessed utilizing Written Exams and Practical Exams</p>

List all new resources needed for course, including library materials.

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Student Materials:

<p><b>List examples of types</b>                  Texts                  Supplemental reading                  Supplies                  Uniforms                  Equipment                  Tools                  Software</p>	<p>Texts: Neurorehabilitation for the Physical Therapist Assistant by Umphred                  Supplemental Reading: Physical Rehabilitation, by O'Sullivan                  Lab equipment (gait belt, goniometer, tape measure, lab clothes)</p>	<p><b>Estimated costs</b>                  \$ 150</p>
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**Equipment/Facilities:** Check all that apply. (All classrooms have overhead projectors and permanent screens.)

Check level only if the specified equipment is needed for all sections of a course.

<input type="checkbox"/> Level I classroom Permanent screen & overhead projector	<input type="checkbox"/> Off-Campus Sites
<input type="checkbox"/> Level II classroom Level I equipment plus TV/VCR	<input type="checkbox"/> Testing Center
<input checked="" type="checkbox"/> Level III classroom Level II equipment plus data projector, computer, faculty workstation	<input type="checkbox"/> Computer workstations/lab
	<input type="checkbox"/> ITV
	<input type="checkbox"/> TV/VCR
	<input type="checkbox"/> Data projector/computer
	<input type="checkbox"/> Other _____

Assessment plan:

Learning outcomes to be assessed (list from Page 3)	Assessment tool	When assessment will take place (semester & year)	Course section(s)/other population	Number students to be assessed
1. Administer, monitor and adjust appropriate therapeutic exercise interventions including: <ul style="list-style-type: none"> <li>• neuromuscular re-education,</li> <li>• developmental activities,</li> <li>• fine and gross motor skills,</li> <li>• relaxation, inhibition and facilitation</li> </ul> in order to implement and progress a plan of care developed by the physical therapist.	Final Practical Exam  Sections of the Clinical Performance Instrument (used for clinical)	End of Winter Semester 2009 and every 3 years thereafter	All sections	Random sample of 50% of students who complete the course minimum of 9 students
2. Identify components and demonstrate therapeutic exercise for specific systems and diagnoses including neurological and traumatic conditions.	Final Written Exam (multiple choice, T/F); Final Practical Exam; Sections of the Clinical Performance Instrument (used for clinical)	End of Winter Semester 2009 and every 3 years thereafter	All sections	Random sample of 50% of students who complete the course minimum of 9 students
3. Identify and describe the relationship between therapeutic interventions and the long and short term goals identified in the plan of care developed by the physical therapist, the patient/client outcomes and discharge planning.	Final Written Exam (multiple choice, T/F); Final Practical Exam; Sections of the Clinical Performance Instrument (used for clinical)	End of Winter Semester 2009 and every 3 years thereafter	All sections	Random sample of 50% of students who complete the course minimum of 9 students

Scoring and analysis of assessment:

1. Indicate how the above assessment(s) will be scored and evaluated (e.g. departmentally developed rubric, external evaluation, other). Attach the rubric/scoring guide.

Office of Curriculum & Assessment  
 Approved by Assessment Committee 10/06

<http://www.wccnet.edu/departments/curriculum/>

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- Written Exams will be scored against an answer sheet
  - Practical score sheets will be scored using a rubric
  - Clinical Performance Instrument is scored using a rubric
2. Indicate the standard of success to be used for this assessment.
- 80% of students will score 73% or higher on the intervention section of the practical lab final
  - 80% of the students will score 73% or higher on the written final exam
  - 80% of students will score at 90% or above on sections 10, 11, and 12 on the Clinical Performance Instrument for PTA 250.
3. Indicate who will score and analyze the data (data must be blind-scored).
- PTA Program Faculty
4. Explain the process for using assessment data to improve the course.

Assessment data will be reviewed by the department to identify areas of strength and weakness. Instructional tools and methods will be revised to address any areas of weakness.