

Implement Therapeutic Exercise

PTA - 2310 001

Course Student Learning Outcomes

- Given case studies, demonstrate an understanding of aerobic capacity/endurance conditioning or reconditioning principles including increase workload over time, movement efficiency and energy conservation training, and walking/wheelchair propulsion programs.
- Demonstrate balance, coordination, and agility training procedural interventions in physical therapy including neuromuscular education or reeducation, postural awareness training, standardized, programmatic, and complementary exercises approaches.
- Demonstrate body mechanics training, postural stabilization activities and postural awareness training.
- Demonstrate manual therapy techniques and flexibility exercises including soft tissue mobilization, range of motion and stretching: passive, active, and mechanical.
- Demonstrate breathing strategies and relaxation techniques.
- Demonstrate strength, power, and endurance training for head, neck, limb, and trunk muscles using active assistive, active, and resistive exercises, including concentric, dynamic/isotonic, eccentric, isometric, and low-level plyometrics (eg, kicking a ball, throwing a ball).
- Discuss the components of patient instruction.
- Demonstrate patient progression and components of clinical problem solving in therapeutic exercise interventions.
- Distinguish aerobic capacity and endurance/vital signs through monitoring cardiovascular function, physiological responses to exercise, and respiratory status.
- Demonstrate an understanding of physical therapists' plans of care relating the therapeutic exercise.

- Examine various pieces of therapeutic exercise equipment including purpose and application.
- Demonstrate neuromotor development training techniques including facilitation/inhibition techniques, motor control and motor learning.
- Given a case study plan of care, provide a rationale for the selected therapeutic exercises.
- Given a case study, select appropriate therapeutic exercise interventions which could be utilized to meet the physical therapist's stated goals.
- Complete accurate documentation that follows guidelines and specific documentation formats required by state practice acts, the practice setting, and other regulatory agencies.
- Participate in the provision of patient-centered interprofessional collaborative care.

College Wide Student Learning Outcomes

- Acquire substantive knowledge
- Communicate effectively
- Think critically & creatively
- Develop quantitative literacies
- Become a community engaged learner
- Work in a professional and constructive manner
- Develop computer & information literacy
- Develop lifelong wellness

Course Prerequisites

Students must demonstrate successful completion of all prior semester courses, as established in the curriculum plan, with a grade of C or better. Co-requisite PTA 2300. Admission to the technical part of the PTA program

Engagement Plan

- Email/Teams/Canvas/Phone response in 48 hours (business days)
- I will offer feedback on major assignments within one week or upon request
- Labs are designed to focus on the “how to”—integrating the science of Physical Therapy into real practice. The effort you invest in lab directly influences what you gain from it. Faculty encourage you to make the most of scheduled lab sessions and to also take advantage of open lab opportunities. Practicing with classmates, lab assistants, and faculty during these times will help you refine techniques and strengthen your critical thinking skills. Full time faculty or adjunct lab assistants will be present during open labs to offer further instruction and feedback.
- The best way to contact me is in person or phone, Teams, Canvas, email

Keys for Success (how to succeed in the course)

STUDENT RESPONSIBILITIES

Students should expect to spend a minimum of 30 hours in-class and 45+ hours in concentrated study during the semester. If the student is having difficulty in the course, it is the student's responsibility to talk with the Instructor. Students should identify their learning needs associated with the course content.

PROFESSIONALISM

As a student and a participant in direct patient care activities associated with the PTA Program, you will be held to a high standard of professionalism. Professional behavior includes attendance, timeliness, active participation, and respect for the instructor and fellow students, appropriate communication, and a commitment to learning. Please review the Physical Therapist Assistant Program Handbook for more specific expectations. Note that ten points will be deducted for each unexcused absence (Covid or

symptoms of Covid will be excused automatically) with five points deducted for each time that the student is more than ten minutes late to class. To pass the course, the student must earn at least one point in professionalism.

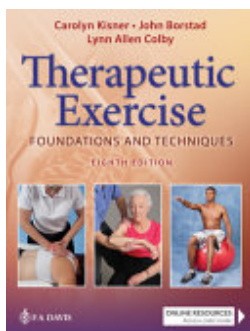
COURSE DELIVERY

Media presentation, online resources, discussion, case studies, interactive group activities with supervision and guidance of the instructor, reading, and skill practice activities will be used in presenting course content. It is essential that you prepare for this course by studying the content prior to coming to class. You are required to contribute to discussions and participate in the development of understanding in the classroom-learning environment.

ADDITIONAL TIPS FOR SUCCESS

- 1) This is the "hands-on" lab which directly correlates to the lecture/discussion content in the parent co-requisite course PTA 2300. In other words, this part is FUN! Come to lab dressed in lab clothes and ready to participate as you will learn how to perform PNF, test coordination/VO2Max/Core strength, apply basic manual therapy techniques to improve joint mobility, and prescribe exercise to name a few lab activities.
- 2) Check announcements on canvas for any changes to lab content or clarification of instructions for the day.
- 3) **To get the most out of this course please try to do the pre-instructional work which will include videos, reading assignments, quizzes, worksheets and online discussions

Required Text or Materials



Title: Therapeutic Exercise

ISBN: 9781719640473

Authors: Carolyn Kisner, John Borstad, Lynn Allen Colby

Publisher: F. A. Davis Company

Publication Date: 2022-10-17

Edition: 8th Edition

Title: Physio U (evidenced-based rehabilitation software) is



REQUIRED for this course

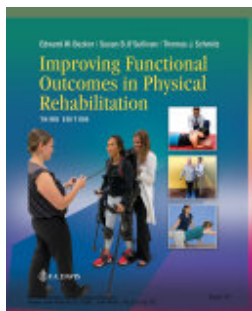
Subtitle: Students will access this material by paying for a 12-month membership (or a 2 year membership). This software is particularly useful not only in the classroom setting; but also during the clinical internships and post-graduation.



Title: Visible Body Courseware is REQUIRED for this course



Title: The college has provided access to multiple cloud-based software applications that will be used throughout the curriculum. These include EHR Go (Documentation and case study software), Medbridge (educational webinars and home exercise/patient education software), Exxat (Student compliance and clinical site management system)



Title: Improving Functional Outcomes in Physical Rehabilitation

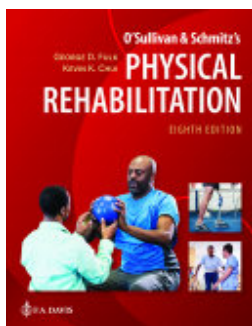
ISBN: 978-1-7196-4090-9

Authors: Edward Bezkor, Susan B. O'Sullivan, Thomas J. Schmitz

Publisher: F.A. Davis

Publication Date: 2021-11-19

Edition: 3rd



Title: O'Sullivan & Schmitz's Physical Rehabilitation

ISBN: 9781719651479

Authors: George Fulk, Kevin Chui

Publisher: F.A. Davis

Publication Date: 2024-03-22

For more information on textbook accessibility, contact Accessibility & Disability Services at ads@slcc.edu.

Assignment Schedule

| Due Date | Assignment Name | Assignment Type | Points |
|----------|---|-----------------|--------|
| | Equipment Presentation (Brochure uploads for classmates). | Discussion | 0 |
| | Introduce Yourself | Discussion | 0 |
| 9/14/25 | HIPAA VERIFICATION | Quiz | 30 |
| 9/18/25 | ROM/Stretch Practical Exam | Assignment | 100 |
| 9/21/25 | Balance Labs part 1 and part 2 | Assignment | 15 |
| 9/28/25 | One repetition Maximum Lab (Strength training lab). | Assignment | 10 |
| 9/28/25 | Strength Testing and Exercise Progression Lab | Discussion | 15 |
| 10/5/25 | Telehealth Questionnaire (advantages, barriers and safe patient selection). | Quiz | 10 |
| 10/9/25 | PNF Practical | Assignment | 100 |
| 10/12/25 | Aerobic Exercise Lab | Assignment | 15 |
| 10/12/25 | Article Discussion: Telehealth for musculoskeletal physiotherapy. | Discussion | 10 |

| Due Date | Assignment Name | Assignment Type | Points |
|----------|---|-----------------|--------|
| 10/19/25 | Posture Lab | Assignment | 10 |
| 11/2/25 | Modality Practical SOAP Note Improvements | Assignment | 15 |
| 11/16/25 | Manual Therapy Practical | Assignment | 100 |
| 11/23/25 | Equipment Presentation | Assignment | 100 |
| 11/27/25 | Stretching | Assignment | 25 |
| 12/7/25 | Pro Bono Clinic Participation | Assignment | 100 |
| 12/7/25 | Functional Training and Plyometrics lab | Assignment | 20 |
| 12/14/25 | Roll Call Attendance | Assignment | 100 |
| 12/14/25 | Aquatic Lab (Part 1 and Part 2) | Assignment | 25 |
| 12/14/25 | CASE Study Assignment | Assignment | 20 |
| 12/18/25 | EXTRA CREDIT FALL 2025 | Quiz | 0 |

Brief Description of Assignments/Exams

A description of the assignments, the due date, and the scoring rubric is in the assignments tab on the course Canvas site. **Late work will only be accepted for one week** after the deadline and will receive an automatic 10% deduction in points for each day the assignment is late. The exception will be if the deadline was extended from an agreement with the Instructor due to unforeseen circumstances.

Examinations assess your knowledge to understand, execute, and analyze the concepts presented and developed during the class discussions, reading of the textbook, and resource materials. The unit objectives will relate to the exam/quiz questions. The exam/quiz questions will include fill in the blank, multiple choice, true/false, case studies, short answer or matching questions.

Practical Examinations: Practical examinations test a student's actual understanding of and ability to administer selected patient care skills. Practical examinations shall be conducted through the observation and grading of the student in a simulated client care situation. Students failing a practical examination will be re-taught and retested ONE time within 10 days of the original practical examination. A student requiring retesting cannot earn a score higher than 77%.

Grading Scale

FINAL GRADE

The instructor will calculate all individual quizzes and exams without rounding. Scores will be carried two decimal points. Students must receive 77.00% on all exams and quizzes. Failure to achieve 77.00% on all exams and/or earning less than one point in Professionalism, despite a higher composite score for the course, will result in course failure and dismissal from the Program. The instructor will calculate scores on other class projects and assignments into the course grade, after the exam/quiz scores are calculated. Please see Program Handbook for additional information. In addition, to receive credit/recognition for this course as part of the SLCC Physical Therapist Assistant Program, the students must earn an accumulative 77.00% for all assessments as noted under Student Performance Evaluation. SLCC uses the following grade scale for this course:

A 95-100% B 86-88% C 77-79% D 68-70%

A- 92-94% B- 83-85% C- 74-76% D- 65-67%

B+ 89-91% C+ 80-82% D+ 71-73% E 64% and below

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

Advising and Counseling Support Services

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

PT On-Site/Telehealth Clinic Policy and Procedures

Students will self-select three On-Site/Telehealth clinic blocks on the PT On-Site/Telehealth Clinic Sign-up sheet. Students will participate once with each staff member over the course of two semesters (minimum of 3 total for the semester, meeting PT On-Site/Telehealth Clinic requirements for all term courses).