

JEFFERSON COLLEGE

COURSE SYLLABUS

PTA114

PTA Tests and Measures

2 Credit Hours

Prepared by:

Bridget B. Webb, PT, DPT, CEEAA Physical
Therapist Assistant Program Director

September 12, 2014

Kenneth Wilson, Division Chair, Health Occupation Programs
Dr. Dena McCaffrey, Dean, Career and Technical Education

PTA114 PTA Tests and Measures

I. CATALOGUE DESCRIPTION

- A. Prerequisites: Admission to the Physical Therapist Assistant Program and Reading Proficiency
- B. Credit hour award: 2
- C. Description: Students will learn, practice, and demonstrate safety and competency in the following data collection techniques: palpation; passive range of motion with associated end feel; active range of motion and muscle strength screening; individual muscle length testing; manual muscle testing of the neck, trunk, upper and lower extremities; goniometry; inclinometry; and basic observation of posture and gait with identification of commonly associated deficits in each. (S)

II. EXPECTED LEARNING OUTCOMES AND ASSESSMENT MEASURES

(Numbers in parentheses refer to CAPTE performance expectations)

Expected Learning Outcomes	Assessment Measures
Demonstrate professional written, verbal, and non-verbal communication with patients, physical therapists, and healthcare delivery personnel, and others in an effective, appropriate, and capable manner. (3.3.2.1., 3.3.2.16.)	Skills Checklists Practical Examinations Professionalism Points
Demonstrate conduct that reflects practices and standards that are legal, ethical, safe, and reflect a commitment to meet the expectations of those receiving healthcare services and members of the profession of physical therapy. (3.3.2.3., 3.3.2.4., 3.3.2.5.)	Skills Checklists Practical Examinations Professionalism Points
Demonstrate competence in performing components of data collection skills essential for carrying out the plan of care established by the physical therapist to include gait, locomotion and balance, joint, integumentary, muscle performance, posture, and range of motion (3.3.2.8.9., 3.3.2.8.14-18., and 3.3.2.8.24-26.).	Written Assignments Skills Checklists Practical Examinations

<p>Complete thorough, accurate, logical, concise, timely, and legible documentation that follows guidelines and specific documentation formats required by state practice acts, the practice setting, and other regulatory agencies (3.3.2.16.)</p>	<p>Written Assignments Practical Examinations</p>
---	---

III. OUTLINE OF TOPICS

- A. Joint Motion
 - 1. Planes and Axes
 - 2. Osteokinematic Motions
 - 3. Accessory Motions and Forces

- B. Data Collection Techniques and Tools
 - 1. Fingers for Palpation
 - 2. Passive Range of Motion for End Feel
 - 3. Goniometer
 - 4. Inclinator
 - 5. Palm for Manual Muscle Testing
 - 6. Hand Held Dynamometer

- C. Palpation, End Feel, Goniometry, Muscle Length, and Muscle Strength Testing for each of the following:
 - 1. Shoulder Girdle
 - 2. Shoulder Joint
 - 3. Elbow Joint
 - 4. Wrist Joint
 - 5. Hand
 - 6. Temporomandibular Joint
 - 7. Neck and Trunk
 - 8. Thoracic Cage
 - 9. Pelvic Girdle
 - 10. Hip Joint
 - 11. Knee Joint
 - 12. Ankle Joint
 - 13. Foot

- D. Posture
 - 1. Vertebral Alignment
 - 2. Standing Posture
 - a. Frontal View
 - b. Lateral View
 - 3. Screening using the Reedco

- E. Gait
 - 1. Stance Phase
 - 2. Swing Phase
 - 3. Determinants of Gait
 - 4. Measurements of Cadence, Step Length, Stride Length
 - 5. Atypical Gait
 - a. Foot drop
 - b. Foot slap
 - c. Hyperextended knee
 - d. Hip hiking
 - e. Compensated and Uncompensated Trendelenberg

IV. METHODS OF INSTRUCTION

- A. Textbook readings
- B. Videos
- C. Supplemental handouts
- D. Hands-on interaction in which the students act as both the patient and the physical therapist assistant to practice skills

V. REQUIRED TEXTBOOKS

- A. Kendall, F., McCreary, E., et al. *Muscles Testing and Function with Posture and Pain* (current edition). Baltimore, MD: Lippincott, Williams, and Wilkins.
- B. Norkin, C., White, D. *Measurement of Joint Motion A Guide to Goniometry* (current edition). Philadelphia, PA: F. A. Davis Company

RECOMMENDED TEXTBOOK

Biel, A. *Trail Guide to the Body: Muscles of the Human Body Flashcards* (current edition). Boulder, CO: Books of Discovery

VI. REQUIRED MATERIALS

- A. A computer with internet access and basic software to include Microsoft Word
- B. Course homepage available through Blackboard

- C. Appropriate clothing for both lab practice and practical testing experience as defined by student handbook
- D. Goniometer

VII. SUPPLEMENTAL REFERENCES

- A. Class Handouts
- B. Current Library Resources
 - 1. Supplemental texts
 - a. Lippert, L. & Duesterhaus Minor, M.A. *Kinesiology Flashcards* (current edition). Philadelphia, PA: F. A. Davis Company
 - 2. Databases: “Nursing and Allied Health Collection”, “Sports Medicine and Physical Therapy Collection”, and “Medline”
 - 3. Periodicals
 - 4. Videos
- C. Current Internet Resources
 - 1. On-line references
 - 2. Textbook companion website
 - 3. American Physical Therapy Association (APTA) website

VIII. METHODS OF EVALUATION

- A. Practical Examinations: 45%
- B. Skills Checklists: 20%
- C. Written Assignments: 25%
- D. Professionalism Points: 10%
- E. Grading Scale:
 - A=92-100%
 - B=84-91.9%
 - C=75-83.9%
 - D=65-74.9%
 - F=64.9% and below

IX. ADA AA STATEMENT

Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (Library phone: 636-481-3169).

X. ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies as stated in the Student Handbook. (See College website <http://www.jeffco.edu>).

All Physical Therapist Assistant (PTA) students are also responsible for complying with PTA Program policies as stated in the PTA Student Handbook distributed at orientation.

XI. ATTENDANCE STATEMENT

Regular and punctual attendance is expected of all students. Any one of these four options may result in the student being removed from the class and an administrative withdrawal being processed: (1) Student fails to begin class; (2) Student ceases participation for at least two consecutive weeks; (3) Student misses 15 percent or more of the coursework; and/or (4) Student misses 15 percent or more of the course as defined by the instructor. Students earn their financial aid by regularly attending and actively participating in their coursework. If a student does not actively participate, he/she may have to return financial aid funds. Consult the College Catalog or a Student Financial Services representative for more details.

XII. OUTSIDE OF CLASS ACADEMICALLY RELATED ACTIVITIES

The U.S. Department of Education mandates that students be made aware of expectations regarding coursework to be completed outside the classroom. Students are expected to spend substantial time outside of class meetings engaging in academically related activities such as reading, studying, and completing assignments. Specifically, time spent on academically related activities outside of class combined with time spent in class meetings is expected to be a minimum of 37.5 hours over the duration of the term for each credit hour.