

### Course Syllabus

COURSE: PTHA 1431 Biophysical Agents (BPA) (3:3:3)  
SEMESTER: Fall  
ONLINE CLASS TIMES: Monday 9AM – 2PM  
LAB TIMES: Tuesday 9AM – 2PM  
INSTRUCTOR: Kevin Beough, PT, MPT  
OFFICE: Levelland Campus, Allied Health Building, AH103F  
OFFICE HOURS: BY APPOINTMENT on Wednesday/Thursday 8A-12noon  
OFFICE PHONE: 806-716-2518  
E-MAIL: [kbeaugh@southplainscollege.edu](mailto:kbeaugh@southplainscollege.edu)  
Facebook: <https://www.facebook.com/South-Plains-College-PTA-270314052992426/?ref=bookmarks>

*“South Plains College improves each student’s life.”*

### GENERAL COURSE INFORMATION

\*It is the responsibility of each student to be familiar with the content and requirements listed in the course syllabus.\*

### COURSE DESCRIPTION

This course includes a detailed study of the knowledge and skills necessary to reach competence in using biophysical agents in the provision of physical therapy treatment.

### STUDENT LEARNING OUTCOMES

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| At the completion of the semester students will:   |
| 1. Appropriately apply the principles of cold packs.<br>a. Explain the indications, contraindications, precautions, and physiological response related to cold packs.<br>b. Demonstrate competency in the application of cold packs to meet requirements outlined in the skill check and lab exam.   |
| 2. Appropriately apply the principles of ice massage.<br>a. Explain the indications, contraindications, precautions, and physiological response related to ice massage.<br>b. Demonstrate competency in the application of ice massage to meet requirements outlined in the skill check and lab exam.  |
| 3. Appropriately apply the principles of hot packs.<br>a. Explain the indications, contraindications, precautions, and physiological response related to hot packs.<br>b. Demonstrate competency in the application of hot packs to meet requirements outlined in the skill check and lab exam.  |
| 4. Appropriately apply the principles of paraffin baths.<br>a. Explain the indications, contraindications, precautions, and physiological response related to paraffin baths.<br>b. Demonstrate competency in the application of paraffin to meet requirements outlined in the skill check and lab exam.   |
| 5. Appropriately apply the principles of massage.<br>a. Explain the indications, contraindications, precautions, and physiological response related to massage techniques such as effleurage, petrissage, and cross friction techniques.<br>b. Demonstrate competency in the application of massage techniques to meet requirements outlined in the skill check and lab exam.  |
| 6. Appropriately apply the principles of airway clearance techniques.<br>a. Explain the indications, contraindications, precautions, and physiological response related to airway clearance techniques including tapotement and vibration.<br>b. Demonstrate competency in the application of airway clearance techniques to meet requirements outlined in the skill check and lab exam.<br>c. Explain postural drainage positions specific to each lobe of both lungs.<br>d. Explain breathing strategies (such as maximum ventilation and expiration, breathing patterns during exercise, and pursed lip breathing) as related to mock patient case. |

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| <p>7. Appropriately apply the principles of traction.</p> <ol style="list-style-type: none"> <li>Explain the indications, contraindications, precautions, and physiological response related to manual cervical traction, mechanical cervical traction, and mechanical lumbar traction.</li> <li>Demonstrate competency in the application of traction techniques to meet requirements outlined in the skill check and lab exam.</li> </ol>   |
| <p>8. Appropriately apply the principles of intermittent compression.</p> <ol style="list-style-type: none"> <li>Explain the indications, contraindications, precautions, and physiological response related to intermittent compression.</li> <li>Demonstrate competency in the application of intermittent compression to meet requirements outlined in the skill check and lab exam.</li> </ol>  |
| <p>9. Appropriately apply the principles of ultrasound.</p> <ol style="list-style-type: none"> <li>Explain the indications, contraindications, precautions, and physiological response related to ultrasound.</li> <li>Demonstrate competency in the application of ultrasound to meet requirements outlined in the skill check and lab exam.</li> </ol>  |
| <p>10. Appropriately apply the principles of phonophoresis.</p> <ol style="list-style-type: none"> <li>Explain the indications, contraindications, precautions, and physiological response related to phonophoresis.</li> <li>Demonstrate competency in the application of phonophoresis to meet requirements outlined in the skill check and lab exam.</li> </ol>  |
| <p>11. Appropriately apply the principles of contrast bath.</p> <ol style="list-style-type: none"> <li>Explain the indications, contraindications, precautions, and physiological response related to contrast bath.</li> <li>Demonstrate competency in the application of contrast bath to meet requirements outlined in the skill check and lab exam.</li> </ol>  |
| <p>12. Appropriately apply the principles of the safe use of hydrotherapy.</p> <ol style="list-style-type: none"> <li>Educate mock patients on the safe use of hydrotherapy and aquatic therapy.</li> <li>Explain the indications, contraindications, precautions, and physiological response related to hydrotherapy.</li> <li>Demonstrate competency in the application of hydrotherapy techniques to meet the requirements outlined in the skill check and lab exam.</li> </ol>  |
| <p>13. Appropriately apply the principles of electrotherapy.</p> <ol style="list-style-type: none"> <li>Explain the indications, contraindications, precautions, and physiological response related to electrotherapy techniques such as IFC, Premodulation, TENS, Combo, NMES, Russian, Biphasic, Iontophoresis, HVES, and Biofeedback.</li> <li>Demonstrate competency in the application of electrotherapy techniques to meet requirements outlined in the skill check and lab exam.</li> </ol>  |
| <p>14. Appropriately explain the principles of infrared.</p> <ol style="list-style-type: none"> <li>Explain the indications, contraindications, precautions, and physiological response related to infrared.</li> <li>Explain the application of infrared.</li> </ol>   |
| <p>15. Appropriately apply the principles of ultraviolet.</p> <ol style="list-style-type: none"> <li>Explain the indications, contraindications, precautions, and physiological response related to ultraviolet.</li> <li>Demonstrate competency in the application of ultraviolet to meet requirements outlined in the skill check and lab exam.</li> </ol>  |
| <p>16. Appropriately explain the principles of diathermy.</p> <ol style="list-style-type: none"> <li>Explain the indications, contraindications, precautions, and physiological response related to diathermy.</li> <li>Explain the application of diathermy.</li> </ol>  |
| <p>17. Appropriately explain the principles of low-level LASER therapy.</p> <ol style="list-style-type: none"> <li>Explain the indications, contraindications, precautions, and physiological response related to low-level LASER therapy.</li> <li>Demonstrate competency in the application of low-level LASER therapy to meet requirements outlined in the skill check and lab exam.</li> </ol>  |
| <p>18. Collect outcome data required to determine the patient's response(s) to the intervention applied as related to course content.</p> <ol style="list-style-type: none"> <li>Identify equipment and resources necessary for discharge.</li> <li>Assesses cognition and attention related to safe use of modalities.</li> <li>Provide input to the supervising physical therapist about outcomes.</li> </ol>   |
| <p>19. Apply generic abilities related to course content. (<i>Generic Abilities adapted from the Physical Therapy Program, University of Wisconsin-Madison, May et al. Journal of Physical Therapy Education, 9:1, Spring, 1995.</i>)</p> <ol style="list-style-type: none"> <li><i>Commitment to Learning</i> – Demonstrate the ability to self-assess, self-correct, and self-direct. Identify needs and sources of learning. Seek new knowledge and understanding.</li> <li><i>Interpersonal Skills</i> – 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.</li> <li><i>Communication Skills</i> – Demonstrate the ability to communicate effectively (i.e., speaking, body language, reading, writing, and listening) for a varied audiences and purposes.</li> <li><i>Effective Use of Time</i> – Demonstrate the ability to obtain maximum benefit from a minimum investment of time and resources.</li> <li><i>Use of Constructive Feedback</i> – Demonstrate the ability to identify sources and seek out feedback and to effectively use and provide feedback for improving personal interaction.</li> </ol> |

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| <ul style="list-style-type: none"> <li>f. <i>Problem-Solving</i> – Demonstrate the ability to recognize and define problems, analyze data, develop and implement solutions, and evaluate outcomes.</li> <li>g. <i>Professionalism</i> – Demonstrate the ability to exhibit appropriate professional conduct and to represent the profession effectively.</li> <li>h. <i>Responsibility</i> – Demonstrate the ability to fulfill commitments and to be accountable for actions and outcomes.</li> <li>i. <i>Critical Thinking</i> – Demonstrate the ability to question logically; to recognize and differentiate facts, illusions, assumptions, and hidden assumptions; and to distinguish the relevant from the irrelevant.</li> <li>j. <i>Stress Management</i> – Demonstrate the ability to identify sources of stress and to develop effective coping behaviors.</li> </ul> |
| 20. Use a SOAP note format to document interventions provided and data gathered related to those interventions.   |
| 21. Describe basic concepts related to the <i>APTA Guide to Physical Therapist Practice</i> . <ul style="list-style-type: none"> <li>a. Integrate basic concepts presented in the <i>APTA Guide to Physical Therapist Practice</i> related to course content.</li> <li>b. Identify the parameters of the scope of practice of the PTA related to course content.</li> </ul>   |

## COURSE OBJECTIVES

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| <p>At the completion of this course the student will have the cognitive, psychomotor, and affective competencies to:</p>   |
| <ol style="list-style-type: none"> <li>1. Appropriately apply the principles of cold packs.</li> <li>2. Appropriately apply the principles of ice massage.</li> <li>3. Appropriately apply the principles of hot packs.</li> <li>4. Appropriately apply the principles of paraffin baths.</li> <li>5. Appropriately apply the principles of massage.</li> <li>6. Appropriately apply the principles of airway clearance techniques.</li> <li>7. Appropriately apply the principles of traction.</li> <li>8. Appropriately apply the principles of intermittent compression.</li> <li>9. Appropriately apply the principles of ultrasound.</li> <li>10. Appropriately apply the principles of phonophoresis.</li> <li>11. Appropriately apply the principles of contrast baths.</li> <li>12. Appropriately explain the principles of the safe use of hydrotherapy.</li> <li>13. Appropriately apply the principles of electrotherapy.</li> <li>14. Appropriately explain the principles of infrared.</li> <li>15. Appropriately apply the principles of ultraviolet.</li> <li>16. Appropriately explain the principles of diathermy.</li> <li>17. Appropriately apply the principles of low-level LASER therapy.</li> <li>18. Collect outcome data required to determine the patient's response(s) to the intervention applied as related to course content.</li> <li>19. Apply generic abilities related to course content.</li> <li>20. Describe basic concepts related to the <i>APTA Guide to Physical Therapist Practice</i>.</li> </ol> |

## EVALUATION METHODS

Computer-based exams, video-recorded lab exams, lab skills check-offs, quizzes, and other projects as assigned.

## ACADEMIC INTEGRITY

It is the aim of the faculty of South Plains College to foster a spirit of complete honesty and a high standard of integrity. The attempt of any student to present as his or her own any work which he or she has not honestly performed is regarded by the faculty and administration as a most serious offense and renders the offender liable to serious consequences, possibly suspension.

**Cheating** - Dishonesty of any kind on examinations or on written assignments, illegal possession of examinations, the use of unauthorized notes during an examination, obtaining information during an examination from the textbook or from the examination paper of another student, assisting others to cheat, alteration of grade records, illegal entry or unauthorized presence in the office are examples of cheating. Complete honesty is required of the student in the presentation of any and all phases of coursework. This applies to quizzes of whatever length, as well as final examinations, to daily reports and to term papers.

**Plagiarism** - Offering the work of another as one's own, without proper acknowledgment, is plagiarism; therefore, any student who fails to give credit for quotations or essentially identical expression of material taken from books, encyclopedias, magazines and other reference works, or from themes, reports or other writings of a fellow student, is guilty of plagiarism.

**VERIFICATION OF WORKPLACE COMPETENCIES**

Physical Therapist Assistants are expected to know how to read a physical therapy evaluation and plan of care and provide treatment (including the use of biophysical agents) based on their training.

**BLACKBOARD**

Blackboard is an e-Education platform designed to enable educational innovations everywhere by connecting people and technology. This educational tool will be used in this course throughout the semester.

**FACEBOOK** (<https://www.facebook.com/South-Plains-College-PTA-270314052992426/?ref=bookmarks>)

The PTA Program has a Facebook page (link indicated above). In addition to the South Plains College website, this Facebook page may be used to keep students up-to-date on program activities, weather delays, South Plains College announcements and will help with program recruitment. "Liking" the South Plains College PTA Program Facebook page is not mandatory, nor are personal Facebook accounts, in order to access this page.

**APPLICABLE SCANS COMPETENCIES AND FOUNDATION SKILLS**

Applicable Foundation Skills and SCANS Competencies are listed below. Refer also to Course Objectives listed above.

**SPECIFIC COURSE INFORMATION**

**TEXT AND MATERIALS**

| Title  | Author(s)       | Publisher        | ISBN          |
|--|-----------------|------------------|---------------|
| Physical Therapy Clinical Handbook for PTA (3rd Ed.)           | Kulinski        | Jones & Bartlett | 9781284105568 |
| Fundamentals of Test and Measures for the PTA                  | Fruth/Fawcett   | Jones & Bartlett | 9781284147131 |
| Physical Agents : Theory and Practice<br><b>(primary text)</b> | Behrens/Beinert | FA Davis         | 9780803638167 |
| Manual for Physical Agents<br><b>(optional)</b>                | Hayes/Hall      | Pearson          | 9780136072157 |

**ADDITIONAL CLASSROOM ITEMS**

Students should come to class prepared with note-taking items (pens, pencils, spiral notebook, computer, etc.). An Internet-enabled device will be useful for accessing web-based resources, skills check-offs, etc.

## ATTENDANCE POLICY (\*READ CAREFULLY)

Students are expected to attend all classes in order to be successful in a course. The student may be administratively withdrawn from the course when absences become excessive as defined below.

When an unavoidable reason for class absence arises, such as illness, an official trip authorized by the college or an official activity, the instructor may permit the student to make up work missed. It is the student's responsibility to complete work missed within a reasonable period of time as determined by the instructor. Students are officially enrolled in all courses for which they pay tuition and fees at the time of registration. Should a student, for any reason, delay in reporting to a class after official enrollment, absences will be attributed to the student from the first class meeting.

Students who enroll in a course but have "Never Attended" by the official census date, as reported by the faculty member, will be administratively dropped by the Office of Admissions and Records. A student who does not meet the attendance requirements of a class as stated in this course syllabus and does not officially withdraw from that course by the official census date of the semester, may be administratively withdrawn from that course and receive a grade of "X" or "F" as determined by the instructor. Instructors are responsible for clearly stating their administrative drop policy in the course syllabus, and it is the student's responsibility to be aware of that policy.

It is the student's responsibility to verify administrative drops for excessive absences through MySPC using his or her student online account. If it is determined that a student is awarded financial aid for a class or classes in which the student never attended or participated, the financial aid award will be adjusted in accordance with the classes in which the student did attend/participate and the student will owe any balance resulting from the adjustment.

([http://catalog.southplainscollege.edu/content.php?catoid=47&navoid=1229#Class\\_Attendance](http://catalog.southplainscollege.edu/content.php?catoid=47&navoid=1229#Class_Attendance))

**Due to the importance of the patient care information being taught, the instructor of this course defines excessive absences as missing a third class day (or having equivalent tardies) in a course section. A student who meets this criteria will be administratively dropped from the course by the instructor.**

- Tardies: (Definition): arriving any time after the class has started or not returning from an approved break after class has started.
- Three tardies will be considered missing one class day and counted as such.
- Work schedule is not an excuse for missing class.
- Any exceptions to this policy must be discussed on an individual basis with the course instructor and the PTA Program Director. (i.e. – student hospitalization, immediate family member death, etc.)

## LAB PARTICIPATION POLICY

Lab sessions are intended to provide time for **actual practice** of techniques - a majority of time spent in lab should be **performing** skills (not talking about them, or looking at information about them). It is not appropriate to use lab sessions to review material or read/look up information - you should use lab time only to do things that you cannot do outside of lab.

**Open Lab Practice** : You will be assigned open lab practice requirements based on your skills check-offs performance, to be performed outside of and in addition to scheduled lab sessions, through development of a learning contract. You will log the time spent **performing** open lab practice to document fulfillment of this requirement.

## ASSIGNMENT POLICY

All assignments must be completed by the assigned due date. Late and/or incomplete assignments will not be accepted and a grade of zero will be recorded. Quizzes will be administered to determine student's preparedness to participate in lab. The student will be permitted to join the lab after completing the pertinent viewing quiz. An absence/tardy will be recorded if this requirement results in an absence or late arrival. Assignments, quizzes, exams, and skills check-offs that are missed due to an unexcused absence may not be made up. See the instructor for more specific information.

## COMPUTER USAGE

As computer technology in the field of health occupations continues to become more popular, computers will be used in this course for several assignments. All students have access to computers and printers on the South Plains College campus. Students will be expected to utilize computers to access assignments and classroom resources. All registered students are supplied with a working email account from South Plains College. In order to take exams, students must have their username and password.

**ALL STUDENTS ARE EXPECTED TO KNOW THEIR SPC STUDENT USERNAME AND PASSWORD.**

## COMPUTER LAB USAGE

The computer lab(s) on any campus may be used by students during scheduled open hours or as assigned by an instructor. Printer paper will not be provided for students to print materials but students may seek assistance from faculty or staff to request lab paper from the college if needed. Lack of computer lab paper is not an excuse for not having homework assignments, skills lab sheets, or any other required documents. Students should come prepared for class.

## EXAMS

The majority of student 'written' exams will be administered via computer to prepare them for the NPTE-PTA. Students should practice proper spelling and grammar when answering a written exam.

Additionally, many exam questions will be constructed in the same manner as NPTE-PTA questions, allowing students to prepare for that testing format.

- Students are required to earn a 75% or higher lecture exam average.
- If a student fails a lab exam (earning below a 75% and/or having one or more critical safety violations), the student may retest to earn no higher than a 75%.
- Students are required to earn a 75% or higher on each lab exam.
- Lab exams are administered in the lab with body cams. Students are expected to conduct their lab exam within the scheduled requirements.
- Students are expected to begin exams on time and to complete the exams within the time frame allowed.

## LAB EXAMS

**Preparation :** All lab skills check-offs from units to be tested must be completed prior to participation in lab exams. Performance Improvement assignment must be completed prior to participation in lab exams.

**Lab Exam Procedure :** Each of the two lab exams (Midterm and Final) will cover all material presented in this class (PTHA 1431) and Rehabilitation Techniques (PTHA 2435). You will prepare, record (using supplied body camera), perform, and document a treatment session or sessions in a simulated patient treatment environment based on given patient scenario(s). You will also serve as a patient(s) for a testing classmate(s), and will be graded on your ability to appropriately mimic the expected physical, cognitive, communication, and emotional characteristics indicated by the given patient scenario(s).

**Lab Exam Grading :** Your grade will be determined by video analysis and analysis of your submitted preparation and documentation - this will be recorded on the SPC PTA Program Lab Exam grading rubric. One retake opportunity will be offered for an initial failing effort (from critical safety incident(s) and/or from an overall score of less than 75%) - a successful retake will result in a maximum score of a 75%.

## GRADING POLICY

A minimum of 75% on all exams and assignments is required to receive a passing grade for that exam or assignment. Students must earn an overall grade of 75% or better for each course section to pass that section. Students who fall below this requirement will not be allowed to continue in the PTA Program.

### Final semester grades will be based on the following:

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| Attendance and Participation | 10% |
| Quizzes                      | 20% |
| Lab Exams                    | 35% |
| Lecture Exams                | 35% |

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| <b>Grading Scale:</b> 90-100 | A |
| 80-89                        | B |
| 75-79                        | C |
| 74 or below                  | F |

**Midterm Performance :** A student who has an overall average below 77% will contact the course instructor to arrange a meeting to develop a learning contract, which will outline the student's academic issues, interventions to address these issues, and assessment of the student's participation/completion of these interventions. This is not a disciplinary action, but an individualized plan to improve the student's performance.

**Lab Exams :** An "INCOMPLETE" will be given for failure to complete assigned skills check-offs, failure to complete required lab exam preparation, and/or failure to complete lab exam retake opportunities. Students who receive an "INCOMPLETE" for this course will not be allowed to continue in the PTA program.

**Skills Check-Offs Verification :** All course skills check-offs must be completed and verified by the end of the semester.

## STUDENT CONDUCT POLICIES

### COMMUNICATION POLICY

Electronic communication between instructor and students in this course will utilize each student's indicated preferred email address, and may also utilize text messaging. Students are encouraged to check email on a daily basis, and respond to emails within 24 hours. Students will have access to assignments, web-links, handouts, and other vital material which will be delivered via Blackboard. Any student having difficulty accessing Blackboard or their email should immediately contact their instructor for direction. The instructor will work with any student to ensure the student has access to a computer on campus and can obtain the needed class content that is located on Blackboard.

### CAMPUS CARRY

Campus Concealed Carry - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: ([http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php)) Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

### FACE COVERING REQUIREMENT

It is the policy of South Plains College that as a condition of on-campus enrollment, all students are required to engage in safe behaviors to avoid the spread of COVID-19 in the SPC community. Such behaviors specifically include the requirement that all students properly wear CDC-compliant face coverings while in SPC buildings including in classrooms, labs, hallways, and restrooms. Failure to comply with this policy may result in dismissal from the current class session. If the student refuses to leave the classroom or lab after being dismissed, the student may be referred to the Dean of Students on the Levelland campus or the Dean/Director of external centers for Student Code of Conduct Violation.



## STUDENT CONDUCT

Rules and regulations relating to the students at South Plains College are made with the view of protecting the best interests of the individual, the general welfare of the entire student body and the educational objectives of the college. As in any segment of society, a college community must be guided by standards that are stringent enough to prevent disorder, yet moderate enough to provide an atmosphere conducive to intellectual and personal development.

A high standard of conduct is expected of all students. When a student enrolls at South Plains College, it is assumed that the student accepts the obligations of performance and behavior imposed by the college relevant to its lawful missions, processes and functions. Obedience to the law, respect for properly constituted authority, personal honor, integrity and common sense guide the actions of each member of the college community both in and out of the classroom.

Students are subject to federal, state and local laws, as well as South Plains College rules and regulations. A student is not entitled to greater immunities or privileges before the law than those enjoyed by other citizens. Students are subject to such reasonable disciplinary action as the administration of the college may consider appropriate, including suspension and expulsion in appropriate cases for breach of federal, state or local laws, or college rules and regulations. This principle extends to conduct off-campus which is likely to have adverse effects on the college or on the educational process which identifies the offender as an unfit associate for fellow students.

Students are expected to follow the ethics and rules of professional conduct as outlined in the student handbook. Unprofessional conduct on the part of a student as outlined in the student handbook results in dismissal from the PTA program.

Any student who fails to perform according to expected standards may be asked to withdraw.

Rules and regulations regarding student conduct appear in the current Student Guide.

## SPECIAL REQUIREMENTS (\*Read Carefully)

- Students must complete the Acknowledgment Quiz found in the “Start Here!” folder on Blackboard to indicate that the student has read and understands the content of syllabus, topics outline, assignment calendar, PTA Program and Clinical Experience handbooks, grievance policy, and appeals process. **This is due by the end of the day on Sunday of Week 1.**
- **Cell Phones/Tablets/Computers** – Internet-enabled devices should ONLY be used for classroom purposes while the student is in class. It is expected that the student will excuse him- or herself, and conduct personal business (including phone calls, text messaging, social media usage, instant messaging, chatting, etc.) outside of the classroom. Devices are expected to be silenced during class/lab times. If a phone sounds during class/lab or a student is found to be conducting non-class/lab-related activities, the student will be asked to leave class/lab and receive one unexcused absence for the first incident. Students are not allowed to have electronic devices (cell phones, smart watches, etc.) on their person during exams.
- **Class Dress Code** – Students are expected to follow the dress code as stated in the PTA student Handbook. You will need appropriate attire for lab : to afford professional and modest access to body parts being addressed. **WHAT NOT TO WEAR : torn jeans, low cut blouses, short shorts, T-shirts with offensive writing and/or logos.**

## COURSE DISCLAIMER

You may not apply what you are learning to the general public. You are a student PTA and are learning physical therapy techniques. You will be practicing these skills on each other when you are in lab under the course instructor’s supervision. If you are presently working in a clinic you cannot practice these skills on patients. Once you have passed the class, you still cannot practice the acquired skills in a clinic. You will only be permitted to apply these skills to the general public under a clinical instructor’s supervision once you begin your clinical internships.

Additionally, enrollment in this course does not guarantee a passing grade, successful completion of the PTA curriculum, or passing NPTE-PTA and resultant licensure. Your successful completion of all courses, passing NPTE-PTA, and completion of State Board of PT requirements is necessary to work as a PTA.



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## ADMINISTRATIVE POLICIES

### DROPPING A CLASS

Students should submit a [Student Initiated Drop Form](#) online.

**Students will not be required to obtain an instructor signature to drop**, however, we do encourage students to communicate with instructors or advisors prior to dropping a course when they are able. **There will be no charge for drops for the fall or spring semesters.**

### WITHDRAWING FROM ALL CLASSES

If a student wishes to withdraw from all courses, they should initiate that process with the Advising Office. They can schedule an appointment with an advisor by visiting <http://www.southplainscollege.edu/admission-aid/advising/spcadvisors.php> or by calling 806-716-2366.

### SCHEDULE CHANGE (after late registration and before census date)

To make a schedule change after late registration (August 28) and before the census date (September 9), students should submit a [Schedule Change Form](#).

After late registration, adding a class requires instructor approval. If a student is requesting to be added to one of your courses and you approve, please email [registrar@southplainscollege.edu](mailto:registrar@southplainscollege.edu) with your approval. This can take the place of signature on the Schedule Change Form that we have required in the past.

For additional information regarding schedule changes, drops and withdrawals, [click here](#).

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## ACCOMMODATIONS

### DIVERSITY STATEMENT

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

### DISABILITIES STATEMENT

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland Student Health & Wellness Center 806-716-2577, Reese Center (also covers ATC) Building 8: 806-716-4675, Plainview Center Main Office: 806-716-4302 or 806-296-9611, or the Health and Wellness main number at 806-716-2529.

### PREGNANCY ACCOMMODATIONS STATEMENT

If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To activate accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact Crystal Gilster, Director of Health and Wellness at 806-716-2362 or email [cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

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## FOUNDATION SKILLS

### **BASIC SKILLS—Reads, Writes, Performs Arithmetic and Mathematical Operations, Listens and Speaks**

- F-1 **READING**—locates, understands, and interprets written information in prose and in documents such as manuals, graphs, and schedules.
- F-2 **WRITING**—communicates thoughts, ideas, information and messages in writing and creates documents such as letters, directions, manuals, reports, graphs, and flow charts.
- F-3 **ARITHMETIC**—performs basic computations; uses basic numerical concepts such as whole numbers, etc.
- F-4 **MATHEMATICS**—approaches practical problems by choosing appropriately from a variety of mathematical techniques.
- F-5 **LISTENING**—receives, attends to, interprets, and responds to verbal messages and other cues.
- F-6 **SPEAKING**—organizes ideas and communicates orally.

### **THINKING SKILLS—Thinks Creatively, Makes Decisions, Solves Problems, Visualizes and Knows How to Learn and Reason**

- F-7 **CREATIVE THINKING**—generates new ideas.
- F-8 **DECISION-MAKING**—specifies goals and constraints, generates alternatives, considers risks, evaluates and chooses best alternative.
- F-9 **PROBLEM SOLVING**—recognizes problems, devises and implements plan of action.
- F-10 **SEEING THINGS IN THE MIND’S EYE**—organizes and processes symbols, pictures, graphs, objects, and other information.
- F-11 **KNOWING HOW TO LEARN**—uses efficient learning techniques to acquire and apply new knowledge and skills.
- F-12 **REASONING**—discovers a rule or principle underlying the relationship between two or more objects and applies it when solving a problem.

### **PERSONAL QUALITIES—Displays Responsibility, Self-Esteem, Sociability, Self-Management, Integrity and Honesty**

- F-13 **RESPONSIBILITY**—exerts a high level of effort and perseveres towards goal attainment.
- F-14 **SELF-ESTEEM**—believes in own self-worth and maintains a positive view of self.
- F-15 **SOCIABILITY**—demonstrates understanding, friendliness, adaptability, empathy and politeness in group settings.
- F-16 **SELF-MANAGEMENT**—assesses self accurately, sets personal goals, monitors progress and exhibits self-control.
- F-17 **INTEGRITY/HONESTY**—chooses ethical courses of action.

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## The Secretary’s Commission on Achieving Necessary Skills (SCANS) COMPETENCIES

### **RESOURCES**

- C-1 **TIME** - Selects goal-relevant activities, ranks them, allocates time, prepares and follows schedules.
- C-3 **MATERIALS AND FACILITIES** - Acquires, stores, allocates, and uses materials or space efficiently.
- C-4 **HUMAN RESOURCES** - Assesses skills and distributes work accordingly, evaluates performances and provides feedback.

### **INFORMATION**

- C-5 **ACQUIRES AND EVALUATES INFORMATION**
- C-6 **ORGANIZES AND MAINTAINS INFORMATION**
- C-7 **INTERPRETS AND COMMUNICATES INFORMATION**
- C-8 **USES COMPUTERS TO PROCESS INFORMATION**

## **INTERPERSONAL**

C-9 **PARTICIPATES AS A MEMBER OF A TEAM** - contributes to group effort.

C-10 **TEACHES OTHERS**

C-11 **SERVES CLIENTS/CUSTOMERS**—works to satisfy customer’s expectations.

C-12 **EXERCISES LEADERSHIP**—communicates ideas to justify position, persuades and convinces others, responsibly challenges existing procedures and policies.

C-13 **NEGOTIATES**-works toward agreements involving exchanges of resources; resolves divergent interests.

C-14 **WORKS WITH CULTURAL DIVERSITY**—works well with men and women from diverse backgrounds.

## **SYSTEMS – Understands Complex Interrelationships**

C-15 **UNDERSTANDS SYSTEMS**—knows how social, organizational, and technological systems work and operates effectively with them.

C-16 **MONITORS AND CORRECTS PERFORMANCE**—distinguishes trends, predicts impacts on system operations, diagnoses systems performance and corrects malfunctions.

C-17 **IMPROVES OR DESIGNS SYSTEMS**—suggests modifications to existing systems and develops new or alternative systems to improve performance.

## **TECHNOLOGY**

C-18 **SELECTS TECHNOLOGY**—chooses procedures, tools, or equipment, including computers and related technologies.

C-19 **APPLIES TECHNOLOGY TO TASK**—understands overall intent and proper procedures for setup and operation of equipment.

C-20 **MAINTAINS AND TROUBLESHOOTS TECHNOLOGY**—prevents, identifies, or solves problems with equipment, including computers and other technologies.

## COURSE OUTLINE AND CALENDARS

| DATE  |  | TOPICS   | READINGS   | DUE DATES   |
|---|--|--|--|---|
| Online Prep during Clinical I                       | Mon.<br>Aug.<br>24 <sup>th</sup><br>to<br>Fri.<br>Sept.<br>11 <sup>th</sup>  | EBP & CDM  | Chapters 1 & 17<br><u>CDM</u> Chapter 1 (from PTHA 1301)   | Acknowledgement Quiz<br><b>DUE Sunday, August 30<sup>th</sup> by 11:59P</b>   |
|   |  | Tissue Response  | Chapters 2 & 15  |   |
|   |  | Tissue Repair  | Chapter 2 & 3<br><u>HD</u> Chapter 4<br><u>PTCH</u> p. 80  |   |
|   |  | Pertinent Assessments                                    | Chapter 3<br><u>TM</u> p.40-43, 147-148, 152-153, 162-164, 307-313, 322, 324, 355-357  |   |
| <b>Monday</b><br>Sept. 14 <sup>th</sup><br>(9A-2P)  | <b>Exam 1 Day 1</b><br>Introduction to PTHA 1431<br>Thermal Agents Lab Prep<br>(Principles, Superficial Heat Modalities, Cold Modalities ) |  | PTHA 1431 Course Syllabus<br>Chapter 4<br><u>PTCH</u> p.43, 44, 161-164  | Reading Quiz 1 (Chapter 4)<br><b>DUE Sunday, September 13<sup>th</sup> by 11:59P</b><br>Viewing Quiz 1 (Thermal Agents)<br><b>DUE Sunday, September 13<sup>th</sup> by 11:59P</b><br><b>Exam 1 Day 1</b><br>(virtual, due Mon., Sept. 14 <sup>th</sup> 10A)<br><b>Exam 1 Day 2</b><br>(online, due Fri., Sept. 18 <sup>th</sup> 11:59P) |
| <b>Tuesday</b><br>Sept. 15 <sup>th</sup><br>(9A-2P) | Thermal Agents Lab   |  |  |   |
| <b>Monday</b><br>Sept. 21 <sup>st</sup><br>(9A-2P)  | Thermal Agents and Soft Tissue Management : Edema Management<br>Lab Prep (Compression, Contrast Bath)<br><b>ICE MASSAGE DEBATE</b>         | Chapter 6 & 8<br><u>PTCH</u> p.43-45, 161, 162, 165, 166 |  |   |
| <b>Tuesday</b><br>Sept. 22 <sup>nd</sup><br>(9A-2P) | Thermal Agents and Soft Tissue Management : Edema Management<br>Lab & Skills Check-offs  |  | Reading Quiz 2 (Chapter 8)<br><b>DUE Sunday, September 20<sup>th</sup> by 11:59P</b><br>Reading Quiz 3 (Chapter 6)<br><b>DUE Sunday, September 20<sup>th</sup> by 11:59P</b>   |   |
| <b>Monday</b><br>Sept. 28 <sup>th</sup><br>(9A-2P)  | Soft Tissue Management : Massage<br>Lab Prep<br><b>COMPRESSION DEBATE</b>  | Chapter 9<br><u>PTCH</u> p.45, 165, 171                  |  |   |
| <b>Tuesday</b><br>Sept. 29 <sup>th</sup><br>(9A-2P) | Soft Tissue Management : Massage Lab & Skills Check-Offs   |  | Reading Quiz 4 (Chapter 9)<br><b>DUE Sunday, September 27<sup>th</sup> by 11:59P</b><br>Viewing Quiz 2 (Massage)<br><b>DUE Sunday, September 27<sup>th</sup> by 11:59P</b>   |   |
| <b>Monday</b><br>Oct. 5 <sup>th</sup><br>(9A-2P)    | Soft Tissue Management :<br>Traction Lab Prep<br><b>IASTM DEBATE</b>   | Chapter 7<br><u>PTCH</u> p.46, 169                       |  |   |
| <b>Tuesday</b><br>Oct. 6 <sup>th</sup><br>(9A-2P)   | Soft Tissue Management : Traction Lab & Skills Check-Offs  |  | Reading Quiz 5 (Chapter 7)<br><b>DUE Sunday, October 4<sup>th</sup> by 11:59P</b><br>Viewing Quiz 3 (Traction)<br><b>DUE Sunday, October 4<sup>th</sup> by 11:59P</b><br>Performance Improvement (Midterm)<br><b>DUE Tuesday, Oct. 6<sup>th</sup> by 11:59P</b><br><b>Midterm Lab Exam Thurs., Oct. 8<sup>th</sup> 9A-12noon</b> |   |
| <b>Monday</b><br>Oct. 12 <sup>th</sup><br>(9A-2P)   | <b>Exam 2 Day 1</b><br>Therapeutic Ultrasound Lab Prep<br>(including introduction to US/ES Combo)<br><b>TRACTION DEBATE</b>                | Chapter 5<br><u>PTCH</u> p.44, 163                       |  |   |
| <b>Tuesday</b><br>Oct. 13 <sup>th</sup><br>(9A-2P)  | Therapeutic Ultrasound Lab & Skills Check-Offs   |  | Reading Quiz 6 (Chapter 5)<br><b>DUE Sunday, October 11<sup>th</sup> by 11:59P</b><br>Viewing Quiz 4 (Ultrasound)<br><b>DUE Sunday, October 11<sup>th</sup> by 11:59P</b><br><b>Exam 2 Day 1</b><br>(virtual, due Mon., Oct. 12 <sup>th</sup> 10A)<br><b>Exam 2 Day 2</b><br>(online, due Fri., Oct. 16 <sup>th</sup> 11:59P)    |   |
| <b>Monday</b><br>Oct. 19 <sup>th</sup><br>(9A-2P)   | Electrical Stimulation : Tissue Repair Lab Prep (Principles, Iontophoresis, ESTR)<br><b>ULTRASOUND DEBATE</b>                              | Chapters 11, 12 & 14<br><u>PTCH</u> p.45, 166-168        |  |   |
| <b>Tuesday</b>                                      | Electrical Stimulation : Tissue Repair Lab & Skills Check-Offs   |  | Reading Quiz 7 (Chapters 11, 12 & 14)<br><b>DUE Sunday, October 18<sup>th</sup> by 11:59P</b><br>Viewing Quiz 5 (Electrical Stimulation 1)<br><b>DUE Sunday, October 18<sup>th</sup> by 11:59P</b>   |   |

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| Oct. 20 <sup>th</sup><br>(9A-2P)                   |  |   |  |
| <b>Monday</b><br>Oct. 26 <sup>th</sup><br>(9A-2P)  | Electrical Stimulation : NMES &<br>Biofeedback Lab Prep<br><b>IONTOPHORESIS DEBATE</b> | Chapters 13<br><u>PTCH</u> p.45, 166-168, 170 | Reading Quiz 8 (Chapter 13)<br><b>DUE Sunday, October 25<sup>th</sup> by 11:59P</b><br>Viewing Quiz 6 (Electrical Stimulation 2)<br><b>DUE Sunday, October 25<sup>th</sup> by 11:59P</b>       |
| <b>Tuesday</b><br>Oct. 27 <sup>th</sup><br>(9A-2P) | Electrical Stimulation : NMES & Biofeedback Lab & Skills Check-Offs                    |   |  |
| <b>Monday</b><br>Nov. 2 <sup>nd</sup><br>(9A-2P)   | Electrical Stimulation : Pain Mgmt.<br>Lab Prep (TENS, IFC)<br><b>NMES DEBATE</b>      | Chapters 15 & 16<br><u>PTCH</u> p.45, 169     | Reading Quiz 9 (Chapters 15 & 16)<br><b>DUE Sunday, November 1<sup>st</sup> by 11:59P</b><br>Viewing Quiz 7 (Electrical Stimulation 3)<br><b>DUE Sunday, November 1<sup>st</sup> by 11:59P</b> |
| <b>Tuesday</b><br>Nov. 3 <sup>rd</sup><br>(9A-2P)  | Electrical Stimulation : Pain Management Lab & Skills Check-Offs                       |   |  |
| <b>Monday</b><br>Nov. 9 <sup>th</sup><br>(9A-2P)   | Electromagnetic Radiation Lab Prep<br>(Diathermy, UV, LASER)<br><b>LASER DEBATE</b>    | Chapter 10<br><u>PTCH</u> p.43, 44, 162, 164  | Reading Quiz 10 (Chapter 10)<br><b>DUE Sunday, November 8<sup>th</sup> by 11:59P</b><br>Viewing Quiz 8 (EMR)<br><b>DUE Sunday, November 8<sup>th</sup> by 11:59P</b>                           |
| <b>Tuesday</b><br>Nov. 10 <sup>th</sup><br>(9A-2P) | Electromagnetic Radiation Lab & Skills Check-Offs                                      |   |  |
| <b>Monday</b><br>Nov. 16 <sup>th</sup><br>(9A-2P)  | <b>Exam 3 Day 1</b><br><b>Final Lab Exam Prep/Review</b>                               |   | <b>Exam 3 Day 1</b><br>(virtual, due Mon., Nov. 16 <sup>th</sup> 10A)  |
| <b>Tuesday</b><br>Nov. 17 <sup>th</sup><br>(9A-2P) | <b>Final Lab Exam Prep/Review</b>  |   | <b>Exam 3 Day 2</b><br>(online, due Fri., Nov. 20 <sup>th</sup> 11:59P)  |
| <b>Monday</b><br>Nov. 23 <sup>rd</sup><br>(9A-2P)  | <b>Final Lab Exam Prep/Review</b>  |   | Performance Improvement (Final)<br><b>DUE Sunday, November 22<sup>nd</sup> by 11:59P</b>   |
| <b>Tuesday</b><br>Nov. 24 <sup>th</sup>            | <b>Final Lab Exam Tues., Nov. 24<sup>th</sup> 9A-12noon</b>                            |   |  |
| <b>Monday</b><br>Nov. 30 <sup>th</sup><br>(9A-12P) | <b>TREATMENT PLANNING</b>  |   |  |
| <b>Tuesday</b><br>Dec. 1 <sup>st</sup><br>(9A-12P) | <b>TREATMENT PLANNING</b>  |   |  |
| <b>Monday</b><br>Dec. 7 <sup>th</sup><br>(9A-12P)  | <b>CLINICAL DISCUSSION</b>   |   | <b>Final Exam Mon., Dec. 7<sup>th</sup> 6A – Tues., Dec. 8<sup>th</sup> 11:59P</b><br>(online, due Tues., Dec. 8 <sup>th</sup> 11:59P)   |