

**STATE UNIVERSITY OF NEW YORK  
COLLEGE OF TECHNOLOGY  
CANTON, NEW YORK**



**MASTER SYLLABUS**

**COURSE NUMBER – COURSE NAME  
PT Skills & Modalities – PHTA 101**

**Created by: Jennifer McDonald**

**Updated by: Jennifer McDonald**

**School of Science, Health, and Criminal Justice**

**Department: Physical Therapist Assistant**

**Semester/Year: Fall 2019**

A. **TITLE:** PT Skills & Modalities

B. **COURSE NUMBER:** PHTA 101

C. **CREDIT HOURS:** (Hours of Lecture, Laboratory, Recitation, Tutorial, Activity)

# Credit Hours: 4

# Lecture Hours: 2 per week

# Lab Hours: 4 per week

Other: per week

Course Length: 15 Weeks

D. **WRITING INTENSIVE COURSE:** Yes  No

E. **GER CATEGORY:** None:  Yes: GER  
*If course satisfies more than one:* GER

F. **SEMESTER(S) OFFERED:** Fall  Spring  Fall & Spring

G. **COURSE DESCRIPTION:**

In this course, students are introduced to the continuum of physical therapy patient care and physical therapy settings. Students develop skills in professional communication, documentation, and data collection, including pain, vital signs, and level of patient arousal. Students will develop competency in bed mobility, transfer, gait, locomotion, and wheelchair management. Students are introduced to concepts of tissue healing in preparation for implementation of basic therapeutic exercises, thermal modalities and soft tissue mobilization.

H. **PRE-REQUISITES:** None  Yes  If yes, list below:

**CO-REQUISITES:** None  Yes  If yes, list below:

**I. STUDENT LEARNING OUTCOMES: (see key below)**

By the end of this course, the student will be able to:

<u>Course Student Learning Outcome</u> <u>[SLO]</u>	<u>Program Student Learning Outcome</u> <u>[PSLO]</u>	<u>GER</u> <u>[If Applicable]</u>	<u>ISLO &amp; SUBSETS</u>	
Communicate verbally and non-verbally with a surrogate patient and others in an appropriate and capable manner	PSLO1 Communicate verbally and non-verbally with the patient, the physical therapist, health care delivery personnel, and others in an effective, appropriate, and capable manner.		1-Comm Skills 1-Comm Skills ISLO	O W Subsets Subsets
Demonstrate principles of safe practice when working with surrogate patients	PSLO 4. Demonstrate safe practice in all situations.		5-Ind, Prof, Disc, Know Skills ISLO ISLO	None Subsets Subsets Subsets
Demonstrate comprehension of the plan of care through case study implementation	PSLO 5 Communicate an understanding of the plan of care developed by the physical therapist to achieve short and long term goals and intended outcomes.		5-Ind, Prof, Disc, Know Skills ISLO ISLO	None Subsets Subsets Subsets
Demonstrate competence in implementing basic physical therapy interventions: a. bed mobility b. use of assistive/adaptive devices c. gait and locomotion d. transfers e. wheelchair management skills f. hydrotherapy g. cryotherapy h. superficial and and deep thermal agents i. basic therapeutic exercise j. soft tissue mobilization	PSLO 6 Demonstrate competence in implementing and adjusting selected components of interventions identified in the plan of care established by the physical therapist.		5-Ind, Prof, Disc, Know Skills ISLO ISLO	None Subsets Subsets Subsets
Demonstrate competence in performing the following data collection skills: a. vital signs b. description of the safety, status, and progression of patients while engaged in gait, wheelchair management and mobility activities c. recognition of level of functional status d. assessment of pain	PSLO 7. Demonstrate competency in performing components of data collection skills essential for carrying out the plan of care.		5-Ind, Prof, Disc, Know Skills ISLO ISLO	None Subsets Subsets Subsets

Demonstrate an understanding of and skill related to infection control procedures for physical therapy practice	PSLO 4. Demonstrate safe practice in all situations.		5-Ind, Prof, Disc, Know Skills ISLO ISLO	None Subsets Subsets Subsets
Recognize the need for and implement appropriate adjustments to basic physical therapy interventions to maximize patient safety, comfort, and effectiveness of the intervention	PSLO 8. Demonstrate sound clinical problem solving in the provision of physical therapy services.		2-Crit Think ISLO ISLO	PS Subsets Subsets Subsets
Demonstrate an understanding of appropriate actions to take in an emergency situation	PSLO 4. Demonstrate safe practice in all situations		5-Ind, Prof, Disc, Know Skills ISLO ISLO	None Subsets Subsets Subsets
Recognize when a physical/thermal agent, therapeutic exercise, or manual therapy technique should not be implemented due to patient contraindication	PSLO 4. Demonstrate safe practice in all situations.		5-Ind, Prof, Disc, Know Skills ISLO ISLO	None Subsets Subsets Subsets
Begin to demonstrate accurate, concise and legible documentation	PSLO 10 Complete accurate and timely documentation in accordance with regulatory guidelines to support the delivery of physical therapy services.		5-Ind, Prof, Disc, Know Skills ISLO ISLO	None Subsets Subsets Subsets
Identify stages of healing and general rehabilitation guidelines for each stage	PSLO 5 Communicate an understanding of the plan of care developed by the physical therapist to achieve short and long term goals and intended outcomes.		5 – Ind, Prof, Disc, Know Skills	None

KEY	<b><u>Institutional Student Learning Outcomes [ISLO 1 – 5]</u></b>
ISLO #	<b>ISLO &amp; Subsets</b>
1	<b>Communication Skills</b> Oral [O], Written [W]
2	<b>Critical Thinking</b> <i>Critical Analysis [CA], Inquiry &amp; Analysis [IA], Problem Solving [PS]</i>
3	<b>Foundational Skills</b> <i>Information Management [IM], Quantitative Lit./Reasoning [QTR]</i>
4	<b>Social Responsibility</b> <i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i>
5	<b>Industry, Professional, Discipline Specific Knowledge and Skills</b>

\*Include program objectives if applicable. Please consult with Program Coordinator

J. **APPLIED LEARNING COMPONENT:** Yes  No

If YES, select one or more of the following categories:

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Classroom/Lab | <input type="checkbox"/> Civic Engagement              |
| <input type="checkbox"/> Internship               | <input type="checkbox"/> Creative Works/Senior Project |
| <input type="checkbox"/> Clinical Placement       | <input type="checkbox"/> Research                      |
| <input type="checkbox"/> Practicum                | <input type="checkbox"/> Entrepreneurship              |
| <input type="checkbox"/> Service Learning         | (program, class, project)                              |
| <input type="checkbox"/> Community Service        |  |

K. **TEXTS:**

Johansson, C.J. Chinworth, S. J. (2108) Mobility in Context : Principles of Patient Care Skills, F. A Davis

L. **REFERENCES:**

Kisner, C., & Colby, L. A. (2018). Therapeutic exercise: Foundations and techniques. Philadelphia: F.A. Davis.  
Cameron, M. H. (2018). Physical agents in rehabilitation: from research to practice. St. Louis, Mo.: Elsevier/Saunders.

M. **EQUIPMENT:** None  Needed: Physical Therapy Lab Equipment and Supplies

N. **GRADING METHOD:** A-F as per PTA program standards  
The grading scale for the Physical Therapist Assistant program is as follows:

A	= 90-100	C	= 70-74
B+	= 85-89	D+	= 65-69
B	= 80-84	D	= 60-64
C+	= 75-79	F	= below 60

O. **SUGGESTED MEASUREMENT CRITERIA/METHODS:**

Quizzes, Assignments, Lab Competencies, Unit Exams, Final Exam

P. **DETAILED COURSE OUTLINE:**

1. Introduction to Fundamental PT Skills
  - a. Professional Communication
  - b. Introduction to patient care
  - c. Continuum of patient care
  - d. Physical Therapy patient care settings
  - e. Data Collection
    1. Vital Signs

- 2. Level of Arousal
- 3. Anthropometric Measurements
- f. Infection Control
  - 1. Standard precautions
  - 2. Disease specific precautions
- g. Stages of Tissue Healing & General Rehabilitation Guidelines for each stage
- h. Principles of Therapeutic Exercise
  - 1. Range of Motion
  - 2. Stretching
  - 3. Resistance Exercise
- i. Physical Therapy Skills & Interventions
  - 1. Bed/Mat mobility
  - 2. Positioning
  - 3. Draping
  - 4. Mobility training
  - 5. Transfer Training
  - 6. Wheeled Mobility
    - a. Americans with Disabilities Act
  - 7. Ambulation Aids, Patterns, and Activities
  - 8. Thermal Agents
    - a. Ultrasound
    - b. Hot packs
    - c. Cold packs, Ice Massage
    - d. Contrast Baths
    - e. Paraffin
    - f. Hydrotherapy
    - h. Diathermy
  - 9. Soft Tissue Mobilization
- j. Aquatic Therapy and physical properties of water

Q. LABORATORY OUTLINE: None  Yes

- 1. Introduction
  - a. Orientation
  - b. Safety Procedures
  - c. Body Mechanics
  - d. Handwashing
- 2. Infection Control Techniques
- 3. Vital Signs
- 4. Anthropometric Measurements
- 5. Basic Patient Care skills
  - a. Positioning/Draping
  - b. Bed Mobility
- 6. Wheelchair Mobility
- 7. Transfers
- 8. Gait Training
- 9. Therapeutic Exercise
- 10. Thermal Modalities
- 11. Soft Tissue Mobilization