

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



MASTER SYLLABUS

PHTA 101 – FUNDAMENTAL PHYSICAL THERAPY PROCEDURES

CIP Code: 51.0806

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**School of Science, Health, & Professional Studies
Physical Therapist Assistant
Fall 2025**

A. TITLE: Fundamental Physical Therapy Procedures

B. COURSE NUMBER: PHTA 101

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

# Credit Hours per Week	4
# Lecture Hours per Week	2
# Lab Hours per Week	4
Other per Week	n/a

D. WRITING INTENSIVE COURSE:

Yes	
No	x

E. GER CATEGORY: n/a

Does course satisfy a GER category(ies)? If so, please select all that apply.

[1-2] Communication	
[3] Diversity: Equity, Inclusion & Social Justice	
[4] Mathematics & Quantitative Reasoning	
[5] Natural Science & Scientific Reasoning	
[6] Humanities	
[7] Social Sciences	
[8] Arts	
[9] US History & Civic Engagement	
[10] World History & Global Awareness	
[11] World Languages	

F. SEMESTER(S) OFFERED:

Fall	x
Spring	
Fall and Spring	

G. COURSE DESCRIPTION: In this course, students are introduced to basic physical therapy procedures necessary for providing patient care across the continuum of physical therapy settings. Students develop competency in basic infection control procedures, data collection, bed mobility, transfers, gait training with assistive devices, wheelchair management, application of thermal modalities, basic therapeutic exercise, and soft tissue techniques. Introduction to tissue healing, kinesiology concepts and review of basic musculoskeletal anatomy is included. Students learn aspects of patient/client management including the ICF model, problem-solving algorithm, documentation and billing aspects of physical therapy care.

H. PRE-REQUISITES: PHTA Majors only
CO-REQUISITES: N/A

I. STUDENT LEARNING OUTCOMES:

Course Student Learning Outcome [SLO]	Program Student Learning Outcome [PSLO]	GER	ISLO & Subsets
1. Communicate verbally and non-verbally with a surrogate patient and others in an appropriate and capable manner	PSLO #1 Communicate verbally and non-verbally with the patient, the physical therapist, health care delivery personnel, and others in an effective, appropriate, and capable manner.		ISLO 1 Communication Skills <i>Oral (O)</i>
2. Demonstrate principles of safe practice when working with surrogate patients	PSLO #4 Demonstrate safe practice in all situations.		ISLO 5 Industry, Professional, Discipline Specific Knowledge and Skills
3. 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.		ISLO 5 Industry, Professional, Discipline Specific Knowledge and Skills
4. Demonstrate competence in implementing basic physical therapy interventions, including patient mobility skills, therapeutic exercise, soft tissue techniques, and physical agents.	PSLO #6 Demonstrate competence in implementing and adjusting selected components of interventions identified in the plan of care established by the physical therapist.		ISLO 5 Industry, Professional, Discipline Specific Knowledge and Skills
5. Demonstrate competence in performing vital sign assessment, anthropometric measurements, and collection of data as related to implementation of basic PT interventions.	PSLO #7 Demonstrate competency in performing components of data collection skills essential for carrying out the plan of care.		ISLO 5 Industry, Professional, Discipline Specific Knowledge and Skills

6. Demonstrate an understanding of and skill related to infection control procedures for physical therapy practice	PSLO #4 Demonstrate safe practice in all situations.		ISLO 5 Industry, Professional, Discipline Specific Knowledge and Skills
7. Demonstrate basic decision making by recognizing the need for and implementing appropriate adjustments to basic physical therapy interventions.	PSLO #8 Demonstrate sound clinical problem solving in the provision of physical therapy services.		ISLO 2 Critical Thinking <i>Problem Solving [PS]</i>
8. Demonstrate an understanding of appropriate actions to take in an emergency situation	PSLO #4 Demonstrate safe practice in all situations.		ISLO 5 Industry, Professional, Discipline Specific Knowledge and Skills
9. Begin to demonstrate accurate, concise and legible documentation consistent with industry standard.	PSLO #10 Complete accurate and timely documentation in accordance with regulatory guidelines to support the delivery of physical therapy services.		ISLO 5 Industry, Professional, Discipline Specific Knowledge and Skills
10. Identify stages of tissue 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.		ISLO 5 Industry, Professional, Discipline Specific Knowledge and Skills
11. Identify components of the ICF model and the five essential elements of patient/client management in physical therapy.	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.		ISLO 5 Industry, Professional, Discipline Specific Knowledge and Skills
12. Demonstrate fundamental knowledge of billing procedures as it relates to the provision of physical therapy interventions.	PSLO #13 Participate in practice management functions within a physical therapy service, including billing and organizational planning.		ISLO 5 Industry, Professional, Discipline Specific Knowledge and Skills

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

J. **APPLIED LEARNING COMPONENT:**

Yes	x
No	

If yes, select [X] one or more of the following categories:

Classroom / Lab	x	Community Service	
Internship		Civic Engagement	
Clinical Practicum		Creative Works/Senior Project	
Practicum		Research	
Service Learning		Entrepreneurship [program, class, project]	

K. **TEXTS:**

Fairchild, S.L., O'Shea, R. (2022) Pierson and Fairchild's Principles & Techniques of Patient Care, WB Saunders Co.

L. **REFERENCES:**

Kisner, C., & Colby, L. A. (2023). Therapeutic exercise: Foundations and techniques. Philadelphia: F.A. Davis.

Cameron, M. H. (2023). Physical agents in rehabilitation: from research to practice. St. Louis, Mo.: Elsevier/Saunders.

M. **EQUIPMENT:** 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

To meet PTA program requirements, PTA students are required to achieve a grade of C+ or higher in this course.

- O. SUGGESTED MEASUREMENT CRITERIA/METHODS:
Quizzes, Assignments, Unit Exam, Final Exam, Lab Competencies, Lab Practical

P. DETAILED COURSE OUTLINE:

- I. Introduction to Patient Care
 - A. The Patient Encounter
 - B. Safety – basics of patient handling
 - C. Infection Control
- II. Principles of Physical Therapy Practice
 - A. ICF Model
 - B. Patient/Client Management
 - C. Problem Solving Algorithm
 - D. Documentation
 - E. Billing/Reimbursement Guidelines
- III. Patient Care Skills
 - A. Vital Signs
 - B. Anthropometrics
 - C. Patient Mobility Skills
 - a. Bed Mobility and Transfers
 - b. Wheelchairs
 - c. Assistive Devices
 - d. Gait Training
 - D. First Aid/Environmental Emergencies
- IV. Introduction to Musculoskeletal Rehab
 - A. Tissue Healing
 - B. Thermal Modalities
 - C. Intro to Kinesiology Concepts
 - D. Basic Musculoskeletal Anatomy
 - E. Intro to Exercise Principles
 - F. Intro to Soft Tissue Techniques

Q. LABORATORY OUTLINE:

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