

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



**MASTER SYLLABUS**

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

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**Updated by: Jennifer McDonald**

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

**Department: Physical Therapist Assistant**

**Semester/Year: Fall 2021**

- 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 basic physical therapy skills 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, and basic therapeutic exercise. Students develop professional communication and clinical problem-solving skills through weekly case study implementation.

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

PHTA majors only

**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:

| <b><u>Course Student Learning Outcome</u></b><br><b><u>[SLO]</u></b>  | <b><u>Program Student Learning Outcome</u></b><br><b><u>[PSLO]</u></b>  | <b><u>GER</u></b><br><b><u>[If Applicable]</u></b> | <b><u>ISLO &amp; SUBSETS</u></b>               |                                       |
|---|---|--|--|---------------------------------------|
| Communicate verbally and non-verbally with a surrogate patient and others in an appropriate and capable manner  | PSLO1<br>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<br>1-Comm Skills<br>ISLO         | O<br>W<br>Subsets<br>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<br>ISLO<br>ISLO | None<br>Subsets<br>Subsets<br>Subsets |
| Demonstrate comprehension of the plan of care through case study implementation   | PSLO 5<br>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<br>ISLO<br>ISLO | None<br>Subsets<br>Subsets<br>Subsets |
| Demonstrate competence in implementing basic physical therapy interventions:<br>a. bed mobility<br>b. use of assistive/adaptive devices<br>c. gait and locomotion<br>d. transfers<br>e. wheelchair management skills<br>f. hydrotherapy & aquatic therapy<br>g. cryotherapy<br>h. superficial and and deep thermal agents<br>i. basic therapeutic exercise      | PSLO 6<br>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<br>ISLO<br>ISLO | None<br>Subsets<br>Subsets<br>Subsets |
| Demonstrate competence in performing the following data collection skills:<br>a. vital signs<br>b. description of the safety, status, and progression of patients while engaged in gait, wheelchair management and mobility activities<br>c. recognition of level of functional status<br>d. assessment of pain<br>e. recognition of patient's level of arousal | PSLO 7.<br>Demonstrate competency in performing components of data collection skills essential for carrying out the plan of care.   |  | 5-Ind, Prof, Disc, Know Skills<br>ISLO<br>ISLO | None<br>Subsets<br>Subsets<br>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<br>ISLO<br>ISLO | None<br>Subsets<br>Subsets<br>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<br>ISLO<br>ISLO                   | PS<br>Subsets<br>Subsets<br>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<br>ISLO<br>ISLO | None<br>Subsets<br>Subsets<br>Subsets |
| Recognize when a physical/thermal agent, or therapeutic exercise technique should not be implemented due to patient contraindication  | PSLO 4. Demonstrate safe practice in all situations.   |  | 5-Ind, Prof, Disc, Know Skills<br>ISLO<br>ISLO | None<br>Subsets<br>Subsets<br>Subsets |
| Begin to demonstrate accurate, concise and legible documentation  | PSLO 10<br>Complete accurate and timely documentation in accordance with regulatory guidelines to support the delivery of physical therapy services.       |  | 5-Ind, Prof, Disc, Know Skills<br>ISLO<br>ISLO | None<br>Subsets<br>Subsets<br>Subsets |
| Identify stages of healing and general rehabilitation guidelines for each stage   | PSLO 5<br>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    | <u>Institutional Student Learning Outcomes [ISLO 1 – 5]</u>   |
|--------|---|
| ISLO # | ISLO & Subsets  |
| 1      | <b>Communication Skills</b><br>Oral [O], Written [W]  |
| 2      | <b>Critical Thinking</b><br><i>Critical Analysis [CA], Inquiry &amp; Analysis [IA], Problem Solving [PS]</i>                    |
| 3      | <b>Foundational Skills</b><br><i>Information Management [IM], Quantitative Lit./Reasoning [QTR]</i>                             |
| 4      | <b>Social Responsibility</b><br><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:

- Classroom/Lab
- Internship
- Clinical Placement
- Practicum
- Service Learning
- Community Service

- Civic Engagement
- Creative Works/Senior Project
- Research
- Entrepreneurship  
(program, class, project)

**K. TEXTS:**

Fairchild S.L. (2017) Pierson and Fairchild's Principles & Techniques of Patient Care, WB Saunders Co.

**L. REFERENCES:**

Cameron, M. H. (2018). Physical agents in rehabilitation: from research to practice. St. Louis, Mo.: Elsevier/Saunders.

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

Kisner, C., & Colby, L. A. (2018). Therapeutic exercise: Foundations and techniques. Philadelphia: F.A. Davis.

**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

**e. Data Collection**

1. Vital Signs
2. Level of Arousal

**f. Infection Control**

1. Standard precautions
2. Pathology specific precautions
3. Bloodborne Pathogens

**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 mobility
  2. Transfer Training
  3. Wheeled Mobility
    - a. Americans with Disabilities Act
  4. Ambulation Aids, Patterns, and Activities
  5. Thermal Agents
    - a. Ultrasound
    - b. Hot packs
    - c. Cold packs, Ice Massage
    - d. Contrast Baths
    - e. Paraffin
    - f. Hydrotherapy
    - h. Diathermy
  6. Aquatic Therapy and physical properties of water

Q. LABORATORY OUTLINE: None  Yes

1. Introduction
  - a. Orientation
  - b. Safety Procedures
  - c. Body Mechanics
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