

Course Syllabus

LEVELLAND CAMPUS

COURSE: PTHA 2435.001 Rehabilitation (4:3:3)
SEMESTER: Fall 2026
CLASS DAYS: T/TH
CLASS TIMES: 9:00-4:00

INSTRUCTOR INFORMATION

Name	Phone Number	Email	Office	Office Hours
Jackie Underwood	806.716.2470	junderwood@southplainscollege.edu	AH 103B	As Posted

“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

Comprehensive rehabilitation of selected diseases and disorders.

Describe physical therapy management of patients with selected diseases and disorders; demonstrate rehabilitation techniques for diseases and disorders; and demonstrate communication skills.

PREREQUISITE COURSES: Math 1314, ENGL 1301, HUMA, PTHA 1301, PTHA 1405, PTHA 1413, PTHA 2409, PTHA 1321, PTHA 2260

COREQUISITE: PTHA 1431

STUDENT LEARNING OUTCOMES

At the completion of the semester students will:

1. Demonstrate competency in patient assessment prior to initiating treatment interventions for conditions commonly seen in physical therapy.
 - a. Conduct appropriate patient assessments to determine indications/contraindications and precautions for treatment interventions.
 - b. Conduct cognitive assessment for cognition, mentation, and alertness.
 - c. Analyze gait/mobility deficits to direct treatment development
 - d. Use critical thinking to competently develop and apply treatment interventions to decrease functional limitations.
 - e. Assess alignment of the trunk and extremities in normal and abnormal gait.
 - f. Administer balance assessment tools.
 - g. Use appropriate communication for patient age and condition to collect assessment data.
 - h. Provide appropriate patient education techniques and reassess effectiveness through return demonstrations.
 - i. Appropriately document assessment results leading to treatment decisions.
2. Competently treat patients with simulated musculoskeletal/orthopedic conditions.
 - a. Describe the anatomy and function of the musculoskeletal system.
 - b. Demonstrate development and implementation of treatment sessions for patients with orthopedic conditions.
 - c. Explain plan for progression/discharge needs of orthopedic patients
 - d. Provide appropriate patient education techniques and reassess effectiveness through return demonstrations.
 - e. Appropriately document treatment[s]

At the completion of the semester students will:

3. Competently apply interventions for patients with simulated amputations commonly encountered in physical therapy.
 - a. Demonstrate appropriate education for care of residual limb/foot care and assess effectiveness of education with return demonstration.
 - b. Demonstrate development and implementation of treatment sessions for patients with amputations.
 - c. Provided appropriate patient education techniques and reassess effectiveness through return demonstrations.
 - d. Appropriately document treatment[s]
4. Safely apply techniques related to aquatic therapy
 - a. Explain indications and contraindications, precautions, and physiological responses related to aquatic therapy.
 - b. Apply safe aquatic therapy techniques for common conditions seen in PT.
5. Review the development and function of the nervous system throughout the lifespan.
 - a. Describe the anatomy and function of the nervous system.
 - b. Demonstrate sensory assessment using dermatomes and peripheral nerve patterns.
 - c. Demonstrate motor assessment using reflexes.
 - d. Recognize the relationship between nervous system impairment and muscle tone.
 - e. Explain neuroplasticity across the life span.
 - f. Recognize gross motor/fine motor milestones.
6. Apply appropriate techniques related to the theories of neurological development.
 - a. Describe basic principles of motor learning and motor control.
 - b. Differentiate between common neurological techniques used for neuromuscular reeducation.
 - c. Demonstrate competency using neurological techniques.
 - d. Appropriately document treatment[s]
7. Competently apply interventions for simulate pediatric patients.
 - a. Demonstrate competency in appropriate treatment techniques for patients with a developmental disorder, genetic disorders, birth defects, orthopedic conditions commonly seen in physical therapy.
 - b. Provided appropriate patient education techniques and reassess effectiveness through return demonstrations.
 - c. Appropriately document treatment[s]
8. Competently apply interventions for patients with simulated neurologic conditions commonly encountered in physical therapy.
 - a. Demonstrate appropriate treatment programs for patients with a cerebral vascular accident (CVA).
 - b. Demonstrate appropriate treatment programs for patients with a traumatic brain injury (TBI).
 - c. Demonstrate appropriate treatment programs for patients with a spinal cord injury (SCI).
 - d. Demonstrate appropriate treatment programs for patients with an upper motor neuron (UMN) or lower motor neuron (LMN) lesion.
 - e. Provided appropriate patient education techniques and reassess effectiveness through return demonstrations.
 - f. Appropriately document treatment[s]
9. Competently apply interventions for patients with simulated debility conditions commonly seen in physical therapy.
 - a. Demonstrate appropriate treatment and progression for patients recovering from prolonged bed rest o
 - b. Demonstrate appropriate treatment and progression for patients with cardiac and pulmonary conditions.
 - c. Provided appropriate patient education techniques and reassess effectiveness through return demonstrations.
 - d. Appropriately document treatment[s]
10. Identify the appropriate type of wheelchair related to a given diagnosis.
 - a. Demonstrate competency in wheelchair transfers.
 - b. Demonstrate competency in teaching WC mobility and management.
 - c. Identify appropriate positioning and pressure prevention seating for long term WC use.

At the completion of the semester students will:

11. Describe the appropriate types of supportive devices/braces.
 - a. Demonstrate appropriate application of supportive devices while maintaining skin integrity.
 - b. Identify the functional use of orthotics.
12. Explain outcome assessment related to rehab process.
 - a. Utilize clinical data collection and appropriate clinical skills performance based on functional limitations.
 - b. Evaluate outcomes of chosen interventions for progression or modification.
 - c. Identify equipment and resources necessary for discharge.
 - d. Finalize a functional home exercise program including ADLs.
 - e. Provide appropriate communication to the supervising physical therapist about outcomes.
 - f. Explain magnitude and effect of changes in cognition, arousal, and mentation of patients for discharge destination.
 - g. Appropriately document treatment[s]
13. Demonstrate Professional Behaviors at a mastery level by the end of the course.
 - a. Critical Thinking - The ability to question logically; identify, generate and evaluate elements of logical argument; recognize and differentiate facts, appropriate or faulty inferences, and assumptions; and distinguish relevant from irrelevant information. The ability to appropriately utilize, analyze, and critically evaluate scientific evidence to develop a logical argument, and to identify and determine the impact of bias on the decision-making process.
 - b. Communication - The ability to communicate effectively (i.e. verbal, non-verbal, reading, writing, and listening) for varied audiences and purposes.
 - c. Problem Solving – The ability to recognize and define problems, analyze data, develop and implement solutions, and evaluate outcomes.
 - d. Interpersonal Skills – The ability to interact effectively with patients, families, colleagues, other health care professionals, and the community in a culturally aware manner.
 - e. Responsibility – The ability to be accountable for the outcomes of personal and professional actions and to follow through on commitments that encompass the profession within the scope of work, community and social responsibilities.
 - f. Professionalism – The ability to exhibit appropriate professional conduct and to represent the profession effectively while promoting the growth/development of the Physical Therapy profession.
 - g. Use of Constructive Feedback – The ability to seek out and identify quality sources of feedback, reflect on and integrate the feedback, and provide meaningful feedback to others.
 - h. Effective Use of Time and Resources – The ability to manage time and resources effectively to obtain the maximum possible benefit.
 - i. Stress Management – The ability to identify sources of stress and to develop and implement effective coping behaviors; this applies for interactions for: self, patient/clients and their families, members of the health care team and in work/life scenarios.
 - j. Commitment to Learning – The ability to self-direct learning to include the identification of needs and sources of learning; and to continually seek and apply new knowledge, behaviors, and skills.

OUTCOME ASSESSMENT METHODS

Computer-based exams, written exams, written assignments, quizzes, Lab exams/quizzes, and other assignments and projects as assigned.

FORMATIVE ASSESSMENTS INCLUDE

- ❖ Classroom and Lab participation
- ❖ Weekly assessment and assignments
- ❖ Skills checks
- ❖ Clinical Readiness assessment
- ❖ Pop quizzes

SUMMATIVE ASSESSMENTS

- ❖ 4- Lecture exams

GRADING FORMULA

Assignment Totals	Average of all course assignments	10%
Lecture Exam Totals	Average of Lecture Exams	80%
Quiz Totals	Weekly quizzes	5%
Professionalism	Score based on Professionalism Rubric	5%
	Total	100%

Percentage	Grade
90-100%	A
80-89%	B
75-79%	C
74.9% and Below	F

Grading Policy

Any student whose final course grade is below the passing requirement (75% or greater) will not be allowed to continue in the PTA Program. Any student whose course grade is below a 77% at any time during the semester will be responsible for initiating a meeting with the course instructor to discuss adding action plan(s) to the student's Success Plan to improve the student's performance. It will outline the student's academic issues, list interventions to address these issues, and will assess the student's participation/completion of these interventions. The students will be responsible for completing their Success Plan action plans.

ASSIGNMENT POLICY

All assignments must be completed/submitted by the assigned due date. Late and/or incomplete work may be accepted, but with grade deduction per day up to 3 days and a grade of zero will be recorded at that time. Assignments, quizzes, exams, and skills checks missed due to an absence will be made up only with advanced notification of illness or in an emergency. Assignments submissions due date/time are assigned by date and time in Central Standard Time (CST) and can be found on the class schedule. Students should contact faculty prior to the due date and time if they anticipate material will be late. Please note that contacting faculty will not guarantee the receipt of an extension for the assignment. Please allow enough time for preparation and submission of each assignment prior to the scheduled due date to avoid issues with technology. Failure to complete any assignment by the due date will result in professional point deductions on final grade. Assignments must be uploaded to Blackboard Ultra as a Word Doc or PDF and labeled with assignment title and student name. Please do not submit assignments as a link.

EXAMS POLICY

The lecture exams will be administered via computer to prepare students for the NPTE-PTA exam. Possible pop quizzes may be handwritten which will encourage memory and mastery of the material. Additionally, many exam questions will be constructed in the same manner as NPTE-PTA, allowing students to prepare for the licensure testing format. If you score below 75% on any Exam you will be required to meet with the course instructor for remediation.

ASSESSMENT USED BUT NOT LIMITED TO:

1. Lecture Exams [minimum of 3]
2. Clinical Readiness Assessments [minimum of 2]
3. Quizzes [weekly]
4. Comprehensive final exam

The exam policy includes the following:

- ❖ All summative assessments will be proctored by SPC faculty/Staff
- ❖ Personal belongings are not allowed during testing.
- ❖ Pencils and scratch paper will be issued to students prior to the exam. These items must be returned prior to the exiting testing area.
- ❖ Cell phones and/or smart watches are not allowed at desks during testing.
- ❖ Hats or hoodies may not be worn.
- ❖ Talking will not be permitted; questions will be answered by an instructor.
- ❖ Students must adhere to lab rules.

HONORLOCK TEST PROCTORING

-All exams taken while in the PTA Program are proctored through Honorlock.

Honorlock will monitoring the following:

- your computer screen
- your web traffic (browser)
- URL(s) visited

The copy, paste, & print functions will be disabled during the exam.

The student will be allowed a scratch piece of paper (provided by and then collected by the instructor) and something to write with.

Any action interpreted as cheating by facilitating instructor may result in immediate removal from the testing lab, a zero recorded for the test grade and possible removal from SPC PTA program.

SPC CAMPUS STATEMENTS

For information regarding official South Plains College statements about intellectual exchange, disabilities, non-discrimination, Title V Pregnancy Accommodations, CARE Team, and Campus Concealed Carry, please visit: <https://www.southplainscollege.edu/syllabusstatements/>

STUDENT CONDUCT

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, unauthorized 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, alteration of grade records, unauthorized presence in faculty offices to obtain exam questions/answers, alter grades or otherwise change the outcome of any assessment, or assisting another students to do any of these activities are examples of cheating.

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.

AI Usage - Dependence on AI tools can decrease human discretion and oversight. Students should not copy from any source, including AI, without prior approval and proper citation of source. Students should not submit AI-generated work as their original work.

Complete honesty is required throughout all aspects of coursework, including all quizzes, exams, and assignments used to assess knowledge and/or skill. **Any assessment receiving a score of 0 or F due to cheating may result in the student being dropped from the course.**

Class/Lab Attendance Policy
South Plains College policy and process will be followed

http://catalog.southplainscollege.edu/content.php?catoid=47&navoid=1229#Class_Attendance

Definition of absences

Absence-

- ❖ If a student misses more than 30 minutes of scheduled class time, the student will be counted as absent. [Excessive Absences – >3 with counseling after 2nd absences]

- ❖ Tardy- any time after class official start time or return from break. [Notification prior to official class time will be considered on an individual basis.

□ 2 tardy = 1 absences

Any absence from class should be reported to the instructor in advance whenever possible, or as soon as possible after the absence. This allows instructors to provide necessary support and address any missed coursework.

Success Plan Expectation

Students are expected to schedule an appointment with their Faculty Mentor at least once a month to discuss progress on their Success Plan and develop strategies for the successful completion of the PTA Program and preparation for the NPTE.

CLINICAL SKILLS

You may not independently apply clinical skills:

- ❖ **To the public because you are a student PTA and are learning physical therapy techniques.**
- ❖ **You will be practicing these skills on each other in the PTA lab setting under the supervision of course instructor[s]**
- ❖ **You will provide patient care skills in the clinical setting under the supervision of clinical instructor**
- ❖ **If you are presently working in a clinic as a tech, you cannot practice these skills on patients as a SPTA.**

Patient Confidentiality:

- ❖ Students must uphold the highest standards of patient confidentiality. Do not discuss specific patients, cases, or share any patient-related information on social media platforms, email even if patient names or identifiers are not disclosed. Be cautious about sharing any content that might indirectly reveal patient information, such as photos or stories taken in clinical settings.

COMMUNICATION

Electronic communication between the instructor and students in this course will utilize the South Plains College “My SPC” and email systems. Text messaging may also be used for communication. The instructor will not initiate communication using private email accounts. Students are encouraged to check their SPC email on a regular basis, ideally daily, and respond to emails and text messages promptly, within 24 hours. Students will have access to assignments, web links, handouts, and other vital course material delivered via Ultra and other electronic means.

- ❖ If any student encounters difficulties accessing Ultra or their email, they should promptly contact the instructor for guidance. The instructor is committed to working with students to ensure they have access to the necessary class content located on the course website and other electronic platforms.
- ❖ This policy aims to facilitate effective and efficient communication between the instructor and students, promoting a seamless learning experience.
- ❖ If experiencing technical issues, the student can contact the Help Desk by calling 806-716-2600

EMAIL

Students are required to use their official South Plains College (SPC) email addresses for all college-related communications. Official SPC email addresses are provided to each student upon enrollment and are the primary means of communication between students, faculty, and the college.

❖ Email Etiquette:

- Students are expected to maintain a professional and respectful tone in all email communications with faculty, staff, and fellow students. Offensive, disrespectful, or inappropriate language in emails is strictly prohibited.

- ❖ **Email Security:**
 - ❑ Students should take steps to protect their email accounts. This includes using strong, unique passwords and not sharing email login credentials. If students suspect their email accounts have been compromised, they should report it immediately to the college's IT department.
- ❖ **Check Email Regularly:**
 - ❑ Students are encouraged to check their official SPC email accounts regularly. Important announcements, updates, and notices from instructors, administrative departments, and the college are communicated through these accounts.
- ❖ **SPC Alerts:**
 - ❑ Students are automatically enrolled in SPC Alerts, which is an emergency notification system. Students are encouraged to ensure their contact information is up to date in SPC Alerts to receive important safety and emergency notifications.
- ❖ **Email Support:**
 - ❑ If students encounter technical issues with their SPC email accounts or need assistance with email-related concerns, they should contact the college's IT support services for assistance. A social media policy for health sciences students should help students understand the responsible and professional use of social media platforms, especially given the sensitive nature of healthcare and patient information. Here is a sample social media policy for health sciences students:

SOCIAL MEDIA

The PTA program has a Facebook page at <https://www.facebook.com/South-Plains-College-PTA-270314052992426/?ref=bookmarks>. In addition to the South Plains College website; this Facebook page will 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 Facebook page is not mandatory, nor are personal Facebook accounts, to access this page.

- ❖ **Clinical sites and patient information should not be shared on any social media platforms. Sharing this information can lead to dismissal from the PTA program.**

CELL PHONE/SMART WATCHES

- ❖ Cellphones must be put away and turned **OFF** or put on **silent** during scheduled class/lab periods unless prior approval has been given by the instructor. Cell phones are to be used **outside** of the classroom while in session. This includes text messaging and internet browsing.
- ❖ Students will be dismissed from class/lab and sent home if a phone continuously rings/vibrates or if the student is discovered texting or browsing the internet. If dismissed from class, the student will receive an **absence** for the day.
- ❖ **EMERGENCY MESSAGES:** In the event of an emergency during a normal class schedule, the student should notify their family to call the Nursing Office at (806) 716-2391 or (806) 716-2193. Class will not be interrupted unless it is an emergency, so the family members must identify themselves and state that it is an emergency to get immediate action.
- ❖ For emergencies during clinical rotations, the student should notify their family to call and leave a message or text (identifying who they are and who they need to get in touch with for an emergency) to the number or numbers provided in the clinical course syllabus and/or on the clinical course schedule.

RESOURCES

Recommended

Improving Functional Outcomes in Physical Rehabilitation	O'Sullivan/ Schmitz	978-0-8036-4612-4
PhysioU subscription	https://www.physiou.health/	

COURSE SUPPLIES

- ❖ PTA Kit

- ❖ Lab clothes- Shorts [sweatpants once weather is cold] with at least a 7 in inseam, PTA tee shirt. If you do not wear the Program shorts and your shorts cannot be seen under your shirt or is less than mid-thigh length, you will be reminded 1 time any further incidents you will be sent home and receive an absence for the day.
- ❖ Technology and access to internet

COURSE SCHEDULE

ASSIGNMENT CALENDAR PTHA 2435.001 REHABILITATION T/TR 9-4

Weekly Expectations Before Class Folders contain information will need for class. You will find topic notes, videos, and learning resources for both Tuesday class and Thursday class. This material will be seen on exams, since we are moving away from purchased textbooks, I am supplying the materials for you in the before class folders

Weekly Expectation After Class Folder- All assignments and weekly Quizzes are due Sunday at 11:59pm of the week they are housed in. If there is an exception it will be explicitly stated.

Weekly Expectations-Small Group Discussion -You will be doing a weekly small group discussion over the week's topic. Some weeks it will be Tuesday and some Weeks will be Thursday. See the schedule below.

DATE	Tuesday	Thursday
WEEK1 8/24-8/30	-Intro to Course Ortho Review	Ortho Rehab
WEEK2 8/31-9/6	Orthopedic Rehab	Ortho Rehab
WEEK3 9/7-9/13	Orthopedic Rehab	Ortho Rehab- You do not need to come to Class, but you do have work to do.
WEEK4 9/14-9/20	Amputation Small group- Amputee	NuMotion- Wheelchairs and Seating [all day]
WEEK5 9/21-9/27	Amp Practice Field Trip to LBBK Artificial Limb 1PM	BPPV Sarah Ward [AM] Exam 1[PM] 2:30-4:00 Amputee Skill Checks
WEEK6 9/28-10/4	Neuro Anatomy Dr. Tae Kim 9-12 Intro Pedi -Neuro 1-4	Pedi Practice Lab Small Group- Pedi 3:30-4:00
WEEK7 10/5-10/11	Pedi Skills Check 9:00-12:00 Litegait presentation 1-3PM	CVA Neuro Skills Lab Day 1-3:30 Small Group-CVA 3:30-4:00
WEEK8 10/12-10/18	TBI Small Group-TBI 3:30-4:00	TBI Guest Sandy /Tanner CVA/TBI -Transitional Movements Skills Check 1:00-4:00
WEEK9 10/19-10/25	SCI Small Group-SCI 3:30-4:00	Exam 2 [9:00] SCI Practice Day 10-23
WEEK10 10/26-11/1	Other Neuro Small Group-Other 3:30-4:00	Tim Lowery ALS panel 9-10:30 11-12 Aquatics Discussion 1-3:30 Aquatics Lab at the Aquatics Center
WEEK11 11/2-11/8	Other Neuro- Guest	9-12 Practice Lab Standing Bal Skills Check 1:00-4:00
WEEK12 11/9-11/15	Burns- Sandy Cook 1:00 Practice Questions Mandatory Prep for IPE Watch Pt. eval. and review written eval. IPE event will be Thursday Small Group-Burns 11:30-12:00	Exam 3 [9:00] Debridement 10:15-12:00 [Bring 1 orange and 1 tomato] <u>Wed. IEP event 11/12-- 1:00-2:00 Review case and video for IPE</u> <u>Mandatory IPE meeting 2:00-3:00, 3:15-4:00 Debrief</u>
WEEK13 11/16-11/22	Cardio Pulmonary TBI/CVA Gait Facilitation skills Check 1-4	Cardiopulmonary case reviews 9-12 Cardio patient lab 1-3:30 Cardio small group 3:30-4:00
WEEK14	Practice Lab- Bring Questions, What you want to practice,	Thanksgiving

DATE	Tuesday	Thursday
11/23-11/29		
WEEK15 11/30-12/6	Rehab Treatment Day SIM at Reese Treatment Day Sim Center	Combined CRA December 2-3
WEEK16 12/7-12/10	Combined Final Exam Day 9:00 AM PA final 1:00 PM Rehab Final	CRA Retake day

- Skills must be practiced with a minimum of 2 different classmates [More is better].
- The instructor check will be completed on scheduled days
 - if you miss a skills check day it is your responsibility to schedule a time outside of class to complete it.
- You will check off an Orthopedic Treatment, Amputee Treatment, Pedi treatment, CVA, TBI, SCI, Other Neuro Condition.
- For this peer check you will **demonstrate** a full treatment for each of these diagnoses.
- Small Groups will be held on Assigned days 3:30-4:00; you will participate in a discussion with your classmates based on the material you have prepared for the week. You will be expected to record the highlights of the discussions creating a study tool.
- **Your preparation and participation is required to pass this class.**

Testing Policy- If you score below 75% on any lecture exam you will be required to complete a remediation activity with course instructor