



Levelland Campus

COURSE: PTHA 1313 Functional Anatomy (4:3:3)  
SEMESTER: Spring 2026 (January 12 – May 7, 2026)  
CLASS DAYS: M/W  
CLASS TIMES: 9:00am – 12:00pm

### Course Syllabus

Instructor Name:	Phone Numbers	Email	Office	Office Hours
Sarah Ward, PT	Cell: 806.549.2377	<a href="mailto:sward@southplainscollege.edu">sward@southplainscollege.edu</a>	AH 103D	M & W 8:00-9:00am; T & Th 1:00-4:00pm; or by appointment

**“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 an overarching study of the knowledge and skills necessary to reach competence in the introduction to advanced practice.

Prerequisites: MATH1314, ENGL 1301, HUMA, SCIT 1407, PHYS1410

Corequisites: PTHA 1309, PTHA 1405, PTHA 1321, PTHA 2201

### STUDENT LEARNING OUTCOMES

**Upon successful completion of the course, following a given plan of care and under the supervision of the program PT, the student will be able to:**

1. **Identify advanced human anatomy of the musculoskeletal system.**
  - a. Explain the function of the skeletal system.
  - b. Describe the gross anatomical components and relationships of the skeletal system.
  - c. Identify joint structures and components.
  - d. Define principles of joint motion.
  - e. Describe normal joint end-feel for all major joints.
  - f. Identify the normal curves of the vertebral column.
  - g. Identify the center of gravity in standing.
  - h. Explain the function of the muscular system.
  - i. Describe the gross anatomical components and relationships of the muscular system.
  - j. Compare and contrast the structure and function of the three major subtypes of skeletal muscles.
  - k. Describe the types of muscle contractions and give functional examples for each type.
  - l. Name the proximal/distal attachments, innervation, and function of the major skeletal muscles.
  - m. Analyze how the skeletal system and the muscular system function together to allow normal movement.

2. **Analyze forces that impact movement of the human body**

- a. Palpate and identify anatomical surface landmarks.
- b. Describe the correlation between bony structures and surface anatomy.
- c. Demonstrate the ability to palpate bony structures.
- d. Demonstrate the ability to palpate muscular structures.
- e. Describe the correlation between connective structures and surface anatomy.
- f. Demonstrate the ability to palpate connective structures.

3. **Analyze the components of the normal gait cycle.**

- a. Identify the components of the normal gait cycle.
- b. Delineate the muscle groups and joint motions related to the normal gait cycle.
- c. Analyze the normal gait cycle.

<p><b>4. Analyze normal human movement.</b></p> <ul style="list-style-type: none"> <li>a. Identify boney structures and osteokinematics involved with movement.</li> <li>b. Identify muscles/groups involved with agonist/antagonist/synergistic movement.</li> <li>c. Identify nerves required for innervation of muscle groups used in movement patterns.</li> <li>d. Identify anatomy and physiology of bone, muscle, and nerve tissue as related to the creation of movement.</li> <li>e. Assess movement using a standardized tool such as FMS.</li> <li>f. Differentiate between basic normal and abnormal postural alignment</li> <li>g. Demonstrate competency related to body mechanics</li> </ul>
<p><b>5. Identify parts and functions of the Cardiopulmonary system</b></p> <ul style="list-style-type: none"> <li>a. Explain the impact of the cardiovascular and pulmonary systems on functional movement.</li> </ul>
<p><b>6. Identify parts and functions of the neuromuscular system.</b></p> <ul style="list-style-type: none"> <li>a. Explain nerve conduction</li> <li>b. Explain motor units, recruitment</li> <li>c. Explain the nervous system's impact on functional movement.</li> </ul>
<p><b>7. Identify parts and functions of the digestive system</b></p> <ul style="list-style-type: none"> <li>a. Explain the impact of the digestive system in functional mobility</li> </ul>
<p><b>8. Identify parts and functions of the urinary system, endocrine system</b></p> <ul style="list-style-type: none"> <li>a. Explain the impact on functional mobility.</li> </ul>
<p><b>9. Apply generic abilities related to course content.</b></p> <ul style="list-style-type: none"> <li>a. <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>b. <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>c. <i>Communication Skills</i> – Demonstrate the ability to communicate effectively (i.e., speaking, body language, reading, writing, and listening) for varied audiences and purposes.</li> <li>d. <i>Effective Use of Time</i> – Demonstrate the ability to obtain maximum benefit from a minimum investment of time and resources.</li> <li>e. <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> <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> <li>k. <i>Documentation</i> - Utilize SOAP note format with appropriate terminology and abbreviations to document lab skills.</li> </ul>

## 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 Assessments
- ❖ Skills Checks
- ❖ Pop quizzes
- ❖ Team Presentations

### SUMMATIVE ASSESSMENTS

- ❖ 4- Lecture Exams, Midterm Exam, & Final Exam

## GRADING FORMULA

Assignment Totals	Average of all course assignments	15%
Lecture Exam Totals	Lecture Exams, Team Presentations, and Weekly Quizzes	75%
Professionalism	Score based on Professionalism Rubric	10%
	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 student will be responsible for completing their Success Plan action plans.

## ASSIGNMENT POLICY

All assignments must be completed 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 unexcused absence will be made up only with advanced notification of illness or emergency situation. Assignments are due by the assigned dates and times in Central Standard Time (CST) on the class schedule. Students should contact faculty prior to the due date and time if they anticipate material will be late. Please note 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 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.

## EXAMS POLICY

The lecture, midterm, and final 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 a similar manner as NPTE-PTA, allowing students to prepare for the licensure testing format.

### ASSESSMENT USED BUT NOT LIMITED TO:

1. Lecture & Midterm Exams
2. Intermittent "Pop" Quizzes
3. Comprehensive Final Examination

### The exam policy includes the following:

- ❖ All summative assessments will be proctored by SPC faculty/Staff
- ❖ Personal belongings are not allowed in the lab during testing.
- ❖ Pencils and scratch paper will be issued to students prior to the exam. These items must be returned prior to exiting testing area.
- ❖ Cell phones and/or smart watches are not allowed in the lab during testing.

- ❖ Students must adhere to classroom/lab rules.
- ❖ Hats or hoodies may not be worn.
- ❖ Talking will not be permitted; questions will be answered by an instructor.
- ❖ Any action interpreted as cheating by facilitating instructor may result in immediate removal from 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, 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.
- ❖ **Complete honesty is required** throughout all aspects of coursework, including quizzes, final examinations, and any assignment/work used to assess knowledge and 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

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 in the course syllabus.

- ❖ 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 the 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 Texan Connect 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)
- ❖ **Absence-**
  - If student misses more than 30 minutes of scheduled class time the student will be counted absent.
  - Excessive Absences ->3 with counseling after 2<sup>nd</sup> absence
- ❖ **Tardy-**
  - any time after class starts or returns from break. Notification prior to official class time will be considered on an individual basis.
  - 2 tardy = 1 absence
- ❖ 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 NPTAE.

## CLINICAL SKILLS

- ❖ You may not apply clinical skills you are learning to the general public because 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 instructor's supervision.
- ❖ If you are presently working in a clinic as a tech, you cannot practice these skills on patients.
- ❖ Once you have passed the class, you still cannot practice the acquired skills in a clinic except during official clinical experiences.
- ❖ You will only be permitted to apply these skills to the general public under a clinical instructor's supervision once you begin your clinical experiences.
- ❖ Additionally, enrollment in this course does not guarantee a passing grade, successful completion of the PTA curriculum, or licensure.

## 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 BlackBoard and other electronic means.

- ❖ In the event that any student encounters difficulties accessing the BlackBoard 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 as a whole 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, in order to access this page.

- ❖ Clinical site and patient information should not be shared on any social media platform. 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 class is 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 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.

## 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, 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.

## RESOURCES

- ❖ PhysioU access
- ❖ OER textbooks, articles, videos as provided by instructor in weekly folders

## SUPPLIES

- ❖ PTA Kit
- ❖ CPR Certification- **\*\*The CPR Certification must be from AHA and valid through May 2027.**
- ❖ Minimum of 1 Program Polo, dress or semi-casual slacks and close toed dress shoes
- ❖ Lab clothes- at least 1 [Program](#) Lab T-Shirt/Short set to wear as your lab uniform along with tennis shoes.
- ❖ Technology and access to internet

Functional Anatomy Weekly Course Schedule

<u>WEEK</u>	<u>MONDAY</u> (Classroom/Lab)	<u>WEDNESDAY</u> (Classroom/Lab)	<u>Possible Activities</u>
<u>WEEK 1</u> 01/12 01/14	<b>Syllabus Review</b> <b>Intro to Functional Anatomy (FA)</b> Basic Information, Biomechanics, & Skeletal System	Articular System, Arthrokinematics, Nervous System, & Muscular System	Pop/Lecture Quizzes Learning Summary Assignments Team Presentations Exams  Syllabus Acknowledgement Quiz Course Pre-Test  Weekly Lecture Quiz 1 Learning Summary
<u>WEEK 2</u> 01/21	<b>MLK Day (01/19/26)</b> <b>NO CLASS</b>	<b>Lab Expectations</b> <b>Professional Expectations</b> Palpation Lab Anatomical Landmarks, Bones, & Human Body Palpation	Weekly Lecture Quiz 2 Learning Summary
<u>WEEK 3</u> 01/26 01/28	FA of Cardiopulmonary	FA of Digestive, Urinary, & Endocrine Systems  Exam Review	Weekly Lecture Quiz 3 Learning Summary
<u>WEEK 4</u> 02/02 02/04	<b>LECTURE EXAM 1</b> <b>9:00-10:00</b>  FA of Head & TMJ	FA of Cervical Spine  Palpation Lab Bony landmarks, Musculature, Joint Assessments	Sign-up for Head/C-Spine/UE Team Presentation Topic Weekly Lecture Quiz 4 Learning Summary
<u>WEEK 5</u> 02/09 02/11	FA of Shoulder Girdle, Joint & RTC	Palpation Lab Bony landmarks, Musculature, Joint Assessments	Weekly Lecture Quiz 5 & 6 Learning Summary
<u>WEEK 6</u> 02/16 02/18	FA of Elbow & Forearm	Palpation Lab Bony landmarks, Musculature, Joint Assessments	Weekly Lecture Quiz 7 Learning Summary
<u>WEEK 7</u> 02/23 02/25	<b>LECTURE EXAM 2</b> <b>9:00-10:00</b>  FA Wrist & Hand	Palpation Lab Bony landmarks, Musculature, Joint Assessments	Weekly Lecture Quiz 8 Learning Summary

<b>WEEK 8</b> 03/02 03/04	Head/C-Spine/UE Team Presentation UE Movement Analysis Lab	FA of Trunk – Thoracic and Lumbar Spine Palpation Lab	Sign-up for Trunk/LE Team Presentations Learning Summary
<b>Week 9</b> 03/09 03/11	FA of Pelvic Girdle & Hip Joint	<b>MIDTERM EXAM</b> 9:00-10:00  Palpation Lab Bony landmarks, Musculature, Joint Assessments	Learning Summary Weekly Lecture Quiz 9
3/16 – 3/22	<b>SPRING BREAK</b>		
<b>WEEK 10</b> 03/23 03/25	FA of Knee, Ankle & Foot	Palpation Lab Bony landmarks, Musculature, Joint Assessments	Weekly Lecture Quiz 10 Learning Summary
<b>WEEK 11</b> 03/30 04/01	Trunk/LE Team Presentations LE Review	<b>LECTURE EXAM 3</b> 9:00-10:00  LE Movement Analysis Lab	Sign-up for Special Topic/Gait/Posture Team Presentations Weekly Lecture Quiz 11
<b>WEEK 12</b> 04/06 04/08	FA of Posture Posture Analysis Lab	FA of Gait Gait Analysis Lab	Weekly Lecture Quiz 12 Learning Summary
<b>WEEK 13</b> 04/13 04/15	Nervous System Review	FA of Manual Therapy	Weekly Lecture Quiz 13 & 14 Learning Summary
<b>WEEK 14</b> 04/20 04/22	Posture / Gait / Manual Therapy Review Lab	<b>LECTURE EXAM 4</b> 9:00-10:00  Final Movement Analysis Lab	Weekly Lecture Quiz 15
<b>WEEK 15</b> 04/27 04/29	O-I-A-N Bonanza	Special Topic/Gait/Posture Team Presentations	
<b>WEEK 16</b> 05/04 05/06	Course Post-Test Exam Review	<b>FINAL EXAM</b> 9:00 – 12:00	Course Post-Test FINAL Exam