

Course Syllabus

LEVELLAND CAMPUS

COURSE: PTHA 2409 Therapeutic Exercise [TE](4:3:3)
SEMESTER: **Summer I 2026**
CLASS DAYS: M-F
CLASS TIMES: 9:00-3:00

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

Concepts, principles, and application of techniques related to therapeutic exercise and functional training.
PREREQUISITE COURSES: General Education prerequisites, PTHA 1309, PTHA 1405, PTHA 1313, PTHA 1321, and PTHA 2201.

COREQUISITE: None

STUDENT LEARNING OUTCOMES

Upon successful completion of the course, following a given plan of care and under the supervision of the PT, the student will be able to:
1. Safely apply techniques related to joint and muscle flexibility. <ol style="list-style-type: none"> a. Explain properties of soft tissue that allows extensibility. b. Explain indications, contraindication and physiological response related to stretching. c. Demonstrate safe and effective ROM and stretching technique. d. Develop appropriate stretching treatment based on DX/problem/functional limitations, seek clarification from the PT as needed. e. Accurately assess ROM to determine response to stretching f. Apply basic manual therapy techniques to prepare tissue for stretching g. Describe the role flexibility has in pain control.
2. Safely apply techniques related to strength and endurance training. <ol style="list-style-type: none"> a. Analyze movements to determine active and synergistic muscle movement. b. Demonstrate safe use of exercise equipment. c. Demonstrate use of appropriate muscle contraction type and patient set up based on Dx and functional limitation. d. Develop and modify appropriate strengthening treatment based on Dx/problem/functional limitations seek clarification from the PT as needed., e. Explain indications, contraindication, and precautions for strengthening f. Accurately assess muscle strength with MMT. g. Differentiate between progressive restorative strength training and maintenance training. h. Explain the role of improved strength in pain control.
3. Safely apply techniques related to body mechanics and postural stabilization. <ol style="list-style-type: none"> a. Describe the importance of postural alignment during resistive exercise training. b. Apply techniques related to relaxation as education for modulation of pain responses. c. Apply appropriate techniques to improve core strength. d. Explain the indications, contraindications, precautions, and physiological response related to body mechanics and postural stabilization therapeutic activities. e. Demonstrate competency in the application of body mechanics and postural stabilization therapeutic activities to meet requirements outlined in the skill check and CRA, including return demonstration of activities to assess patient understanding.
4. Safely apply techniques related to balance, coordination, and agility training. <ol style="list-style-type: none"> a. Demonstrate appropriate use of common exercise equipment used in balance training. b. Perform balance assessments using common balance assessments found in clinical settings. c. Explain the indications, contraindications, precautions, and physiological response related to balance, coordination, and agility training. d. Demonstrate competency in the application of balance, coordination, and agility training to meet requirements outlined in the skill check and CRA. e. Describe changes in balance reactions after participation in structured balance training activities.
5. Safely apply techniques related to aerobic conditioning.

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

- a. Explain the difference between aerobic and anaerobic exercise.
- b. Explain the effects of exercise on the cardiovascular/pulmonary systems
- c. Demonstrate patient education for appropriate breathing techniques.
- d. Apply the perceived exertion scale.
- e. Explain the indications, contraindications, precautions, and physiological response related to aerobic conditioning.
- f. Accurately describe cardiopulmonary signs during aerobic conditioning such as heart rate, cardiac rhythm, respiration rate, blood pressure, oxygen saturation, color, etc.
- g. Apply appropriate exercise to assist with decreasing edema for patients with acute injury, venous insufficiency, and lymph edema.
- h. Recognize signs of distress during aerobic conditioning such as dyspnea, excessive sweating, angina, claudication, decreased level of alertness, cyanosis, etc. and explain appropriate response/actions

6. Safely apply techniques related to aquatic therapy.

- a. Explain the indications, contraindications, precautions, and physiological response related to aquatic therapy.
- b. Apply safe aquatic therapy techniques for common conditions seen in PT practice.

7. Examine aspects and roles of health, fitness, and wellness in PTA practice.

- a. Create an appropriate educational handout for health, fitness, and wellness
- b. Complete research and poster presentation over assigned topic.

8. Recognize appropriate treatment programs based on the plan of care developed by supervising PT.

- a. Plan treatment interventions based on disease processes and comorbidities affecting body systems.
- b. Create or modify treatment interventions based on knowledge of planes of motion, muscle action, and joint structure.
- c. Modify treatment programs to ensure optimal functional outcomes based on patient condition, safety needs in the home, community, and work environments.
- d. Choose appropriate treatments based on results of data collection and performance of special test, seek clarification from the PT as needed.
- e. Assess the TE and TA completed during treatment meets the expected outcome of the exercise prescription.
- f. Communicate appropriate information to supervising PT.

9. Explain outcome assessment related to discharge planning.

- a. Document physical therapy interventions to meet requirements and regulations.
- b. Identify equipment and resources necessary for discharge.
- c. Adjust and finalize a functional home exercise program including ADLs.
- d. Provide input to the supervising physical therapist about outcomes.

10. Demonstrate Professional Behaviors at an intermediate 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, CRAs/quizzes, and other assignments and projects as assigned.

FORMATIVE ASSESSMENTS INCLUDE

- ❖ Classroom and Lab participation
- ❖ Weekly assessment
- ❖ 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 + Weekly & Pop quizzes	85%
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 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 the due date will result in professional point deductions on final grade. Assignments must be uploaded to Ultra as a Word Doc or PDF and labeled with assignment title and student name.

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.

ASSESSMENT USED BUT NOT LIMITED TO:

1. Lecture Exams
2. Mid Term and Final Clinical Readiness Assessments
3. Quizzes
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 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 the exiting testing area.
- ❖ Cell phones and/or smart watches are not allowed in the lab during testing.
- ❖ Students must adhere to 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

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 student misses more than 30 minutes of scheduled class time the student will be counted absences.

*Excessive Absences – >3 with counseling after 2nd absences

Tardy- any time after class starts or returns from break. Notification prior to official class time will be considered on an individual basis.

*2 tardies = 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 during the 5 week semester 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 independently 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 clinical setting under CI supervision.*
- *If you are presently working in a clinic as a tech, you cannot practice these skills on patients.*

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 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 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, 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

Recommended Textbook

Therapeutic Exercises Orthopedic and General Conditions	Bryan	Slack	978-1-63091-164-5
Orthopaedics for the Physical Therapist Assistant	Dutton	Jones and Bartlett	9781284139310

COURSE SUPPLIES

- ❖ PTA Kit
- ❖ Lab clothes- Shorts with at least a 7 in inseam, tee shirt [you will need these every class day
- ❖ Technology and access to internet

TE Course Schedule 2026

Week	Topics	Required Class Preparation	Weekly Assignments	Exams	Skills/CRA
1	1. Introduction to TE 2. Flexibility 3. Strength and Endurance 4. Balance/ coordination/ PNF 5. Manual therapy	Ex. Dress 1. Read Download notes 2. View PhysioU videos	Thurs- Group 1 Ex group 3:00-3:45PM Sunday 11:59 Weekly Learning Summary Weekly Quiz	NA	NA Friday will be a manual Therapy lab
2	1. Ankle/Foot 2. Knee 3. Hip/Pelvis 4.LE Rehab-Condition	Ex. Dress 1. Read uploaded notes 2. View PhysioU videos 3. Prepare for groups	Tues- Group 2 Ex Group 3:00-3:45PM Wed. Exercise Protocol Demonstrations Thursday- Group 3 Ex group 3-3:45PM Sunday 11:59 Weekly Learning Summary Weekly Quiz	Monday Exam 1	Friday 6/12 IPE- virtual from home. You must attend or will receive an absence in TE.
3	1. Neck/ thoracic 2. Lumbar/abdominals 3. Chest & cardiovascular	Ex. Dress 1. Read uploaded notes 2. View PhysioU videos 3. Prepare for groups	Tues- Group 2 Ex Group Wed. Exercise Protocol Demonstrations Thursday- Group 3 Ex group 3-3:45PM Sunday 11:59 Weekly Learning Summary Weekly Quiz	Monday Exam 2	Friday 6/19 Juneteenth No class
4	1. Shoulder 2. Elbow-hand	Ex. Dress 1. Read uploaded notes 2. View PhysioU videos 3. Prepare for groups	Tues- Group 2 Ex Group Wed. Exercise Protocol Demonstrations Thursday- Group 3 Ex group 3-3:45PM Sunday 11:59 Weekly Learning Summary Weekly Quiz	Monday Exam 3	Friday LE Skills Check
5	Mon-Fitness Poster Presentations Review/Practice for CRA			Tue- CRA Thurs- AM Final exam Thurs- PM CRA Retake	Friday 4 th of July Holiday

Semester Assignments: Fitness and Wellness Group Project

Semester Assignments: Fitness Exercise Group

Weekly Learning Summary, Quiz