

SAN JUAN COLLEGE - PTA PROGRAM SYLLABUS

COURSE #: PTAP 125
COURSE TITLE: Clinical Kinesiology
OF CREDITS: 4

CATALOG DESCRIPTION: Advanced anatomy of the musculoskeletal and nervous systems. Analysis of osteokinematics and arthrokinematics. Emphasis on clinical skills including palpation, manual muscle testing, goniometry, and special tests. Study of the normal gait cycle.

SEMESTER OFFERED: Spring for the on-campus and online programs
PREREQUISITES: Acceptance into the PTA Program

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of a San Juan College degree, the student will be able to:

LEARN (L) - Students will actively and independently acquire, apply and adapt skills and knowledge to develop expertise and a broader understanding of the world as lifelong learners.

THINK (T) - Students will think analytically and creatively to explore ideas, make connections, draw conclusions, and solve problems.

COMMUNICATE (C) - Students will exchange ideas and information with clarity and originality in multiple contexts.

INTEGRATE (I) - Students will demonstrate proficiency in the use of technologies in the broadest sense related to their field of study.

ACT (A) - Students will act purposefully, reflectively, and respectfully in diverse and complex environments.

GENERAL LEARNING OBJECTIVES

Upon successful completion of the course, the student will be able to:

1. Study advanced human anatomy of the musculoskeletal system.
2. Analyze osteokinematics and arthrokinematics related to the human body.
3. Palpate and identify anatomical surface landmarks.
4. Demonstrate manual muscle testing.
5. Demonstrate goniometry and range of motion assessment.
6. Describe special tests used by the supervising PT for assessment purposes.
7. Identify the components of the normal gait cycle.
8. Practice generic abilities related to course content.
9. Describe basic concepts related to the APTA *Guide to Physical Therapist Practice*.

SPECIFIC LEARNING OBJECTIVES

Upon successful completion of the course, the student will be able to:

1. Study advanced human anatomy of the musculoskeletal system.
 - 1a. Explain the function of the skeletal system. (L,T,C)
 - 1b. Describe the gross anatomical components and relationships of the skeletal system. (L,T,C)
 - 1c. Identify joint structures and components. (L)
 - 1d. Define principles of joint motion. (L,T,C)
 - 1e. Describe normal joint end-feel for all major joints. (L,T,C)
 - 1f. Identify the normal curves of the vertebral column. (L)
 - 1g. Identify the center of gravity in standing. (L)
 - 1h. Explain the function of the muscular system. (L,T,C)
 - 1i. Describe the gross anatomical components and relationships of the muscular system. (L,T,C)
 - 1j. Compare and contrast the structure and function of the three major subtypes of skeletal muscles. (L,T, C)
 - 1k. Describe the types of muscle contractions and give functional examples for each type. (L,T,C)
 - 1l. Name the proximal/distal attachments and function of the major skeletal muscles. (L)
 - 1m. Analyze how the skeletal system and the muscular system function together to allow normal movement. (L,T,C)
2. Analyze osteokinematics and arthrokinematics related to the human body.
 - 2a. Define planes and axes. (L,T,C)
 - 2b. Identify the relationship of axes to the cardinal planes of motion and the anatomical position for individual joints. (L)
 - 2c. Define Newton's Laws applicable to physical therapy and provide examples. (L,T,C)
 - 2d. Define the terminology applicable to forces and loading. (L,T,C)
 - 2e. Differentiate between pressure and forces. (L,T,C)
 - 2f. Describe the relationship between physical laws and biomechanical principles of the musculoskeletal system. (L,T,C)
 - 2g. Examine the components of levers and their use in the human body. (L,T)
 - 2h. Describe the mechanical property of tissues. (L,T,C)
 - 2i. Describe how the length-tension relation of muscle affects force production. (L,T,C)
 - 2j. Explain the forces involved when an object is in equilibrium. (L,T,C)
3. Palpate and identify anatomical surface landmarks.
 - 3a. Describe the correlation between bony structures and surface anatomy. (L,T,C)
 - 3b. Demonstrate the ability to palpate bony structures. (L,T,C,I,A)
 - 3c. Describe the correlation between muscular structures and surface anatomy. (L,T,C)
 - 3d. Demonstrate the ability to palpate muscular structures. (L,T,C,I,A)
 - 3e. Describe the correlation between connective structures and surface anatomy. (L,T,C)
 - 3f. Demonstrate the ability to palpate connective structures. (L,T,C,I,A)
4. Demonstrate manual muscle testing.
 - 4a. Define manual muscle testing and measuring techniques. (L,T,C)
 - 4b. Demonstrate competency in performing manual muscle testing for all major muscle groups including assigning the appropriate grade. (L,T,C,I,A)
 - 4c. Demonstrate competency in the palpation of the appropriate muscle(s) related to manual muscle testing. (L,T,C,I,A)
 - 4d. Demonstrate competency in the ability to stabilize the appropriate joints during manual muscle testing. (L,T,C,I,A)
5. Demonstrate goniometry and range of motion assessment.
 - 5a. Practice goniometry and alternative measurement devices for range of motion assessment. (L)

- 5b. Demonstrate competency in the use of appropriate landmarks for goniometry. (L,T,C,I,A)
- 5c. Demonstrate competency in performing goniometry for all major joints for both active and passive range of motion. (L,T,C,I,A)
- 5d. Describe the normal range of motion for all major joints. (L,T,C)
- 5e. Describe normal joint end-feel for all major joints. (L,T,C,I,A)
- 6. Describe special tests used for assessment purposes.
 - 6a. Explain common special tests used by the supervising PT to provide more in depth assessment of pathologies. (L)
- 7. Identify the components of the normal gait cycle.
 - 7a. Identify the components of the normal gait cycle. (L)
 - 7b. Delineate the muscle groups and joint motions related to the normal gait cycle. (L,T)
 - 7c. Analyze the normal gait cycle. (L,T,C)
- 8. Practice generic abilities related to course content. (*Generic Abilities adapted from the Physical Therapy Program, University of Wisconsin-Madison, May et al. Journal of Physical Therapy Education, 9:1, Spring, 1995.*)
 - 8a. *Commitment to Learning* – Demonstrate the ability to self-assess, self-correct, and self-direct. Identify needs and sources of learning. Seek new knowledge and understanding. (L,T,C,I,A)
 - 8b. *Interpersonal Skills* – 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. (L,T,C,I,A)
 - 8c. *Communication Skills* – Demonstrate the ability to communicate effectively (i.e., speaking, body language, reading, writing, and listening) for a varied audiences and purposes. (L,T,C,I,A)
 - 8d. *Effective Use of Time* – Demonstrate the ability to obtain maximum benefit from a minimum investment of time and resources. (L,T,C,I,A)
 - 8e. *Use of Constructive Feedback* – Demonstrate the ability to identify sources and seek out feedback and to effectively use and provide feedback for improving personal interaction. (L,T,C,I,A)
 - 8f. *Problem-Solving* – Demonstrate the ability to recognize and define problems, analyze data, develop and implement solutions, and evaluate outcomes. (L,T,C,I,A)
 - 8g. *Professionalism* – Demonstrate the ability to exhibit appropriate professional conduct and to represent the profession effectively. (L,T,C,I,A)
 - 8h. *Responsibility* – Demonstrate the ability to fulfill commitments and to be accountable for actions and outcomes. (L,T,C,I,A)
 - 8i. *Critical Thinking* – Demonstrate the ability to question logically; to identify, generate, and evaluate elements of a logical argument; to recognize and differentiate facts, illusions, assumptions, and hidden assumptions; and to distinguish the relevant from the irrelevant. (L,T,C,I,A)
 - 8j. *Stress Management* – Demonstrate the ability to identify sources of stress and to develop effective coping behaviors. (L,T,C,I,A)
 - 8k. Use a SOAP note format to document lab skills. (L,T,C)
- 9. Describe basic concepts related to the APTA *Guide to Physical Therapist Practice*.
 - 9a. Integrate basic concepts presented in the APTA *Guide to Physical Therapist Practice* related to course content. (I)
 - 9b. Identify the parameters of the scope of practice of the PTA related to course content. (L)

ASSESSMENT TECHNIQUES USED BUT NOT LIMITED TO:

1. Pre-Test and Post-Test.
 2. Lecture Exams.
 3. Midterm and Final Lab Exams.
 4. Midterm Student Evaluations using Generic Abilities.
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ACCOMODATIONS STATEMENT

Students who need accommodations (i.e., notetaker, interpreter, special seating, etc.) need to provide accommodation notices to the instructor. Students can contact the Students with Disabilities on Campus (SDOC) Coordinator in the Counseling Center, located in the Administration Building, to make arrangements and provide documentation in accordance with the Americans with Disabilities Act of 1990.

ACADEMIC HONESTY RULES

San Juan College expects all students to adhere to the Academic Honesty Rules as posted on our website, <http://www.sanjuancollege.edu/academichonesty>. All Health Sciences Programs have a responsibility to ensure enrolled students and graduates are safe, ethical and competent practitioners. To ensure professionalism, students and faculty must uphold and abide by college and program accreditation specific policies.

NON-DISCRIMINATION STATEMENT

San Juan College will comply with existing federal and state laws and regulations, including the Title VII Civil Rights Act of 1964 and 1990, Executive Order 11246 Section 504 of the 1973 Rehabilitation Act, the Age Discrimination Act of 1967, the Americans with Disability Act of 1990, as amended, and the Vietnam Era Veteran's Readjustment Act of 1974. It is the policy of the College to provide for equal opportunity in recruitment, employment, compensation, benefits, transfers, layoffs, returns, institutionally sponsored education, training, tuition assistance, social and recreational programs, staff development opportunities and advancement, and all other personnel practices without regard to race, color, religion, national origin, ancestry, sex, disability, age, or veteran's status. Questions should be directed to the EEO officer at 566-3253.

The College reserves the right to change, modify, or alter without notice all fees, charges, tuition, expenses, and costs of any kind and further reserves the right to add or delete without notice any course or program offering, service, or information.

In accordance with the Americans with Disabilities Act, the information in this publication will be made available in alternative formats upon request to Student Services. Call (505) 566-3271 for assistance.

Syllabus developed and/or reviewed by:

Dean of Health Sciences: Signatures on file Date: _____

On-Campus PTA Program Director: _____ Date: _____

Online PTA Program Director: _____ Date: _____

PTA Program Faculty: _____ Date: _____

PTA Program Faculty: _____ Date: _____