

Spokane Falls Community College
COURSE LEARNING OUTCOMES

Prefix and Course Number: PTA 270

Course Title: PTA Procedures IV: Therapeutic Exercise Lab

Version Date: 10/4/2019

Course Learning Outcomes

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

1. Adhere to legal practice standards, including all federal, state, and institutional regulations related to pt/client care and fiscal management.
2. Demonstrate strategies/techniques to increase patient and healthcare provider safety by utilizing proper body mechanics and safe handling techniques with all interventions including those performed in the lab (7D27) (7D4).
3. Demonstrate professional behaviors including effective teaching methods that are commensurate with the needs of the patient, caregiver or healthcare personnel. (7D12) (7D23g)
4. Given a simulated patient scenario, demonstrate competence and safe application of selected components of interventions identified in the plan of care established by the physical therapist utilizing underlying physiological principles to adjust the interventions within the plan and an awareness of indications, contraindications, diagnosis and common exercise errors for the following areas: (7D23) (7D19) (7D21)
 - a. Therapeutic Exercise including utilizing assistive, resistive, open and closed kinetic chain and functional techniques for the following: (7D23h)
 - Posture
 - Flexibility/Stretching
 - Range of motion
 - Strength
 - Endurance
 - Wellness
 - Prevention
 - Relaxation
 - b. Manual Therapy Techniques including the following: (7D23e)
 - PNF patterns for the upper and lower extremity in a variety of positions
 - Joint mobilization techniques Grade I and II for the extremities
 - Selected Mobilization with movement techniques for the upper and lower extremities
 - Passive ROM and passive stretching
 - Muscle Energy techniques for pelvic obliquities (demonstration only)
 - c. Motor Function Training including balance and gait (7D23f)
 - d. Applications of devices and equipment including the following: (7D23b)
 - Weights, resistive bands, putty, pulleys, balls, foam rolls and other available equipment
 - Continuous passive motion (CPM) devices and dynamic splints to improve range of motion
 - e. Airway Clearance Techniques: (7D23a)
 - Breathing exercises,
 - Coughing techniques
 - Secretion mobilization.

5. Given a simulated patient scenario, demonstrate competence in performing components of data collection skills essential for carrying out the plan of care by administering appropriate tests and measures for the following areas: (7D24)
 - a. Posture: normal and abnormal alignment of trunk and extremities at rest and with movement (7D24k)
 - b. Aerobic capacity and endurance (7D24a)
 - c. Assistive Technology – Therapeutic exercise equipment including the CPM and dynamic splints: (7D24d)
 - Recognize changes in skin conditions and safety factors
 - Identify the individual's ability to care for the device if applicable
6. Design, perform, modify, record a personal exercise program that includes activities to support personal wellness and that integrate appropriate evidenced-based resources to support clinical decision making for progression of the program. (7D11).
7. Demonstrate correct documentation that follows guidelines and specific documentation formats required by state practice acts, the practice setting, and other regulatory agencies. (7D25)