



Levelland Campus

**Course Syllabus**

COURSE: PTHA 1413 Functional Anatomy (4:3:3)  
 SEMESTER: Spring 2025 (January 13 -  
 CLASS DAYS: M/W  
 CLASS TIMES: 1:00-4:00 PM

Instructor Name:	Phone Numbers	Email	Office	Office Hours
Brian Smith – PTA, MSHS	Office: 806.716.4415 Cell: 404.825.1942	<a href="mailto:rsmith3@southplainscollege.edu">rsmith3@southplainscollege.edu</a>	AH 103D	As Posted on the Office Door (M & W, 8:30 am-12noon 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

Corequisites: PHYS 1410 (if not already completed), PTHA 1301, PTHA 1405

**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:
<p><b>1. Identify advanced human anatomy of the musculoskeletal system.</b></p> <ul style="list-style-type: none"> <li>a. Explain the function of the skeletal system.</li> <li>b. Describe the gross anatomical components and relationships of the skeletal system.</li> <li>c. Identify joint structures and components.</li> <li>d. <i>Define principles of joint motion.</i></li> <li>e. Describe normal joint end-feel for all major joints.</li> <li>f. Identify the standard curves of the vertebral column.</li> <li>g. Identify the center of gravity in standing.</li> <li>h. Explain the function of the muscular system.</li> <li>i. Describe the gross anatomical components and relationships of the muscular system.</li> <li>j. Compare and contrast the structure and function of the three major subtypes of skeletal muscles.</li> <li>k. Describe the types of muscle contractions and give functional examples for each type.</li> <li>l. <i>Name the proximal/distal attachments, innervation, and function of the major skeletal muscles.</i></li> <li>m. Analyze how the skeletal system and the muscular system function together to allow normal movement.</li> </ul>
<p><b>2. Analyze the movement of the human body.</b></p> <ul style="list-style-type: none"> <li>a. Define planes and axes.</li> <li>b. Identify the relationship of axes to the cardinal planes of motion and the anatomical position for individual joints.</li> <li>c. Define Newton’s Laws applicable to physical therapy and provide examples.</li> <li>d. Define the terminology applicable to forces and loading.</li> <li>e. Differentiate between pressure and forces.</li> <li>f. Describe the relationship between physical laws and biomechanical principles of the musculoskeletal system.</li> <li>g. Examine the components of levers and their use in the human body.</li> <li>h. Describe the mechanical properties of tissues.</li> <li>i. Describe how the length-tension relation of muscle affects force production.</li> <li>j. Explain the forces involved when an object is in equilibrium.</li> </ul>
<p><b>3. Palpate and identify anatomical surface landmarks.</b></p> <ul style="list-style-type: none"> <li>a. Describe the correlation between bony structures and surface anatomy.</li> </ul>

<ul style="list-style-type: none"> <li>b. Demonstrate the ability to palpate bony structures.</li> <li>c. Describe the correlation between muscular structures and surface anatomy.</li> <li>d. Demonstrate the ability to palpate muscular structures.</li> <li>e. Describe the correlation between connective structures and surface anatomy.</li> <li>f. Demonstrate the ability to palpate connective structures.</li> </ul>
<p>4. <b>Demonstrate manual muscle testing using the correct procedure.</b></p> <ul style="list-style-type: none"> <li>a. Define manual muscle testing and measuring techniques.</li> <li>b. Demonstrate competency in performing manual muscle testing for all major muscle groups, including assigning the appropriate grade.</li> <li>c. Demonstrate competency in the palpation of the appropriate muscle(s) related to manual muscle testing.</li> <li>d. Demonstrate competency in stabilizing the appropriate joints during manual muscle testing.</li> </ul>
<p>5. <b>Demonstrate goniometry and range of motion assessment using the correct procedures.</b></p> <ul style="list-style-type: none"> <li>a. Demonstrates correct use of goniometry and alternative measurement devices for range of motion (ROM) assessment.</li> <li>b. Demonstrate competency in the use of appropriate landmarks for goniometry for inter/intra-rater reliability.</li> <li>c. Demonstrate competency in performing goniometry for all major joints for both active and passive range of motion.</li> <li>d. Describe the normal range of motion for all major joints.</li> <li>e. Describe normal joint end-feel for all major joints.</li> <li>f. Describe special tests used for assessment purposes.</li> <li>g. Explain and use common special tests used by supervising PT to provide a more in-depth assessment of pathologies.</li> </ul>
<p>6. <b>Analyze the components of the normal gait cycle.</b></p> <ul style="list-style-type: none"> <li>a. Identify the components of the normal gait cycle.</li> <li>b. Delineate the muscle groups and joint motions related to the normal gait cycle.</li> <li>c. Analyze the normal gait cycle.</li> </ul>
<p>7. <b>Analyze normal human movement.</b></p> <ul style="list-style-type: none"> <li>a. Identify bony 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 the anatomy and physiology of bone, muscle, and nerve tissue as related to the creation of movement.</li> <li>e. Differentiate between basic normal and abnormal postural alignment</li> <li>f. Demonstrate competency related to body mechanics</li> </ul>
<p>8. <b>Apply general clinical and professional 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 deal with cultural and ethnic diversity issues effectively.</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>—<i>Demonstrate the ability to identify sources, seek out feedback, and effectively use and provide feedback to improve personal interaction.</i></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 logically question, recognize, and differentiate facts, illusions, assumptions, and hidden assumptions, as well as 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 assignments, and other assessments and projects are assigned based on all course materials. Skill Checks and Clinical Readiness Assessments (CRAs) are administered to demonstrate preparedness for the clinical reasoning/skills to be used during student clinical rotations. A passing grade of a “C” or higher on all examinations/assignments and achieving the “Passing” status for all CRAs are required to complete Functional Anatomy successfully.

**FORMATIVE EVALUATIONS INCLUDE:**

- ❖ Classroom and Lab Participation
- ❖ Professional Conduct (with instructors/peers)
- ❖ Weekly Reading Assessments (via quizzes, etc.)
- ❖ Skills Checks – Pass/Fail
- ❖ Clinical Readiness Assessment (CRAs) – Pass/Fail
- ❖ Team Presentations

**SUMMATIVE COURSE CONTENT ASSESSMENTS**

- ❖ 4 Lecture Exams, 1 Midterm Exam, & 1 Final Exam

**GRADING FORMULA (for didactic coursework)**

<b>Assignment/Quiz Totals</b>	<b>weekly reading summaries, in-class/out-of-class assignments, &amp; lecture/pop quizzes</b>	<b>20%</b>
<b>Lecture Exam Totals</b>	<b>Lecture Exams (x 4), Midterm, Final Exam, &amp; Team Presentations (x 3)</b>	<b>75%</b>
<b>Professionalism</b>	<b>Score based on Professionalism Rubric</b>	<b>5%</b>
	<b>Total</b>	<b>100%</b>

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

**Grading Policies**

*Assessments, Quizzes, and Exams:*

Any grade below a 75% success rate is a failing grade for that test. Grades will be posted within one week of the assessment's completion. Remediation should **not** be anticipated or expected. However, it could be considered on a case-by-case basis. Please see the **Exams Policy** info below for more information.

*Assignments:*

Any grade below 75% is a failing grade for that assignment. Grades will be posted within one week of the assignment's completion. Remediation for assignments will not be available. Please see the **Assignment Policy** info below for more information.

*Skill Checks (aka “instructor check-offs”) and Clinical Readiness Assessments (CRAs):*

Practice in the therapy lab and peer check-off of skills with sufficient practice and demonstration lead to readiness for the next step: Skill Checks. These “instructor check-offs” are 1:1 abilities assessments with an instructor to demonstrate safety/acceptable competence in assessable clinical skills. These are Pass/Fail, wherein a “fail” leads to more practice in the lab and then a re-check of skill until deemed acceptable (“passed”), which has to be achieved before being considered ready for participation in the CRA. Recorded Clinical Readiness Assessments are Pass/Fail. CRAs must ultimately be passed to continue in the program. These are recorded (via provided/assigned video cameras) and evaluated by instructors after completion of the CRA. If “passed,” then CRA is completed for tested skill sets. If “failed,” then up to 2 attempts to demonstrate clinical readiness are allowed. These will be scheduled to be completed with an instructor outside of standard class times. Failure to do so will result in dismissal from the Program, with the possibility of readmission [please see Dismissal/Readmission policy in Student Handbook for more information].

*Cumulatively:*

Students who fail to meet 75% of the passing requirements by the end of the course will not be allowed to continue in the SPC PTA Program [please see Dismissal/Readmission policy in Student Handbook for more information].

**A cumulative grade BELOW 77% at the Midterm of the semester will result in the development of a learning contract, and the student is responsible for meeting established goals within the contract and achieving a grade of 75% or greater for the course.**

## ASSIGNMENT POLICY

All assignments must be completed by the assigned due date. ***Assignment Due Dates will be in the corresponding Blackboard weekly folder.*** Late and/or incomplete work may be accepted, but with a 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 emergencies. 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 that contacting faculty will not guarantee the receipt of an extension for the assignment. Please allow enough time for the 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 the final grade. Assignments should be uploaded to BlackBoard Ultra as a Word Doc or PDF and labeled with the assignment title, student name, and date completed (i.e., “bonylandmarks-SmithRB-January 15, 20xx.Doc”).

## EXAMS POLICY

The lecture, midterm, and final exams will be administered via computer to prepare students for the NPTE-PTA exam. However, possible pop quizzes may be handwritten or computerized, which will encourage memory and mastery of the material. Additionally, many exam questions will be constructed similarly to NPTE-PTA, allowing students to prepare for the licensure testing format.

### ASSESSMENT USED BUT NOT LIMITED TO:

1. Lecture & Midterm Exams
2. Clinical Readiness Assessments
3. Team Presentations
4. Comprehensive Final Examination

### The exams/quizzes policy includes but is not limited to the following:

- ❖ All summative assessments will be proctored by SPC faculty/staff.
- ❖ Students will use assigned laptops for all computerized exams.
- ❖ Personal belongings are not allowed in the classroom/lab during testing.
- ❖ As requested, students will be given pencils and scratch paper prior to the exam. They must return these items before exiting the testing area.
- ❖ Cell phones and/or smart watches are not allowed in the classroom/lab during testing.
- ❖ Students must adhere to classroom/lab rules.
- ❖ Hats or hoodies may not be worn.
- ❖ Talking will not be permitted; an instructor will answer questions if they arise.
- ❖ Any action interpreted as cheating by the facilitating instructor may result in immediate removal from the testing lab, a zero recorded for the test grade, and possible removal from the SPC PTA program.

***Additionally, enrollment in this course does not guarantee a passing grade, successful completion of the PTA curriculum, or licensure.***

## 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

The faculty of South Plains College aims 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 that 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 academic consequences, not limited to but possibly including 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 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, daily reports, and assigned 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 or the SPC PTA Program.

### Class/Lab Attendance Policy

Students are expected to attend all classes to be successful in this course. However, when absences become excessive, as defined in the course syllabus, the student may be administratively withdrawn from the course.

- ❖ 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 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's 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 award of financial assistance 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 a student misses more than 30 minutes of scheduled class time, the student will be counted absent.
  - 3 or more absences are considered Excessive.
  - The student must initiate a meeting with the course instructor after their 2<sup>nd</sup> absence to initiate counseling in order to prevent further absences and avoid being possibly administratively dropped from the course.
- The student could be administratively withdrawn from the course if the number of Absences becomes Excessive, as defined above.

#### ❖ 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 unavoidable absence from the class should be reported to the instructor in advance as soon as possible after the absence. This allows the instructor(s) to provide necessary support and address any missed coursework.

### 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 the 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 (Summer 2025).**

### 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. The instructor will not initiate communication using private email accounts. Students are encouraged to check their SPC email regularly, 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.

- ❖ If 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, and 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 required to access this PTA Program 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/SMARTWATCHES

- ❖ Cellphones must be put away and turned **OFF** or put on **silent** during scheduled class/lab periods unless the instructor has given prior approval. Cell phones are to only 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 the normal class schedule, the student should notify their family to call the Nursing Office at (806) 716-2391 or (806) 716-2193. The 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 or 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. Failure to comply with patient confidentiality standards could lead to expulsion from the SPC PTA Program.

## RESOURCES

### TexBook Program:

- ❖ This course is in the SPC TexBook program, so you do not need to purchase a textbook or access code for this course.
- ❖ **What is TexBook?** The required textbook/digital content for this course is available to you on Blackboard from the first day of class. The charge for the textbook/digital content is the lowest price available from the publisher and bookstore and is included in your tuition.

- ❖ **How do I access my TexBook?** Your course material is in your Blackboard course from the first day of class. Access to your course material is provided either by VitalSource or other links inside your Blackboard course. VitalSource (and many publishers') eBook features include the ability to hear the text read aloud, highlight, take notes, create flashcards, see word definitions, build study guides, print select pages, and download 100% of the book for offline access.
- ❖ Help with TexBook issues and support: check with your professor or visit <https://support.vitalsource.com/hc/en-us/requests/new> (available 24/7 via chat, email, phone, and text)
- ❖ Opting out of TexBook: Participating in TexBook is not mandatory, and you can choose to opt-out. However, by opting out, you will lose access to the course textbook/digital content and competitive pricing, and you will need to purchase the required course material on your own. If you drop the class or opt out before the opt-out deadline, the TexBook fee will be automatically refunded to your SPC account. The opt-out deadline for Fall and Spring is the twelfth class day. The opt-out deadline for shorter terms varies between the second and third class days.
- ❖ \*Please consult with your professor before deciding to opt out. If you still feel that you should purchase the course textbook/materials on your own, send an opt-out email to [eshaffer@texasbook.com](mailto:eshaffer@texasbook.com). Include your first name, last name, student ID number, and the course you are opting out of. Once you have opted out, you will receive a confirmation email. If you need assistance with the process, contact the SPC Bookstore:
- ❖ Email: [eshaffer@texasbook.com](mailto:eshaffer@texasbook.com) / Phone: 806-716-2397: Store Manager
- ❖ Email: [pwells@texasbook.com](mailto:pwells@texasbook.com) / Phone: 806-716-2097: Text Coordinator

#### **Text Book/Learning Resources:**

*Clinical Kinesiology and Anatomy* ISBN 978-0-8036-5823-3 [Required/Online Access Provided]

*PhysioU* (<https://app.clinicalpattern.com/>) [Required/Online Access Provided]

*Kinesiology Flashcards* ISBN 978-1719644549 [optional supplementary resource/highly recommended]

*Trail Guide to the Body Workbook* ISBN 978-0-9829786-6-5 [Required/Textbooks Available in Lab for On-Campus Use only]

*Trail Guide to the Body* ISBN 978-0-9987850-6-6 [optional supplementary resource]

#### **SUPPLIES**

- ❖ PTA Kit (received by students during 1<sup>st</sup> week of course).
- ❖ CPR Certification- **\*\*The CPR Certification must be from AHA and valid through May 2026.**
- ❖ Minimum of 1 Program Polo, dress or semi-casual slacks (or black scrub pants), and comfortable, 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.
- ❖ Appropriate/Required technology and access to the internet.



<b>WEEK</b>	<b>MONDAY (Classroom/Lab)</b>	<b>WEDNESDAY (Classroom/Lab)</b>	<b>Possible ACTIVITIES</b> Pop Quizzes, Ch. Summary Assignments Lecture Quizzes, Team Presentations, Exams, Skill Check-Offs, CRAs, etc.
<b>WEEK 1</b> 1/13 & 1/15	<b>Syllabus Review</b> <b>Student Success</b> <b>Intro to Functional Anatomy (FA) Lectures &amp; Labs</b> Basic Information, Biomechanics, & Skeletal System ( <u>Clinical Kinesiology &amp; Anatomy</u> Ch. 1, 2, & 3)	<b>Lab Expectations</b> <b>Professional Expectations</b> Articular System/Arthrokinematics, Nervous System, & Muscular System ( <u>CKA</u> Ch. 4, 5, & 6) Introduction to Data Collection Skills Check-Off Instructions CRA Instructions Foundations of Goniometry & Manual Muscle Testing (MMT)	Syllabus Acknowledgement Quiz Course Pre-Test Weekly Lecture Quiz 1 Ch. Summary 1, 2, & 3
<b>WEEK 2</b> 1/22	<b>MLK Day (5.20.25)</b> <b>NO CLASS</b>	<b>Palpation Lab</b> w/ Special Guest Chris Morgan (PTA) <b>Skills Check-Off: Anatomical Landmarks, Bones, &amp; Human Body Palpation</b>	Weekly Lecture Quiz 2 Ch. Summary 4, 5, & 6
<b>WEEK 3</b> 1/27 & 1/29	FA of Pelvic Girdle & Hip Joint ( <u>CKA</u> Ch. 10 & 17 ) LOWER EXTREMITY (LE) Range of Motion (ROM) Goniometry – Hip Complex	<b>LECTURE EXAM 1</b> 1:00-2:00 Hip Complex Range of Motion (ROM) Goniometry Hip Complex Manual Muscle Test (MMT) <b>Skills Check-Off: Hip MMT &amp; Goni</b>	Exam 1 Sign-up for LE Team Presentation Topic, Weekly Lecture Quiz 3 Ch. summary 10, 17
<b>WEEK 4</b> 2/3 & 2/5	FA of Neck & Trunk, Circulatory System, & Pulmonary System ( <u>CKA</u> Ch. 9, 7, & 11) Trunk/Neck Strength Skills & ROM/Goni <b>Skills Check-Off: Trunk/Neck Strength &amp; ROM</b>	FA of Knee Joint ( <u>CKA</u> Ch. 18) LE ROM Goniometry – Knee Complex Knee MMT & ROM/Goni <b>Skills Check-Off: Knee MMT &amp; ROM</b>	Weekly Lecture Quiz 4 & 5 Ch. Summary 7, 9, 11, & 18
<b>WEEK 5</b> 2/10 & 2/12	FA of Lower Leg, Ankle, & Foot ( <u>CKA</u> Ch. 19) FA LE/Trunk Team Presentations (Day 1) Goniometry & MMT (LE – lower leg, ankle, & foot) <b>Skills Check-Off: Lower Leg, Ankle, &amp; Foot MMT &amp; ROM</b>	FA LE/Trunk Team Presentations (Day 2) <b>Clinical Readiness Assessment (LE &amp; Trunk ROM/MMT Skills) – The first CRA - Yay!!!</b>	Weekly Lecture Quiz 6 & 7 Ch. summary 19 Skills Check Team Presentations on LE/Trunk <b>CRA Wed., Feb. 12th, 2:00 PM</b>
<b>WEEK 6</b> 2/17 & 2/19	<b>LECTURE EXAM 2</b> 1:00-2:00 FA of Head & TMJ ( <u>CKA</u> Ch. 8)	LE Special Tests w/ special guest (PT) <b>Skills Check-Off: LE/Trunk/Neck Special Test</b>	Exam 2, Weekly Lecture Quiz 8 Ch. summary 8 Sign-up for UE, Gait, & Posture Team Presentation Topic Skills Check



<b>WEEK 7</b> 2/24 & 2/26	FA of Shoulder Girdle (CKA Ch. 12) MMT & Goniometry - Shoulder	FA of Shoulder Joint & Rotator Cuff (CKA Ch. 13) MMT & Goniometry - Shoulder Skills Check-Off: Shoulder	Weekly Lecture Quiz 9 & 10 Ch. summary 12 & 13
<b>WEEK 8</b> 3/3 & 3/5	Clinical Kinesiology & Anatomy of Elbow & Forearm (CKA Ch. 14) MMT & Goniometry - Shoulder	<b>MIDTERM EXAM</b> 1:00-2:00 Skills Check-Off: UE Shoulder, Elbow ROM/MMT	Midterm Exam Weekly Lecture Quiz 11 Ch. summary 15 & 16
<b>Week 9</b> 3/10 & 3/12	FA of Posture (CKA Ch. 20) Postural Analysis Lab	FA of Gait (CKA Ch. 21) Gait Analysis Lab	Ch. summary 20 & 21 Weekly Lecture Quiz 12 & 13
3/16 – 3/22	<b>SPRING BREAK</b>		
<b>WEEK 10</b> 3/24 & 3/26	FA of Wrist and Hand (CKA Ch. 15) MMT & Goni – Wrist/Hand w/ special guest (OT)	FA of Wrist and Hand (CKA Ch. 16) Skills Check-Off: UE Wrist/Elbow ROM/MMT	Weekly Lecture Quiz 14 & 15 Ch summary 15 & 16
<b>WEEK 11</b> 3/31 & 4/2	FA UE, Posture, Gait Team Presentations (Day 1) MMT & Goni – UE Practice Lab	FA UE, Posture, Gait Team Presentations (Day 2) <b>Clinical Readiness Assessment #2 (UE ROM/MMT Skills)</b>	Weekly Lecture Quiz 16 <b>CRA Wed., April 2<sup>nd</sup> 1:30 PM</b> Team Presentations on UE, Gait, Posture
<b>WEEK 12</b> 4/7 & 4/9	UE, Trunk, & Neck Special Tests w/ special guest (PT) Skills Check-Off: UE Special Test	<b>LECTURE EXAM 3</b> 1:00-2:00 FA of Manual Therapy Hands-On Massage Lab	Weekly Lecture Quiz 17 Sign-up for Special Testing Topic Ch summary 20
<b>WEEK 13</b> 4/14 & 4/16	<b>FA of Balance Trunk/Neck—Lab Refresher &amp; Strength/Goni Practice (Nine weeks later, it comes up again!).</b>	<b>Clinical Readiness Assessment (Neck &amp; Trunk ROM/Strength Skills)</b>	Weekly Lecture Quiz 11 Ch summary 21 <b>CRA Wed., Apr. 16<sup>th</sup> 1 PM</b>
<b>WEEK 14</b> 4/21 & 4/23	Movement Analysis & O-I-A-N Bonanza	<b>ASSESSMENT CARNIVAL/Luau (\$\$\$\$)</b>	Lecture Quiz 12 <b>DUE April 23<sup>rd</sup> 11:59 PM</b>
<b>WEEK 15</b> 4/28 & 4/30	<b>LECTURE EXAM 4</b> 1:00-2:00 <b>MOCK CRA</b>	<b>Spring FINAL Clinical Readiness Assessment (BPC &amp; FA Skills)</b>	<b>Exam 4 FINAL CRA Wed., April 30<sup>th</sup> at 1 PM</b>
<b>WEEK 16</b> 5/5 & 5/7	Course Post-Test FA Special Testing Project Presentations	<b>FINAL EXAM</b> 1:00-4:00	<b>Course Post-Test Team Presentations on Special Testing FINAL Exam</b>