



NORTHEAST TEXAS  
COMMUNITY COLLEGE

# PTHA 2509 Therapeutic Exercise

Course Syllabus: January 21-May 15, 2025

*“Northeast Texas Community College exists to provide personal, dynamic learning experiences empowering students to succeed.”*

## Physical Therapist Assistant Program

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**Online Classroom**

**Lab/Class Time:** T/TH 9:00-12:00

**Credit Hours:** 5

Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	9:00-12:00	1:00-3:00	9:00-12:00	1:00-3:00	None	All hours in office or by TEAMS

*This syllabus serves as the documentation for all course policies and requirements, assignments, and instructor/student responsibilities.*

*Information relative to the delivery of the content contained in this syllabus is subject to change. Should that happen, the student will be notified.*

## COURSE DESCRIPTION

Critical examination of concepts and application of techniques related to therapeutic exercise and functional training.

**PREREQUISITE:** Successful completion of all PTHA course work up to this point.

## COURSE LEARNING OUTCOMES

1. Identify and utilize the theory, principles, and techniques of therapeutic exercise
2. Demonstrate performance of and instruction in therapeutic exercise and functional training for various patient populations
3. Discuss the rationale for the application and modification of therapeutic exercise.
4. Utilize relevant communication techniques

## GENERAL OBJECTIVES

Objectives will be evaluated using self and instructor assessment rubrics targeting professional behaviors.

The student:

1. Discuss potential implications of in-attendance and tardiness in the classroom/lab setting.
2. Behave in a professional manner appropriate to the clinical setting during lab practicals.
3. Demonstrate acceptance and application of faculty feedback on written, oral and practical exams.
4. Describe errors and discuss correct responses upon completion of a practical exam or skill check.
5. Seek opportunities to promote access to or awareness of PT.

## SPECIFIC OBJECTIVES

On a written exam and/or lab partner through lab check-off with a lab partner or practical examination with simulated patients as listed below with 75% proficiency, the student will be able to:

### **Therapeutic Exercise – General Information:**

1. Define terms utilized in therapeutic exercise programs.
2. Correlate muscle action with selected exercises or functional activities.
3. Link pathological conditions and patient problems with appropriate therapeutic exercises and equipment.
4. Describe the factors affecting selection of therapeutic exercise equipment.
5. Describe the phases of soft tissue injury, repair, and management including acute, subacute, chronic, and cumulative trauma/chronic recurring pain.
6. Identify and describe the basic components of ligament, bone, cartilage, muscle/tendon, and neurovascular healing; and thromboembolic resolution.
7. Identify common medications used in orthopedic patient populations.
8. Demonstrate beginning skills in the performance of selected basic exercise techniques and progressions.
9. Demonstrate the use of various types of equipment available for basic exercise.
10. Demonstrate safe use of therapeutic exercise equipment.
11. Demonstrate safe body mechanics in carrying out therapeutic exercise.
12. Instruct patient in appropriate body mechanics during therapeutic exercise simulated treatment sessions.
13. Instruct in a therapeutic exercise program consistent with the treatment plan developed by the physical therapist.
14. Demonstrate the skills needed to manage a program of therapeutic exercise by implementing the treatment plan and carrying out appropriate progression within the POC.
15. Document treatment sessions using a SOAP note format demonstrating the ability to place data in appropriate sections.

### **Joint Mobilizations:**

16. Identify the role of joint mobilization in treatment of orthopedic conditions.
17. Identify the limitations of practice of joint mobilization as it relates to the PTA.
18. Identify indications, contraindications, and precautions for performing peripheral joint mobilization.
19. Describe the basic grades utilized in extremity joint mobilization techniques and identify a purpose of each.
20. Identify the direction of glide for peripheral joint mobilization using the rule of concave/convex to demonstrate knowledge of appropriate joint function.
21. Identify the resting positions and capsular patterns for each of the major extremity joints of the body.
22. Demonstrate beginning skills in the performance of selected extremity joint mobilizations.

### **Communication:**

23. Demonstrate effective communication skills with patients including introduction of self as a student, giving effective instructions, adequate feedback, and encouragement during simulated patient scenarios.
24. Demonstrate effective communication skills with physical therapist including demonstration of appropriate understanding of the plan of care during simulated patient scenarios.

25. Demonstrate effective communication skills with rehab tech including requesting assistance when needed and giving appropriate instructions for assisting with patient care.
26. Demonstrate effective communication skills during presentation of professional information to instructors and students.

### **Shoulder Girdle:**

27. Define terms utilized in orthopedic conditions of the shoulder girdle.
28. Identify the etiology and clinical signs/impairments or functional limitations of various shoulder disorders.
29. Select appropriate exercises or other treatments for patients with various non-surgical and surgical shoulder disorders to achieve the desired outcome/goal as set by the physical therapist in the plan of care.
30. Identify precautions/contraindications to exercise or other activities for various shoulder disorders.
31. Integrate information regarding the surgical procedure into the postoperative rehab exercise program for various shoulder surgeries.
32. Demonstrate and explain the techniques of different exercises for treatment of shoulder girdle pain and disorders.
33. Select appropriate home exercises for various shoulder girdle disorders from text and class materials or home exercise program software.

### **Elbow, Forearm, Wrist and Hand:**

34. Define terms utilized in orthopedic conditions of the elbow, forearm, wrist and hand.
35. Identify the etiology and clinical signs/impairments or functional limitations for various elbow, forearm, wrist and hand disorders.
36. Select appropriate exercises and other treatments for patients with various non-surgical and surgical elbow, forearm, wrist, or hand disorders to achieve the desired outcome/goal as set by the physical therapist in the plan of care.
37. Identify precautions/contraindications to exercise or other activities for various elbow, forearm, wrist, and hand disorders.
38. Integrate information regarding the surgical procedure into the post-operative rehab exercise program for various elbow, forearm, wrist, or hand surgeries.
39. Demonstrate and explain the techniques of different exercises for treatment of various elbow, forearm, wrist, and hand disorders.
40. Select appropriate home exercises for various elbow, forearm, wrist and hand disorders from text and class materials or home exercise program software.

### **Hip and Knee:**

41. Define terms utilized in orthopedic conditions of the hip or knee.
42. Identify the etiology and clinical signs/impairments or functional limitations of various non-surgical hip and knee disorders.
43. Select appropriate exercises and other treatments for patients with various non surgical and surgical hip and knee disorders to achieve the desired outcome/goal as set by the physical therapist in the plan of care.
44. Identify precautions/contraindications to exercise or other activities for various hip and knee disorders.

45. Integrate information regarding the surgical procedure into the post-operative rehab exercise program for various hip and knee surgeries.
46. Identify the purpose of various skin and skeletal traction devices for LE fractures.
47. Demonstrate and explain the techniques of different exercises for treatment of various hip and knee disorders.
48. Select appropriate home exercises for various hip and knee disorders from text and class materials or home exercise program software.

### **Ankle and Foot:**

49. Define terms utilized in orthopedic conditions of the ankle or foot.
50. Identify the etiology and clinical signs/impairments or functional limitations of various foot and ankle disorders.
51. Select appropriate exercises and other treatments for patients with various non-surgical and surgical ankle and foot disorders to achieve the desired outcome/goal as set by the physical therapist in the plan of care.
52. Identify precautions/contraindications to exercise or other activities for various foot and ankle disorders.
53. Integrate information regarding the surgical procedure into the post-operative rehab exercise program for various ankle and foot surgeries.
54. Demonstrate and explain the techniques of different exercises for treatment of various foot and ankle disorders.
55. Select appropriate home exercises for various ankle and foot disorders from text or class materials or home exercise program software.

### **Spinal Pain Dysfunction Syndromes:**

56. Define terms utilized in various spinal pain and dysfunction syndromes.
57. Differentiate between normal and pathological posture.
58. Identify common postural deformities from anterior, posterior, and lateral views.
59. Identify the etiologies and clinical signs/impairments or functional limitations of various spinal pain dysfunction syndromes.
60. Outline the theories behind the various approaches to treatment of the spine patient.
61. Select appropriate exercises and other treatments for patients with various non-surgical and surgical spinal pain and dysfunction syndromes to achieve the desired outcome/goal as set by the physical therapist in the plan of care.
62. Compare and contrast work hardening and work conditioning in the rehabilitation of a patient.
63. Define FCE and identify its purpose.
64. Identify reasons why therapy should be discontinued and the patient be referred back to their physician when treating a spinal patient.
65. Demonstrate and instruct a simulated patient in various postural exercises for specific muscle groups and postural deviations.
66. Demonstrate and instruct patient in appropriate exercises for patients with various spinal pain dysfunction syndromes.
67. Select appropriate home exercises for various spinal pain dysfunction disorders from text and class materials or home exercise program software.

## **Patient Management:**

68. Using the ICF, distinguish specific activity limitations and possible participation restrictions as the result of patient history and current problems.
69. Determine appropriate management of various orthoses or immobilizers when applying therapeutic exercise.

## **METHODS OF PRESENTATION**

1. Lecture
2. Assigned Readings
3. Guest Lectures/Field Trips
4. Lab Demonstration and Practice
5. Multi-Media
6. Classroom/Blackboard Participation

## **Course Structure and Overview**

This is a hybrid class which means class meets for lab twice a week and lecture is primarily online through the learning management system Blackboard. Some assignments are posted online. Pay close attention to deadlines for all assignments. Technical difficulties are no excuse for late assignments! See course schedule for all reading assignments related to course material.

### Required Skills for Completion of this Course include:

#### Communication -

- With PT demonstrating appropriate understanding of POC
- With instructors and students during presentation of professional information
- Identification of appropriate therapeutic activities per POC – mobility, neuromuscular
- Obtains patient feedback/monitors for patient response

Professionalism: Professional behavior demonstrated during simulated patient treatment

Beginning skills in the performance of selected basic exercise techniques and progressions

Use of various types of equipment for basic exercise

Body mechanics is carrying out therapeutic exercise

Instruct patient in body mechanics during therapeutic exercise

Instruct in therapeutic exercise consistent with treatment plan

Implement treatment plan within POC

Implement appropriate progression within POC

Documentation: Therapeutic activities using SOAP note; Treatment session using SOAP format placing data in appropriate sections

Beginning skills of selected extremity joint mobilizations

Demonstrate, explain, and instruct in techniques of various exercises for treatment of:

- Shoulder girdle pain and disorder
- Elbow, forearm, wrist and hand disorders
- Hip and knee disorders
- Foot and ankle disorders
- Spinal pain dysfunction syndromes

Demonstrate, explain and instruct in postural exercises

Select home therapeutic exercises:

- Shoulder girdle pain and disorder
- Elbow, forearm, wrist and hand disorders

Hip and knee disorders  
Foot and ankle disorders  
Spinal pain dysfunction syndromes

### **MINIMUM TECHNOLOGY REQUIREMENTS**

- Daily high-speed internet access
- Microsoft Word
- Power point
- Portable storage device such as a Jump drive/Thumb drive

### **REQUIRED COMPUTER LITERACY SKILLS**

- Word Processing skills
- Email skills

### **COMMUNICATION**

Check your NTCC email EVERYDAY. Email is the primary means of communication at NTCC. E-mails will be returned within 24 hours M-R and until Friday at noon. Emails received Friday and on weekends will be returned on Monday.

**TEXT MESSAGE NOTIFICATIONS:** You are required to sign up for the text message notifications via TEAMS This will enable you to receive important class announcements and reminders from me via text message so that you will not miss out on any assignment changes or important updates. Please continue to check your NTCC email daily. If you do not own a cell phone, you can receive these same reminders through your email... the instructions are also in the PDF instruction sheet you received at orientation.

**ANNOUNCEMENTS:** These can be found in Blackboard under the course link on the Bb homepage. Students are encouraged to read any announcements thoroughly when posted.

### **OUTLINE OF CONTENT**

1. Therapeutic Exercise- Introduction and Review
2. Joint Mobilization Introduction
3. Shoulder Girdle Disorders
4. Elbow, Forearm, Wrist and Hand Disorders
5. Hip and Knee Disorders
6. Orthopedic LE Traction
7. Ankle and Foot Disorders
8. Posture and Spinal Pain Dysfunction Syndromes

### **REQUIRED READING MATERIALS**

1. Fundamental Orthopedic Management for the Physical Therapist Assistant, Manske, 5th ED., Evolve, 2022.
2. Therapeutic Exercise: Foundations and Techniques, Kisner and Colby, 7th ED., F.A. Davis, 2018.
3. Wong, Michael, 2022. PhysioU (v.5.1.1) Mobile application Software. Retrieved 12/05/2022 from <https://app.physiou.health/>

### **SCANS**

Scans addressed as follows: Information (acquires and evaluated information, organizes and maintains information, interprets and communicates information); Interpersonal (participates as a team member, teaches others, and serves clients/customers); Basic Skills (reading, writing, listening, speaking); Thinking Skills (creative thinking, decision making, problem solving, seeing things in the mind's eye, knowing how to learn, reasoning); Personal Qualities (responsibility, self-esteem, sociability, self-management, integrity/honesty).

### **GRADING CRITERIA**

Unit Tests (4)	40 %
Lab Practical Examinations (2)	20 %
Pop Quizzes/Assignments/lab check sheet/unit quizzes	5%
Final Comprehensive Lab Practical	15%
Final Comprehensive Exam	20%

### **GRADING**

- A 92-100
- B 83-91
- C 75-82
- D 66-74
- F 65 and below

Specific objectives are established for each of the PTHA courses. These may be found in the course syllabus provided to the student on Blackboard under the specific course number. The student should refer to the specific objectives frequently throughout the course of study.

The PTA program designates 75% as the minimum passing level of achievement. A student must have a 75% course exam average to be eligible to sit for the final exam. In addition, the student must have a 75% lab component average to be eligible to sit for the final exam. Any student receiving a final course average below 75% will not pass the course and subsequently dismissed from the program. If a student does not meet either the exam average or the lab component average of 75%, he/she will not be eligible to sit for the final exam and will fail the course. In addition, the student must pass the course final exam with a score of 70 or greater to progress in the program.

### **ATTENDANCE AND ABSENTEEISM**

Students are responsible for the attendance polices stated in the **Northeast Texas Community College Student Handbook and the PTA Program Student Policy and Procedure Handbook.**

*TARDIES AND ABSENCES ARE STRONGLY DISCOURAGED*

The PTA faculty believes that the habits and work patterns established in school will be carried over to the work setting. Therefore, every effort should be made to establish patterns of good attendance and promptness. This applies not only to the technical courses but also the general education and support courses. Student attendance is addressed under student responsibilities in the school catalog. In addition, student attendance and participation is also addressed utilizing the Professionalism Development Rubric. This document provides the student a means to identify and track any area(s) of deficiency regarding professional behaviors; and, to improve in the area(s). For the PTA Program, the following guidelines concerning attendance will be enforced:

1. For every class period missed, one (1) absence is accumulated.
2. A student more than five (5) minutes late or leaving class early with or

without instructor permission is considered tardy.

3. Three (3) tardies constitute one (1) absence.
4. After absences (excused or unexcused) in any 4 class periods per semester, the student will be placed on probation. Stipulations of probation will be developed based on the student's history and circumstances surrounding the absences; and conditions for dismissal in the event of a future absence will be included in the probationary contract.
5. Make-up work is required for all absences in order to ensure that the student acquires information and skills presented during his/her absence (see Make-up work section). It is the student's responsibility to meet with instructor(s) on the first day back to schedule make-up work and/or lab check-off.
6. Students must notify (voicemail or e-mail) the PTA office in advance whenever excessive (>5 minutes) tardiness or absence is unavoidable. Notification of the student's absence by classmates is not acceptable!

\*Note: An absence will be excused by provision of a note written and signed by a medical professional; and by uncontrollable or unavoidable extenuating circumstances as documented below. All other absences/tardies will be considered unexcused.

Further explanation of excused absences is as follows:

- "A student's serious illness" shall mean a condition such as pneumonia, surgery, hospital confinement, or valid documented medical reason. A physician's documentation verifying illness must be provided.
- "Death in the immediate family" shall be interpreted to mean mother, father, mother-in-law, father-in-law, spouse, child, brother, sister, grandparents, or significant other. Documentation must be provided.
- "Statutory government responsibilities" refer to such matters as jury duty or subpoena for court appearance. Documentation must be provided.
- Inclement weather – see NTCC PTA Program Student Handbook.

### **INCLEMENT WEATHER/DESIGNATED HOLIDAYS**

Students scheduled for class during inclement weather conditions in which NTCC designates travel hazardous and closes the campus, will not be expected to attend class that day. However, in the event that NTCC remains open for classes, but the local school district in which the student resides closes and the student deems travel as hazardous, the student will not be expected to attend class that day. All class and lab work missed in this situation must be made up. If NTCC is open and the local school district in which the student resides remains open, the student must attend class that day. If the student does not attend class in the event that NTCC remains open, both the course instructor and program director must be notified in advance as with any other absence. The absence will be unexcused.

### **MAKE-UP WORK**

#### **Due to Absence:**

Each student is responsible for all material and techniques presented in class and labs. If a class is missed, the student is responsible for obtaining from a classmate, information/ notes, handouts, lab work, covered during that absence. It is the **student's responsibility** to schedule a time with the instructor to complete lab check-offs for content missed. Lab check-offs must be made up within one week of the date absent. The student's grade will be lowered **10 points** on the corresponding lab practical for each lab session and



check-off not made up within the allocated timeframe. If the student has not “checked-off”, any missed lab material/techniques; they will **NOT** be allowed to take the corresponding lab practical and a grade of “0” will be assigned. If a test, lab practical, or special assignment is missed due to an **excused** absence, it is the student’s responsibility to consult the instructor the next time the student is on campus about making up a test or turning in an assignment. The student must make-up the missed test or lab practical within one week from the date missed providing **appropriate notification of absence was made prior** to the original test time. Lack of notification prior to exam time will result in a grade of “0” for the missed exam; **notifying classmates to relay the student’s absence is not acceptable!** Assignments due on the date of the excused absence must be turned in the next time the student is on campus; otherwise, the student will receive a “0” for the work missed.

An **unexcused** absence will result in a “0” on a test, lab practical, or special assignment missed; the student will not have the opportunity to make up the work missed work.

One make-up test and/or lab practical due to excused absence, per class, per semester is allowable without penalty. **It is the student’s responsibility to set up a time with the instructor to make up the test or lab practical missed.**

### **Remediation:**

In the event a student scores less than a 75 on a lab practical exam, the student **shall be assigned remediation** for the previously failed practical components (based on specified course lab practical rubric). Failure to complete remediation satisfactorily (demonstration of proficiency) will result in failure of the course.

### **Due to failure of safety criteria on lab practicals:**

On lab practical exams several areas on each exam are considered to be patient safety criteria or “critical elements”; if a student **fails a patient safety element/criteria, he/she will be required to re-do the lab practical**. The re-do (2<sup>nd</sup>) lab practical cannot be taken on the same day as the failed lab practical. It is the **student’s responsibility** to schedule a time with the instructor to re-do the practical and must be **scheduled and completed** during the instructor’s office hours or other established time within the next week. The highest grade that a student can receive on the “re-do” is 75. If a student fails the safety criteria on the lab practical “re-do”, the student is given a grade of “0” and automatically fails the course. Only one lab re-do per course, per semester, will be permitted for failure of safety criteria.

### **CLASS PREPAREDNESS**

Students are expected to complete all reading assignments, as outlined in the course schedule or assigned by the instructor, prior to class time. It is the responsibility of the student to turn in assignments on time. Assignments are due at the beginning of the class period. Late assignments received by the next class period will result in a maximum grade of 75. If assignment is not turned in by the next class period the student will receive a grade of “0” for that assignment.

Students are expected to participate in and perform a variety of physical therapy procedures on each other in lab and the classroom for educational purposes; after practicing each laboratory skill, the student will be asked to present a return demonstration to the instructor at some point prior to the conclusion of the lab. This participation is vital to the learning process. The student’s consent is needed to participate in these procedures.

## **ALTERNATE OPERATIONS DURING CAMPUS CLOSURE AND/OR ALTERNATE COURSE DELIVERY REQUIREMENTS**

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Northeast Texas Community College to move to altered operations. During this time, Northeast Texas Community College may opt to continue delivery of instruction through methods that include, but are not limited to, online through the Blackboard Learning Management System, online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor NTCC's website (<http://www.ntcc.edu/>) for instructions about continuing courses remotely, Blackboard for each class for course-specific communication, and NTCC email for important general information.

Additionally, there may be instances where a course may not be able to be continued in the same delivery format as it originates (face-to-face, fully online, live remote, or hybrid). Should this be the case, every effort will be made to continue instruction in an alternative delivery format. Students will be informed of any changes of this nature through email messaging and/or the Blackboard course site.

## **SAFETY**

College faculty, staff, and students participating in clinical and laboratory experiences that require the handling of blood, blood products, or body fluids are required to observe standard precautions and safety guidelines prescribed by the U.S. Public Health Service.

To ensure safety of the student in lab and in clinical practicum, informed consent to participate will be appropriately documented upon entry to the PTA Program. All measures are taken to protect the health and welfare of students and faculty participating in laboratory and clinical practicum. To ensure safety during student interactions, students receive comprehensive information on indications, contraindications, precautions, physiological effects, potential risks, and the appropriate application of various modalities; and, techniques prior to laboratory practice or clinical practicum. Program faculty or staff members supervise all lab sessions. PTA students have the right to reasonable accommodations to allow full participation in laboratory and clinical practicum. Students also have the right to defer participation in select laboratory activities in the event that the student presents with a documented medical condition that would predispose them to negative effects (i.e. pregnancy, post-surgical, acute illness). Students have the right to terminate treatment applications received during laboratory sessions should they experience negative effects.

In the event of a minor accident, a small first aid box is located in the LAB room UHS 236. An incident/accident report is then completed by the student(s) involved and an investigation will be conducted by the program director or faculty member. The incident/accident report will be kept in the student's file. In the event of a serious accident, NTCC utilizes the 911 system. NTCC has an Emergency Preparedness Flip Manual which is located in the PTA Lab room 236. A copy of this flip manual is also located in the office of the Director of the PTA Program.

**NTCC offers no health services and is not responsible for costs for hospitalizations, special health care such as consultations with specialists, nursing care, surgical operations or dental treatment.** The next of kin on record may be notified in uncertain or emergency situations or serious illness. Students may be transported to a general hospital (by ambulance at their own expense) when such action is deemed necessary by college officials.

### **Safety of Lab Equipment**

All laboratory equipment used for skill development must be used under the supervision and/or approval of faculty members. This equipment is inspected and calibrated annually. In the event a student finds a

piece of equipment in need of repair or identifies damaged equipment, he/she must immediately inform the program faculty for removal. All relevant operating instructions and calibration reports may be found in the Equipment Notebook kept in the director's office.

### **General Lab Rules**

1. All shoes, pens, and pencils must be removed when utilizing the plinths.
2. Do not use the plinths as a writing surface without a clipboard (the ink does not come off).
3. Food will be eaten at the desks only.
4. Please use trash containers to dispose of all drinks, food and related trash.
5. Food placed in the refrigerator must be labeled with your name and date. Food that is in the refrigerator for **more than one week** should be disposed of by anyone deeming the food "harmful" for consumption.
6. Clean out the microwave and surrounding area after each use.
7. The lab must be put back in its original condition after each lab.
  - All stools must be placed along each plinth or out of high traffic areas.
  - All equipment must be placed back in its original storage area after each lab session - this includes wheelchairs, BP cuffs, ADL equipment, ultrasound gel bottles, exercise equipment, etc.
  - The storage areas/practice areas must be left neat

### **General Safety Rules**

1. Learn and be familiar with the evacuation procedures and the location of fire extinguishers and emergency defibrillators.
2. Immediately report hazardous conditions, broken equipment, and defective tools to instructors, or the PTA program secretary.
3. Do not overload electrical circuits.
4. College property is no place for horseplay, fighting, teasing, and /or practical jokes; therefore, refrain from initiating or participating in any of the previously mentioned behaviors.
5. Do not use chairs, carts, tables, counters, boxes, rolling stools, or other substitutes for ladders or work platforms.
6. Disconnect all electrical cords by grasping the plug and carefully disengaging; NEVER yank the cord. Report any equipment that is damaged or in immediate need of repair to program faculty or program secretary.
7. Wipe up all spills immediately, regardless of who caused the spill. If unable to completely clean up the spill or if the floor remains slick after cleaning, report the area to the secretary so that she may contact Plant Services for clean-up.
8. Use proper body mechanics at all times. Instruction in proper body mechanics will be introduced in the first semester and strongly encouraged to begin implementing these practices throughout. The use of alcoholic beverages, narcotic drugs, or derivatives thereof on college property or at a college and program functions is strictly prohibited; therefore, do not partake!

### **Laboratory Policies**

The PTA laboratory will be the students' "second home" for the next 17 months. A few lecture sessions and the majority of laboratory sessions will be held in the lab. In addition, open practice/lab time will be allowed at the discretion of the program faculty; the lab key can be obtained from program faculty or from

the program secretary. Rules regarding unsupervised “open” lab times are as follows:

1. The student must sign-in and sign-out
2. No student is to work alone in the laboratory.
3. No use of electrical equipment, except through simulation, is allowed when a faculty member is not available.
4. No horseplay or rough-housing is allowed in the laboratory.
5. All equipment should be cleaned and returned to its proper place, the area cleaned after use, lights turned off, and the door locked by the last person to leave.
6. Safety guidelines are to be followed at all times.

### **Dress for Class and Lab**

Students should be dressed appropriately for lab **prior to the beginning** of each lab session **unless specified differently**. Students not dressed properly for lab will receive a “0” for any lab work for that lab period. Students **not dressed properly** for lab practicals will **not be permitted to take the lab practical test and will receive a “0” for that test**. If appropriate attire is not available, a student may be asked to wear a patient gown for that lab period and will receive a “0” for that lab period. \*Remember, when not dressed properly for lab one deprives himself/herself and a partner of valuable learning opportunities.

- Option 1: NTCC PTA Program Polo, khaki pants and appropriate closed-toed shoes  
Option 2: NTCC PTA Program Scrubs and appropriate closed-toed shoes  
Option 3: NTCC PTA Program approved t-shirt and black athletic shorts and appropriate closed-toed shoes

Instructors will determine appropriate options per class/lab period.

Additional clothing requirements:

**WOMEN:** Back-fastening halter-type tops are required for some labs. Tops must allow for the back to be fully exposed. T-shirts will be worn over the clothes when practicing on a partner.

**MEN:** Tanks or bare torso are required for some labs.

**HAIR& NAILS:**

Nails must be short, clean and void of nail polish. Nails should be shorter than the fingertips when observed from the palm side. Hair should be clean and out of the way with rubber bands or hair clips as necessary. **Personal hygiene is very important since many of the lab techniques require close contact.**

### **Cleanliness in the lab and classroom**

Thank you in advance for your cooperation and participation in keeping our facilities neat and attractive. At the end of each semester, faculty and students will perform a thorough cleaning of the lab and equipment. In order to maintain a clean and orderly work environment for all students using the PTA lab, the following outline of student responsibilities is provided and should be followed by all.

It is essential that all students work together to maintain an optimal learning environment so that time is

not wasted during lab classes. While the maintenance department handles the floors and the garbage, they do not clean specific equipment in a specialized labs; this will be the students' responsibility.

## **Linen**

A limited amount of linen is available for use in the laboratory; and, conservative use is strongly encouraged. This linen includes sheets, towels, pillow cases, and patient gowns.

NTCC does not have a laundry service or laundry facilities available therefore, it is the responsibility of the students in the program to maintain clean linen. Each student will have the responsibility of taking the linen home and washing it 1-2 times during each semester. If a student does not have laundry facilities, he/she may pay another student to take his/her place; however, **the student is ultimately responsible for making sure the linen gets cleaned, folded, and restocked during his/her designated time.** All first year students are responsible for doing the laundry created by the PTA program.

## **POLICY ON CIVILITY AND CELL PHONES IN THE CLASSROOM AND LABORATORY**

Students are expected to assist in maintaining a classroom environment that is conducive to learning. Inappropriate or distracting classroom behavior is prohibited in order to assure that everyone has opportunity to gain from time spent in class. Inappropriate or distracting language is also prohibited. Should a disruptive classroom incident occur, the faculty member in charge may remove a student. The student has the right to appeal through appropriate channels.

Use of cell phones is prohibited in class/lab. Phones are NOT allowed and should be kept out of sight during class time. If the student is observed using the phone (texting, calling) during class he/she will be asked to turn the phone off and surrender it to the instructor. If the student desires to use the phone to access course materials, the student is asked to inform the instructor prior to class for approval. If a student's cell phone rings in class, the student will be required to turn off the phone immediately. If a student is expecting a very important call, he/she is to notify the instructor prior to class regarding the nature of the situation. The student will be asked to keep the phone silent, and upon receiving the call he/she must step out of the room to answer.

## **PROGRAM POLICY ON DISHONESTY**

It is the responsibility of students and faculty to help maintain scholastic integrity at the College by refusing to participate in or tolerate scholastic dishonesty. **Plagiarism** and other **forms of dishonesty** undermine the very purpose of the college and diminish the value of an education. Specific sanctions for academic dishonesty are outlined in the Northeast Texas Community College Student Handbook and in this manual. Personal and professional ethics are inherent in the field of physical therapy therefore; the highest standards of honesty and integrity must be adhered to. This Honor Code, in its simplest form means that you will neither give nor receive any unauthorized assistance from any person, paper, or object on any examination, lab practical, paper, or project. This includes talking about lab practical exams, regular exam questions, looking at copies of old tests from previous students, copying or allowing anyone to copy off of your test or assignment, and discussing any aspect of an exam or practical with a student who has not yet taken the test and/or practical (this includes the State Board exam).

With regards to research papers, in-services, group projects, etc. the use of another person's words or ideas must be cited and credit given to the source(s). Examples of plagiarism include:

- The inclusion of another person's exact words in a paper or assignment without placing quotation marks around the words to indicate an exact quote, *even if the source is cited*;

- Using **several** consecutive sentences written by another person, changing the words somewhat to keep the passage from being an exact quote, *even if the source is cited*;
- Presenting someone else's ideas without citing that person as the original thinker
- Submitting a paper written in part or in whole by another person;
- Any other act intended to circumvent the process of performing and presenting original academic research in completion of a course assignment.

Violations of any portion of this policy will be brought to the attention of the student by the instructor. If there is suspicion of wrongdoing without corroborating evidence, the matter will be discussed with the student and a written warning/contract will be issued if warranted. If there is clear evidence that a violation has taken place, the student will receive a grade of “0” for that test/assignment in question; and the instructor will impose a sanction ranging from a written warning to dismissal from the course with a failing grade.

If the student does not feel that the issue is satisfactorily resolved, the student should contact the PTA Program Director to discuss the matter. If the matter cannot be resolved at that level, the student may contact the Dean of Allied Health, followed by the Executive Vice President for Instruction. If the issue is not satisfactorily resolved at the end of this process, the student may initiate a formal grievance procedure outlined in the NTCC Student Handbook and in this manual.

### **NTCC ACADEMIC HONESTY/ETHICS STATEMENT**

NTCC upholds the highest standards of academic integrity. The college expects all students to engage in their academic pursuits in an honest manner that is beyond reproach using their intellect and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. This course will follow the NTCC Academic Honesty and Academic Ethics policies stated in the Student Handbook. Refer to the student handbook for more information on these subjects.

### **ADA STATEMENT**

It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to request accommodations. An appointment can be made with the Academic Advisor/Coordinator of Special Populations located in Student Services and can be reached at 903-434-8264. For more information and to obtain a copy of the Request for Accommodations, please refer to the NTCC website – Special Populations

### **FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT (FERPA)**

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children’s educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered “eligible students.” In essence, a parent has no legal right to obtain information concerning the child’s college records without the written consent of the student. In compliance with FERPA, information classified as “directory information” may be released to the general public without the written consent of the student unless the

student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.

**Statement Regarding the Use of Artificial Intelligence (AI) Technology:**

Absent a clear statement from a course instructor, use of or consultation with generative AI shall be treated analogously to assistance from another person (collusion). Generative AI is a subset of AI that utilizes machine learning models to create new, original content, such as images, text, or music, based on patterns and structures learned from existing data (Cornell, Center for Teaching Innovation). Unauthorized use of generative AI tools to complete an assignment or exam is not permitted. Students should acknowledge the use of generative AI and default to disclosing such assistance when in doubt. Individual course instructors may set their own policies regulating the use of generative AI tools in their courses, including allowing or disallowing some or all uses of such tools. Students who are unsure of policies regarding generative AI tools are encouraged to ask their instructors for clarification. **(Adapted from the Stanford University Office of Community Standards-- accessed August 31, 2023)**

**\*\*The instructor reserves the right to make modifications in content and schedule as necessary to provide the best education possible within prevailing conditions affecting this course.**