

Montgomery County Community College  
PTA 100  
Fundamentals of Physical Therapist Assisting and Data Collection  
4 - 3 - 4

**COURSE DESCRIPTION:**

This course introduces the Physical Therapy Assistant (PTA) student to basic patient and healthcare team considerations critical to the professional role. Data collection essential to the discipline are stressed while concepts and purposes of therapeutic exercise and treatment strategies are presented. A focus on the characteristics and components of normal movement serve to assist the student in understanding the abnormal. Within the course the development of effective communication and interpersonal skills is fostered. During student-to-student practice in the on-campus laboratory setting students use simulated patient scenarios to demonstrate competency attainment in fundamental assessments, patient care skills and procedures. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

**REQUISITES:**

*Previous Course Requirements*

- BIO 131 Human Anatomy & Physiology I
- BIO 132 Human Anatomy & Physiology II
- MAT 106 Math Applications
- PHY 115 Technical Physics
- ENG 101 English Composition I
- ESW 222 Applied Kinesiology
- ESW 224 Exercise Physiology
- THA 105 Introduction to Acting I: Improvisation and Fundamentals
- PSY 206 Human Development – A Life-Span Approach

*Concurrent Course Requirements*

- PTA 110 Therapeutic Modalities in Physical Therapy
- PTA 125 Therapeutic Interventions for Physical Therapist Assisting

**COURSE COMMENT**

Registration requires admission to the Physical Therapist Assistant Program.

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Demonstrate proper preparation of a patient for physical therapy treatment based on the physical therapy plan of care.	Lecture / Discussion Textbook Readings Supplemental Handouts Case Study / Application	Practical Examinations Written Assignments Summative Written Examinations
2. Demonstrate accurate data collection skills used by a physical therapist assistant, based on the physical therapy plan of care.	Lecture / Discussion Textbook Readings Supplemental Handouts Case Study / Application Hands-on laboratory interaction. Demonstration / Practice	Practical Examinations Written Assignments Skills Competency Checks
3. Compose physical therapy documentation that is concise, legible, accurate, complete, and timely.	Lecture / Discussion Textbook Readings Supplemental Handouts Case Study / Application Hands-on laboratory interaction. Demonstration / Practice	Practical Examinations Written Assignments Skills Competency Checks Summative Written Examinations
4. Apply the principles, methods, and terminology pertinent to the accurate measurement of joint range of motion (ROM).	Lecture / Discussion Textbook Readings Supplemental Handouts Case Study / Application Hands-on laboratory interaction. Demonstration / Application	Practical Examinations Written Assignments Summative Written Examinations
5. Apply the principles, methods, and terminology pertinent to the assessment of muscle performance.	Lecture / Discussion Textbook Readings Supplemental Handouts Case Study / Application Hands-on laboratory interaction. Demonstration / Application	Practical Examinations Written Assignments Skills Competency Checks Summative Written Examinations
6. Demonstrate proper body mechanics in all maneuvers involving patients and or equipment handling / management.	Lecture / Discussion Textbook Readings Supplemental Handouts Case Study / Application Hands-on laboratory interaction. Demonstration / Application	Practical Examinations Written Assignments Skills Competency Checks Summative Written Examinations

7. Demonstrate competence in implementing treatment for functional mobility limitations, based on the physical therapy plan of care.	Lecture / Discussion Textbook Readings Supplemental Handouts Case Study / Application Hands-on laboratory interaction. Demonstration / Application	Practical Examinations Written Assignments Skills Competency Checks Summative Written Examinations
8. Demonstrate competence in implementing treatment for gait dysfunction, based on the physical therapy plan of care.	Lecture / Discussion Textbook Readings Supplemental Handouts Case Study / Application Hands-on laboratory interaction. Demonstration / Application	Practical Examinations Written Assignments Skills Competency Checks Summative Written Examinations
9. Demonstrate safe practice while treating patients as a physical therapist assistant.	Lecture / Discussion Textbook Readings Supplemental Handouts Case Study / Application Hands-on laboratory interaction. Demonstration / Application	Practical Examinations Written Assignments Skills Competency Checks Summative Written Examinations

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

#### SEQUENCE OF TOPICS:

1. Documentation
  - a. Documentation Accuracy
  - b. Subjective, Objective, Assessment, Plan (SOAP)
  - c. Patient / Client Management Note
  - d. Types of Physical Therapy Notes
  - e. Guidelines for Documentation
  - f. Medical Terminology
2. Basic Assessment Skills
  - g. Patient Interview
    - i. Cultivating a Therapeutic Partnership
    - ii. Interviewing Techniques and Communication Tools
    - iii. Conduct and Content of the Patient Interview
  - h. Tests and Measures
    - i. Introduction to Physical Therapy Tests and Measures
    - ii. Global Observation, Mental Status, and Functional Assessment
    - iii. Cardiovascular and Pulmonary Examination
    - iv. Integumentary Examination

- v. Musculoskeletal Examination
  - vi. Neuromuscular Examination
- 3. Assessment of Joint Range of Motion
  - a. Goniometry
  - b. Validity and Reliability
  - c. Upper Extremity
  - d. Lower Extremity
  - e. Spine
- 4. Assessment of Muscular Strength and Function
  - a. Validity and Reliability
  - b. Upper Extremity
  - c. Lower Extremity
  - d. Spine
- 5. Maintaining Medical Asepsis in the Clinical Environment
  - a. How Infection Happens
  - b. Standard Precautions
  - c. Transmission-Based Precautions
  - d. Personal Protective Equipment
  - e. Wound Care Clean and Sterile Technique
- 6. Draping and Positioning
  - a. Draping for Minimum Exposure and Maximum Dignity
  - b. Positioning Your Patient for Mobility
  - c. Rationale and Technique for Draping
- 7. Body Mechanics
  - a. Injury Prevention
  - b. Transfers & Lifting Dependent Patients
  - c. Posture
  - d. Functional Considerations
- 8. Maintaining Capacity for Mobility Through Range of Motion
- 9. Bed Mobility
- 10. Horizontal & Vertical Transfers
- 11. Seated Locomotion
  - a. Fitting and Propelling a Wheelchair
- 12. Standing Locomotion – Ambulation
  - a. Weight-Bearing Restrictions
  - b. Choosing and Fitting an Assistive Gait Device
  - c. Gait Patterns
  - d. Patient Instruction

#### LEARNING MATERIALS:

Fruth, SJ and Fawcett, C. (2019) *Fundamentals of the Tests & Measures for the Physical Therapist Assistant*. (1<sup>st</sup> ed.). Sudbury, MA: Jones & Bartlett Learning.

Johannsson, C. and Chinworth, S. (2018) *Mobility in Context – Principles of Patient Care Skills* (2<sup>nd</sup> ed.). Philadelphia, PA: F.A. Davis Company.

Kisner, C. and Colby, L.A. (2017) *Therapeutic Exercise – Foundations and Techniques* (7<sup>th</sup> ed.). Philadelphia, PA: F.A. Davis Company.

Bircher, W. (2018) *Documentation for Physical Therapists Assistants* (5<sup>th</sup> ed.). Philadelphia, PA: F.A. Davis Company.

Goodman, C. (2017) *Pathology for the Physical Therapist Assistant* (2<sup>nd</sup> ed.). St. Louis, MO: Elsevier.

Nath, J.L. (2019) *Programmed Learning Approach to Medical Terminology* (3<sup>rd</sup> ed.). Philadelphia, PA, Wolters Kluwer.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

#### COURSE APPROVAL:

Prepared by: Robert Cullen, PT, JD, MBA  
VPAA/Provost or designee Compliance Verification:  
Victoria Bastecki-Perez, Ed. D.

Date: 9//2015

Date: 7/14/2016

Revised by: Debbie Dalrymple  
VPAA/Provost or designee Compliance Verification:  
Victoria L. Bastecki-Perez, Ed.D.

Date: 12/17/2017

Date: 1/9/2018

Revised by: Robert Cullen  
VPAA or designee Compliance Verification:

Date: 11/3/2020

Date: 12/11/2020



*This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*