

Montgomery County Community College  
PTA 125  
Therapeutic Interventions for Physical Therapist Assisting  
4-3-4

**COURSE DESCRIPTION:**

This course addresses the basic physical science and principles of selected physical therapy interventions to facilitate improvements in range of motion, strength, endurance, balance, and pain management. Common equipment and exercise interventions will be covered. Presentation of a wide variety of clinical scenarios and pathologies facilitates the student's ability to use clinical judgment in selecting applying appropriate therapeutic interventions. During student-to-student practice in the on-campus laboratory setting students use simulated patient scenarios to demonstrate competency attainment. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

**REQUISITES:**

MAT 106 Math Applications  
 BIO 131 Human Anatomy & Physiology I  
 BIO 132 Human Anatomy & Physiology II  
 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 100 Fundamentals of Physical Therapist Assisting and Data Collection  
 PTA 110 Therapeutic Modalities

**COURSE COMMENT(S):**

Registration requires admission to the Physical Therapist Assistant Program.

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
Upon successful completion of this course, the student will be able to:		
1. Demonstrate an understanding of the foundational concepts and purpose of therapeutic exercise as a physical therapy modality.	Lecture / Discussion Textbook Readings Supplemental Handouts Case Study / Application Hands-on laboratory interaction.	Practical Examinations Written Assignments Skills Competency Checks Summative Written Examinations

	Demonstration / Practice	
2. Demonstrate safety and skill while implementing therapeutic interventions to improve range of motion.	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
3. Demonstrate safety and skill while implementing therapeutic interventions to improve muscular performance.	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. Demonstrate safety and skill while implementing therapeutic interventions to improve cardiovascular endurance.	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
5. Demonstrate safety and skill while implementing therapeutic interventions to improve postural stability.	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
6. Demonstrate appropriate and effective patient/caregiver management utilizing interventions from within the physical therapist's 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 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. Course Introduction
2. Anatomy/Kinesiology Review of the Upper Extremity
3. Anatomy/Kinesiology Review of the Lower Extremity
4. Anatomy/Kinesiology Review of the Trunk
5. Introduction to Therapeutic Exercise
6. Interventions to Improve ROM
7. Stretching for Improved Mobility
8. Resistance Training for Impaired Muscle Performance
9. Aerobic Exercise
10. Exercise for Impaired Balance
11. Case Studies

## LEARNING MATERIALS:

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

Beil, A. (2015) *Trail Guide to the Body: A Hands-On Guide to Locating Muscles, Bones and More* (5th ed.) Boulder, CO: Books of Discovery.

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: Jaime Bayzick, PT, DPT;

Robert Cullen, PT, JD, Ed.D. Program Director

Date: 11/2020

VPAA or designee Compliance Verification:

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.*