

ASSESSMENTS/METHODS OF EVALUATION:

1. Written Exams 60%
2. Practical Exams 40%
3. Quizzes/Assignments: These will be averaged together for an additional written exam grade.
4. Outside Reading Assignments: Averaged into the quizzes/assignments for an exam grade.

GRADING POLICY: A 93-100
B 85-92
C 77-84
D 70-76
F below 76

Students must maintain at least an average of 77% in this class to remain in the PTA program.

COURSE OUTLINE:

WEEK ONE	Introduction to Therapeutic Exercise, effective exercise instruction, motor learning, And patient adherence
WEEK TWO	Range of Motion Exercise
WEEK THREE	Resistance
WEEK FOUR	Aerobic Exercise
WEEK FIVE	Stretching
WEEK SIX	Peripheral Joint Mobilization
WEEK SEVEN	Principles of Treating Soft Tissue, Bony, and Post Surgical Conditions
WEEK EIGHT	Exercise for the Shoulder and Shoulder Girdle
WEEK NINE	Exercise for the Elbow and Forearm Complex
WEEK TEN	Exercise for the Wrist and Hand
WEEK ELEVEN	Exercise for the Hip
WEEK TWELVE	Exercise for the Knee
WEEK THIRTEEN	Exercise for the Ankle and Foot
WEEK FOURTEEN	Postural Impairments and Exercise for the Neck and Trunk
WEEK FIFTEEN	Fitness Programs
	Special Topics: Aquatic Exercise, Work Hardening, Geriatric Exercise, Hippotherapy, Obstetric Patients, Peripheral Vascular Disorders, Arthritis, Obesity, Fitness Programs

STUDENT ATTENDANCE POLICY: The College has a specific absence policy for all courses, which states that students are expected to attend a minimum of 80% of the total hours of the class, which includes classes, labs, and shops. Students must be present at least one class during the first 10% of a course in order to be considered enrolled in the class. If a student has not attended at least one class by the 10% census date, the instructor will administratively withdraw the student. This program abides by the MCC policy. When an absence is unavoidable in a program course, the student is to notify the class instructor by telephone prior to the scheduled class time as to the reason for the absence. Upon return, the student is to meet personally with that instructor to discuss the class(es) missed and identify make-up work. This is the student's responsibility and must be done in a timely manner.

Experience has shown that a person with frequent absences or tardy arrivals as a student demonstrates this same behavior as a worker. A potential employer usually inquires as to the student's behavior in regard to absences or tardiness as it reflects a possible problem as a worker. In a physical therapy department, workers depend on each other to be present and on time to get the work done without imposing a hardship or overload on others. The PTA program is preparing you to be employed in physical therapy departments. We want you to be dependable and reliable as employees, thus as students.

In compliance with G.S. 115D-5, MCC policy permits a student to be excused, with the opportunity to make-up any test or other missed work, a minimum of two excused absences per academic year for religious observances required by the student's faith. The policy limits the excused absences to a maximum of two days per academic year.

Students who wish to be excused for a Religious Observance required by their faith must complete and submit a request form to the instructor(s) prior to the census date of each class. ***The Request for Excused Absences for Religious Observances*** form can be picked up from Student Services. This does not supersede the college-wide attendance policy as outlined in the college catalog or syllabus, with the exception of a reasonable accommodation for the make-up of missed course work.

COURSE POLICIES:

Make-up Policy: Make-up exams are allowed with permission of the instructor. Contact Instructor before the exam. Exams will be taken on the first day you return to class following an absence. Assignments are due on the date assigned; a letter grade will be deducted for each day that an assignment is late.

Ethical Violations: Students found cheating on a quiz, exam or practical will receive an F for the course and be dismissed from the program.

Cell Phones: Cell phones are to be turned on silent or vibrate during class time. If you must answer a call, quietly excuse yourself from the classroom. The cell phone **MUST** be turned completely off during quizzes or exams.

If you cannot reach your instructor, you may contact Dr. Phyllis Broughton, Dean of Academic Affairs and Student Services at (252)792-1521 extension 246 by phone, pbroughton@martincc.edu by e-mail, or in person at her office in Building 2, Room 33.

To access the Martin Community College Career Catalog for policies and curriculum requirements, please go online to www.martincc.edu.

If you have a need for a disability-related accommodation, please notify the Student Services counselor at (252) 792-1521, ext. 293.