The City University of New York
Department of Allied Health, Mental Health and Human Services

PTA 1000 Introduction to Physical Therapy

Course Syllabus: Spring 2025
Prerequisites: BIO 11
Co-requisites: PTA 1, PTA 2, PTA 20
Instructor: Prof. Christina McVey
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Credit Hours: 3
Contact Hours: 3
In person Lecture: Monday and Wednesday
1:15pm -2:45pm

Welcome

Congratulations again on your acceptance to the Physical Therapist Assistant Program and welcome to PTA 1000. I am Prof. McVey, and I will be your instructor. I encourage you to take the time to read this syllabus for our class so that you can learn more about what to expect.

About the Professor

Hello, my name is Prof. Christina McVey. I am one of two full-time faculty within the Physical Therapist Assistant (PTA) program. I have been at Kingsborough since the inception of the PTA program over 20 years ago. I teach PTA 10 Introduction to Physical Therapy, PTA 1 and 3 Foundations in Physical Therapy I and II, PTA 5 Therapeutic Exercise, PTA 6 Clinical Practicum I and PTA 8 Selected Topics in Physical Therapy. Besides teaching full time, I am also the Academic Coordinator for Clinical Education for the PTA program. If you have any questions regarding future clinical affiliations, please do not hesitate to contact me. I look forward to a successful and productive semester.

Where to find me: S129 In addition, please free to contact me via email. I will attempt to return emails within 24 hours. Monday-Thursday from 8am-5pm. Office Hours Monday 7:30am-8am; Monday and Wednesday 12:30pm-1:15pm and Tuesday 9:00am-10:00am in S129. Please do not hesitate to utilize my office

hours for any questions and concerns.

I believe that each student has the potential to succeed in this class. I recognize that each student learns differently, and I try to design my classes with a variety of learning experiences. I advise all students to utilize their unique learning styles to help them succeed in this program. I am here to support you throughout this course and strongly encourage all students to reach out to me at any time throughout the course. My door is always open!

Course Description

This course introduces the student to the physical therapy profession. Topics include: the history of physical therapy, pertinent laws of practice, code of conduct, the role of the professional association the role of the physical therapist and physical therapist assistant, definition of the rehabilitation population, communication skills and psycho-social aspect of disabilities.

How this Course Works

- This is a 12-week in person lecture course that meets two days a week for 90 minutes each day.
- Material including PowerPoints, assignments, discussions and course announcements will be posted on Brightspace.
- This course is organized into weekly topics that are provided on the weekly course calendar at the end of this syllabus.
- There will be a number of quizzes and assignments throughout the semester in addition to a midterm and final exam.
- This course is certified as a writing intensive course and satisfies Kingsborough's writing intensive requirement for graduation.

Program Mission Statement

The mission of the Physical Therapist Assistant program at Kingsborough Community College of the City University of New York is to: develop well qualified entry level physical therapist assistants who reflect the ethnic and cultural diversity of the community which the college serves and who function under the supervision of the physical therapist in a variety of physical therapy settings, capable of providing physical therapy treatments as outlined by the physical therapist to the satisfaction of the physical therapist. Further, the program will provide graduates who meet standards for licensure or registration as a physical therapist assistant in a variety of states. Additionally, the program's mission includes meeting the accreditation standards of the Commission on Accreditation in Physical Therapy Education for Physical Therapist Assistant Programs.

Professionalism

The concept of professionalism in health care is motivated by the primary goal of providing quality service to the health care consumer. It is also a concept that involves a commitment to life-long learning, which enables the provider to utilize current evidence-based standards of care in the daily delivery of health care to the consumer. The program's faculty members are dedicated to providing students with the knowledge and background necessary to develop professionalism.

CORE VALUES

The core values for physical therapist assistants must be exhibited throughout this course. The values of accountability, altruism, integrity, duty, collaboration

social responsibility, excellence, compassion and caring coalesce to develop students into the most effective physical therapist assistant possible.

Overview of Program Learning Objectives for the Course

This course begins to address the following PTA program learning outcomes:
-Demonstrate an awareness and commitment to patient dignity as well as social responsibility, citizenship, and advocacy related to the provision of PT services.
-Recognize individual and cultural differences and respond appropriately in all aspects of physical therapy services.
-Recognize when the direction to perform an intervention is beyond that which is appropriate for a physical therapist assistant and initiate clarification with the physical therapist.
-Communicate an understanding of the plan of care developed by the physical therapist to achieve short- and long-term goals and intended outcomes.
-Complete thorough, accurate, logical, concise, timely, and legible documentation that follows guidelines and specific documentation formats required by state practice acts, the practice setting and other regulatory agencies.
-Read and understand health care literature, identify career development and life-long learning opportunities for the physical therapist assistant.

Student Learning Outcomes

As evidenced by successful performance and completion of written examinations, assignments, research article reviews, and presentations, the student will:

1.0 Demonstrate an understanding of physical therapy and the role of the physical therapist assistant.

1.1. Identify and describe the history of physical therapy.
1.2. Define the American Physical Therapy Association, its function and structure and discuss the benefits of membership.
1.3. Define the roles, responsibilities, and functions of the physical therapist, physical therapist assistant and physical therapy aide.
1.4. Interpret the components of the APTA Standards of Ethical Conduct for the Physical Therapist Assistant and laws governing practice.
1.5. Discuss the current changes in health care and the role of the physical therapist and physical therapist assistant.
1.6. Relate the role, responsibilities and functions of the physical therapist and physical therapist assistant in contemporary practice to the changes in health care.
1.7. Differentiates roles of clinical educators including academic coordinator of clinical education, center coordinator of clinical education, and clinical instructors.
1.8. Identifies physical therapist assistants' role as clinical instructors.

2.0 Demonstrate an understanding of the health care delivery system and the physical therapist assistant's role within it.

2.1 Define levels of care within the delivery system (acute, subacute, rehab, skilled nursing, home care, etc.)
2.2. Discuss legal, fiscal and ethical issues that affect the health care delivery system.
2.3 Define concepts and principles of continuous quality improvement.
2.4 Define and identify the members of the interdisciplinary team.

2.5 Outline the roles of members of an interdisciplinary team.
2.6 Outline principles and concepts of organizational structure including levels of authority and responsibility and the supervisory process.
2.7 Construct a basic continuous quality improvement plan.
2.8 Analyze classes of diagnoses as they relate to levels of care required.
2.9 Analyze the role and responsibilities of members of the interdisciplinary team in the contemporary practice of physical therapy.
2.10 Distinguish the various models of health care delivery and reimbursement including PPO, HMO, point of service, and other models.

3.0 Demonstrate an ability to effectively communicate with patients, families, peers, and other health care personnel.

3.1 Identify the role of both non-verbal and verbal communication in physical therapy.
3.2 Identify and explain the importance of patient and family teaching.
3.3 Analyze the effects of patient and family education on physical therapy outcomes.
3.4 Identify non-verbal and verbal communication behaviors.
3.5 Analyze the role of communication on cultural diversity, age diversity, patient privacy, death/dying and body image.
3.6 Identify the varied and simultaneous roles of patients and families as health care seekers, consumers, informants, and knowledge pursuers.

4.0 Attend to the psycho-social needs of patients and families.

4.1 Identify and discuss psycho-social aspects of disability that affect clinical practice.
4.2 Identify and discuss the physiology and consequences of aging.
4.3 Outline the components of patient privacy.
4.4 Explain cultural and age diversity present in clinical practice.
4.5 Recognize the diversity in coping mechanisms and the variety of support and advocacy groups available.
4.6 Describe coping mechanisms in death/dying, illness and disability.
4.7 Explain the importance of body image and its relationship to treating patients effectively.
4.8 Determine the effect of psycho-social aspect of disability on patient treatment outcomes.
4.9 Relate cultural and age diversity issues to patient treatment outcomes.
4.10 Analyze psycho-social aspects of disability and the effect on patient treatment outcomes.

5.0 Given patient scenarios, implement a mock patient interaction emphasizing psycho-social aspects of physical therapy services.

5.1 Identify the roles of members of an interdisciplinary team.
5.2. Use non-verbal and verbal communication strategies.
5.3. Examine patient and family coping mechanisms related to death/dying, illness and disability.
5.5. Implement ways to address psycho-social events such as threats to justice, equity, diversity and inclusion that may interrupt patient intervention.
5.6 Educate a patient and family on the importance of physical therapy and the role of the physical therapist assistant.

6.0 **Demonstrate the ability to express ideas in writing.**

6.1. Perform free writing assignments.
6.2. Summarize and analyze academic experiences.
6.3. Effectively organize thoughts and ideas.

7.0 Demonstrate appropriate professional behavior.

7.1. Attends and is on time for class and scheduled appointments.
7.2. Is prepared for class activities, attends to task assigned.
7.3 Accept constructive criticism and respond and/or follow through appropriately.
7.4. Express self in a clear and easily understood manner.
7.5. Maintain appropriate personal hygiene.
7.6. Treat others with positive regard, dignity and respect.
7.7. Analyze and examine professional literature considering specific scientific methods, interpretation of results, and clinical significance in order to foster further personal investigation and clinical effectiveness.
7.8. Explain the importance of lifelong learning.
7.9. Describe how professional development can occur.

Required Textbooks

Dutton, Mark (2026) Dreeben-Irimia's Introduction to Physical Therapy Practice Fifth Ed. Sudbury, MA: Jones and Bartlett Publishers.
Skinner, S., McVey, C (2011). *Clinical Decision Making for the Physical Therapist Assistant.* Sudbury, MA: Jones and Bartlett Publishers
Recommended Student Membership in the American Physical Therapy Association APTA – apta.org

Assessment of Outcomes

The course professor utilizes a variety of teaching methodologies to facilitate accomplishment of student learning objectives. These methodologies may include interactive lecturing, supervised group and simulation activities, web-based instruction, use of custom computer-based study guides, and active learning strategies. As indicated in the student handbook, to receive a passing grade in this course the student. must successfully complete the final exam with a grade of 70% or better and must have at least a 70% average in the course.

Grades will be calculated according to college and departmental policy as follows:

This is the grading schematic for PTA program:

A+ 95-100	A 90-94	A- 88-89	B+ 85-87	B 80-84	B- 78-79	C+ 75-77	C 70-74
F <70 and below		W Withdrew without penalty		WU Unofficial Withdrawal			

How are grades determined: Grades will be posted on Brightspace; students can track their progress throughout the class.

Research Article Paper	10%	The student summarizes and analyzes two research articles. The first article may be on any topic but must be selected from *Physical Therapy*. The second article must discuss a current change in health care and may be taken from any peer reviewed health care journal. The articles must be approved by the professor. The format of these papers and rubrics are posted on Brightspace. The complete research article papers are submitted during the fifth and ninth week of class.
Assignments	5%	The student completes writing assignments that are assigned and submitted on Brightspace. In addition, students post replies to professor's questions via the Brightspace discussion board.
Quizzes	25%	The student completes 4-6 quizzes. Some of the quizzes consist of multiple-choice questions FSBPT type questions. The student also completes essay type quiz(zes) where the student is required to read and analyze a clinical scenario. The student responds to questions specifically related to the material covered in these and concurrent courses. Quiz topics include continuous quality improvement, organizational structure, ethical, cultural, communication and teaching, and legal and fiscal issues.
Practical Experience Analysis	10%	The student prepares a 3-5-page paper analyzing their physical therapy volunteer experience. The paper is based on a series of questions related to topics covered in this course as provided by the instructor. The paper is submitted during the eleventh week of class. The rubric is posted on Brightspace.
Role Playing Presentation	10%	Each group role plays a psycho-social scenario. Special attention is paid to diverse problem solving and communication strategies. The presentation is made during the twelfth week. The rubric is posted on Brightspace.
Mid-term Examination	20%	The student takes a cumulative examination covering the first six weeks of the course. The examination includes multiple choice questions.
Final Examination	20%	The student takes a cumulative final examination.

Success Kit

Keys to success in this class include:

- Complete reading assignments prior to class and take notes on readings.
- Attend class and be an active participant in class discussions.
- Take notes in class and do not rely solely on ppts.
- Do not wait till the night before to begin studying for an exam and continue to review all material as exams are cumulative.
- Complete all assignments on time.
- At the first signs of difficulty understanding the material, come speak to me.

- Utilize the Program's tutor.

Writing Intensive Graduation Requirement

This course meets the college's writing intensive graduation requirement. During the semester you will write informally to express course content in your own words and write at least one formal paper in draft with feedback from your instructor. Your work on writing informal and formal will compromise at least 30% of the final grade for this course and you can expect to revise some 8-10 pages of formal writing.

Policies and Procedures

The Department of Allied Health, Mental Health and Human Services adheres to the Policies and Procedures on Academic Integrity as set forth by CUNY. Academic dishonesty is prohibited in The City University of New York and is punishable by penalties, including failing grades, suspension, and expulsion. Additional information can be found in the College catalog http://www.kingsborough.edu/sub-registration/Pages/catalog.aspx. Plagiarism is a violation of academic integrity. Plagiarism is the intentional theft(s) of someone else's intellectual property without attribution (proper credit). Determination and penalty – ranging from grade reduction to course failure – will be decided by the instructor.

Students will require a laptop/tablet and internet access to log in to the CUNY Brightspace system.
A student who requires assistance with hardware/computer needs, connectivity issues, email problems or gaining access to their Brightspace account, please reach out to: HelpDesk@Students.kbcc.cuny.edu

Students are expected to take all tests when scheduled. Students who are absent on the day of an exam will be expected to take the exam on their return to class. Students who fail to take the scheduled exams or makeups will receive a grade of zero for that test.

STUDENT SUPPPORT SERVICES

Students who need an accommodation for a disability, during their time at Kingsborough Community College should make an appointment with the **Access-Ability Office** in Room D205 at 718-368-5175. Access- Ability Services (AAS) serves as a liaison and resource to the KCC community regarding disability issues, promotes equal access to all KCC programs and activities, and makes every effort to provide appropriate accommodations and assistance to students with disabilities. The professor will be glad to work with the student to provide necessary guidance and accommodations as needed.

Single Stop, Room V-231, ext. 5411

Single Stop connects Kingsborough students to the benefits and resources for which they may qualify. A free 15-minute benefits screening can potentially point the way to help with rent, groceries, and/or health insurance. In addition, students can receive the following free services; legal aid; financial counseling; and tax preparation.

Counseling Services

Room D-102
All Kingsborough students are eligible to receive free and confidential personal counseling through the Counseling Services Center, where they will find a staff of trained and caring mental health practitioners who are committed to providing high-quality services, in a safe, supportive, and judgment-free environment, while always respecting students as individuals and as members of a diverse school community.

EQUITY, CIVILITY, RESPECT for DIVERSITY and INCLUSION
Respect for the opinions of others is very important in an academic environment. Courteous behavior and responses are expected. Therefore, in this classroom, any acts of harassment and/or discrimination based on matters of race, gender, sexual orientation, religion, and/or ability is not acceptable. Students, faculty, and staff have a right to be in a safe environment, free of disturbances in all aspects of human relations. Incivility will not be tolerated. The PTA program strives to create a learning environment for its students that supports a diversity of thoughts, perspectives and experiences, and honors student identities (including race, gender, class, LGBTQAI+, religion, ability, etc.) To help accomplish this, if a student has a name and/or set of pronouns that differ from those that are traditionally used, please communicate this to the professor. The PTA program faculty are dedicated to our students and as such if any student experiences any issues regarding diversity, equity and inclusion, the student is encouraged to reach out to the professor and/or department. All student concerns are treated with the utmost confidentiality.

Religious/Cultural Observance
Persons who have religious or cultural observances that coincide with this class should let the professor know in writing by e-mail one week in advance of your respective observance. Students may be excused from the class, but students are not excused from course requirements. The timely submission of assignments or the make-up of exams should be discussed with the professor.

Week to Week Course Agenda

12wk semester	Topic and Objectives of the week	Reading Assignments	Written Assignments	Due Dates for Assignments
Week 1	**Success Plan** **Introduction to Physical Therapy** This initial week introduces the student to physical therapy. Topics include what physical therapy is, the history of physical therapy, and contemporary physical therapy practice.	Dutton, Chapter1 Chapter2 pages 15-29 Chapter 5 pages 79-87	Submit a study plan via Brightspace.	March 11, 2025
Week 2	**Roles, Responsibilities and Current Trends** The introduction to physical therapy	Dutton, Chapter 4 pages 57-69	Submit notes on reading as per Brightspace directions IN CLASS.	March 18, 2025

	continues, emphasizing the role and responsibilities of a therapist and physical therapist assistant. The importance of lifelong learning, learning strategies and continued professional development is presented and continued in week 8.		Post reply on Discussion board on Brightspace to roles and responsibilities question. Quiz	
Week 3	**Legal and Ethical Issues** The student is instructed in the APTA Standards of Ethical Conduct for the Physical Therapist Assistant and the New York State Practice Act for physical therapists and physical therapist assistants.	Dutton Chapter 6 and 7 Skinner Chapter 3 NYS Practice Act (found on Brightspace under course material)	Submit a writing assignment posted to Brightspace based on class discussion. Research Article Paper #1 –draft- Part One is due via Brightspace.	March 25, 2025
Week 4	**Legal and Ethical Issues cont.** Discussion on the Code of Ethics and the Practice Act continues. Current legal issues and issues of malpractice are the focus of this week's lecture. The student is introduced to the American Physical Therapy Association including its structure, functions, national and local chapters and advantages to being a member.	Dutton, Chapter 6 and 7 Chapter 2, pages 11-15 Appendix A, C, D,E,F Skinner Chapter 3	Reply to discussion board question.	April 3, 2025
Week 5	**Current Trends in Contemporary Practice** The health care delivery system is defined and described. Current trends, including continuous quality improvement and managed health care in the health care delivery system and the affect that these changes have on contemporary practice are studied.	Dutton Chapter 11 and 13 Chapter 3 pages 46-53	Complete Research Article Paper #1 is due. Writing Assignment on Brightspace under Assignments on menu Quiz	April 11, 2025
Week 6	**Communication and the Interdisciplinary Team** Current trends in job opportunities and role/responsibilities of physical therapist and physical therapist assistant continues to be discussed. During this week, verbal and non-verbal communication issues are	Dutton Chapter8 and 9 Chapter4, page 69-77 Skinner Chapter2	Writing Assignment on Brightspace under Assignments on menu Reply to discussion board question.	April 25, 2025

	discussed including the importance of clear communication skills. Other health care professions are introduced and their role in the interdisciplinary team is defined. Examples of interdisciplinary team communications and functions are given.			
Week 7	**The Rehabilitation Population** The student is introduced to typical samples of the rehabilitation patient population. The physiology and consequences of aging are discussed as relates to rehabilitation. Emphasis is placed on identifying classes of diagnoses and health care setting placement.	Dutton Chapter 3 Skinner Chapter 1 and 2	Midterm Exam Reply to discussion board question.	May 2, 2025
Week 8	**The Rehabilitation Process Cont.** The rehabilitation population discussion continues. Psycho-social differences between classes of patients are discussed. The rehabilitation population is discussed in relation to the contemporary practice of physical therapy and health care delivery system.		Writing Assignment on Brightspace under Assignments on menu	May 9, 2025
Week 9	**Introduction to Psycho-social Aspect of Disability** The student is introduced to psycho-social aspects of disabilities that affect clinical practical. Cultural and age diversity issues are examined.		Research Article Paper #2 is due. Quiz	May 16, 2025
Week 10	**Psycho-social Aspect of Disability cont.** Discussion of psycho-social aspect of disabilities continues. Topics include: issue of patient privacy and death/dying, illness and disability.		Writing Assignment on Brightspace under Assignments on menu	May 23, 2025
Week 11	**Psycho-social Aspects of Disability cont.** Discussion of psycho-social issues continues. Emphasis this week is placed		Practical Experience Paper is due. Quiz	June 2, 2025

	on issues of body image and how stages of development affect body image and coping mechanisms. The effect of psycho-social issues on patient intervention and outcomes is also discussed.			
Week 12	**Patient and Family Education** The importance and methods of patient and family education are studied as well as their effect on physical therapy outcomes.	Dutton, Chapter 9	Group Presentations	TBA
Final Exams	**Final Exam Week**	Review all material.	Final Exam	Date of final exam will be announced in May.

The above dates are subject to change. Professor will notify class of any changes via Brightspace announcements.