University of Texas at El Paso  
College of Health Sciences  
Physical Therapy Program

PT 5204 Tests and Measures Fall 2014

COURSE SYLLABUS

Credit Hours: 2

Contact Hours: 90 (15 weeks)

Schedule: Mondays, 3:00 - 5:00 pm  
Tuesdays, 5:30 - 7:30 pm  
Thursdays, 5:30 - 7:30 pm

Coordinator/Instructors: Name: Michelle Gutierrez, PT DSc  
Office: By appointment only  
Phone: 915-747-8148  
E-mail: mgutierrez28@utep.edu  
Cell phone: 575-650-9121

Name: Allison Carson, PT, DPT  
Office: By appointment only  
Phone: 915-204-0750  
E-mail: accarson@utep.edu

Course Description: Patient history, systems review, basic tests and measures are presented in this laboratory course. The basic tests include muscle performance, pain, range of motion and self care and home management.

Course Objectives:
1. Understand the basis for and use of the Guide to PT Practice including the Patient Care Model and clinical reasoning. (CC-5.19, CC-5.54, CC-5.55)
2. Conduct a thorough history with a simulated patient. (CC-5.11, CC-5.28)
3. Conduct a complete systems review with a simulated patient. (CC-5.27, CC-5.29)
4. Select appropriate tests and outcome measurement tools based on the history and systems review. (CC-5.27, CC-5.45)
5. Recall reliability and validity of the tests and measures and outcome tools presented. (CC-5.49)
6. Demonstrate the ability to accurately assess (CC-5.30…)
   a. muscle strength (m)
   b. muscle length (s)
   c. muscle endurance and power (m)
   d. joint range of motion (s)
   e. pain (p)
f. self care& home management including, bed mobility, transfers and fall risk (u)
g. sensory integrity (v)
h. anthropometric characteristics (b)
i. reflex integrity (t)
j. work, community and leisure integration (x)
k. circulation (e)
l. coordination (l)

7. Interpret the results of the above tests and measures to determine an appropriate plan of care. (CC-5.19, CC-5.25, CC-5.31, CC-5.34, CC-5.35)

**Required Texts:**

**Recommended Texts:**

**Course Content:** Use of the *Guide to PT Practice*, patient history, systems review, anthropometric characteristics, muscle strength, muscle length, endurance, power, pain, range of motion, sensory integrity, reflex integrity and self care and home management.

**Methods of Instruction:** Lecture, team based learning, laboratory demonstration and practice, simulated patients and case studies.

**Methods of Evaluation:** Written exams, practical exams and lab assignments.

Exam 1 20%
Exam 2 20%
Quizes (2) 5%
Lab assignments* (9) 10%
Practical exams (1) 10%
Final exam 25%
Skills Checkouts (2) 10%
* lab assignments are peer reviewed and are due at the end of lab unless noted otherwise. Includes Hospital Days.

**UTEP PHYSICAL THERAPY PROGRAM GRADING SCALE**

The following letter grade scale is used for the UTEP Physical Therapy Program:

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Numerical Grade Scale</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100</td>
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<tr>
<td>B</td>
<td>80-89</td>
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<tr>
<td>C</td>
<td>75-79</td>
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<td>F</td>
<td>Below 75</td>
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- If you get a grade below an 80% on any exam or assignment, **STUDENT IS REQUIRED** to arrange a meeting with the instructor to develop study strategies for performance improvement.

**Course and Program Policy:**

See PT Program Handbook for all policies on exams, electronic device use, dress code, attendance, and scholastic dishonesty. Your instructors encourage you to periodically review all handbook policies, but in light of past experiences, particularly direct you to review the policies on cheating, accumulated knowledge, professional behaviors, attendance, and the disclaimer that the syllabus is subject to change.

**Hospital Day:**

Each of you are expected to participate in one of the SON Simulated Hospital Days (July 9 between 9:30 am – 12 noon: TBA) and complete an examination and implement an intervention in one hour. Document the evaluation, diagnosis, prognosis and plan of care to be turned in within 24 hours. (see Hospital Day criteria on Black Board)

**Participation and Professional Behaviors:**

1. All faculty expect students to arrive on time to class prepared, to actively participate, and to not be disruptive. Students are expected to return promptly from any breaks and remain attentive in the classroom until the next planned break.

2. **Tardiness and Attendance Policy:** Students are expected to be on time and prepared to begin the course; therefore, students who are tardy will be penalized. If you are late to class by greater than 10 minutes without contacting the instructor by email to the instructor or the PT Department office (915-747-8207) it will be treated as an unexcused absence. If an emergency or illness prevents a student from attending class, communication directly with an instructor or the department is expected prior to the beginning of class. A verbal message through another student will not suffice. It is the responsibility of the student to obtain any materials presented in class and to ensure assignments are turned in on time. Each unexcused absence will result in a 5% reduction of their total class grade. See the handbook for policy.

3. Professional behavior will be expected in ALL class sessions and inside and outside of the classroom. Students demonstrating unprofessional behavior will be warned one time and if the behavior continues the student will be excused from class for the day and the class session will be considered an unexcused absence. If a student is consistently ill-prepared, not actively participating, and/or being disruptive, the
student will be contacted to meet with the instructor to discuss the problem. Each subsequent incidence of poor preparation, poor participation, and/or disruption may result in 1% deduction from the final semester grade.

4. All students are expected to wear appropriate attire for both lecture and lab sessions. Appropriate attire is discussed in the Policies and Procedures manual. Professional dress is appropriate for presentations and for all guest speakers and when representing UTEP outside of the class room (i.e. clinic visits). Shorts and tank tops or t-shirts for labs sessions (JEANS ARE NOT APPROPRIATE FOR ANY LAB SESSION). Students who are not appropriately attired will be excused from class for the day and the class session will be considered an unexcused absence.

5. Cell phones and telecommunication devices should be turned off or left outside of the classroom. If any circumstance necessitates the student to have his/her cell phone turned on in the classroom, it MUST be discussed with the instructor PRIOR to class. Any student who is observed to be using these devices during class time will be asked to leave the classroom for that class period, resulting in an unexcused absence for that class period. This includes using a laptop computer for accessing email or the internet for purposes not related to class topics during class time.

Special Accommodations (ADA):
“If you have or suspect a disability and need accommodations, you should contact the Center for Accommodations and Support Services (CASS) at 747-5148.” You can also email the office at cass@utep.edu or go by their office in Union Building East. For additional information, visit the CASS website at http://sa.utep.edu/cass/

Student Expectations:
1. Homework assignments are due online and must be dated before the beginning of class on the due date. No late assignments or exams will be accepted for grading. It is the responsibility of the student to ensure that all assignments and exams are completed by the assigned due date. If a student does not submit an assignment or exam by the designated due date, the student will be assessed a grade of zero (0) for that particular assignment or exam. Do not leave things to the last moment. Student names are required on all assignments-both in the file name and at the top right corner of the paper.

2. All assignments are to be submitted online ONLY, unless otherwise specified. Students must assure that their papers have successfully uploaded as an attachment. Students who have difficulty with submitting their work online must contact the instructor or help desk immediately. Only after this process has been completed will an assignment be accepted via email.

3. All papers submitted for grading in this course must use the instructions in the student handbook. Document file names should adhere to the following pattern: student last name_PT6314_assignment name.doc. Example: STUDENTNAME_PT6314_HospDays.doc.

4. In clinically-oriented, kinesthetically-based courses, each student is required to demonstrate competence by means of laboratory practical examinations. The student must successfully complete each practical examination with a passing score (“C” or better). Should a lower grade be attained, the student may be provided ONE
additional testing opportunity to demonstrate competence in that material. The student must demonstrate a passing score on the retake. The student will earn no better than a 75% if he/she passed the 2nd exam. *Students failing to achieve this standard for each competency test in a given course will not pass the course.*

**Tentative Topic/Assignment Outline (Subject to change at Dr. Carson or Dr. Gutierrez’s discretion):**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
<th>Reading Assignment</th>
<th>CO</th>
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</table>
| 8-25   | Mon    | Lecture 1: Guide to PT Practice  
*Bring your GUIDE to PT PRACTICE to class* | Atkinson article on BB                                                              | 1    |
| 8-26   | Tue    | Lab 1: Pt history  
*LAB ASSIGNMENT #1 DUE in class* | APTA Guide to PT Practice, pp 13-47  
O’Sullivan, pp 125-132  
Goodman, Ch 1 and 2 | 2    |
| 8-28   | Thur   | Lecture 2: Systems Review  
| 9-2    | Tue    | Lecture 3: Tests and Measures: Anthropometrics, Circulation  
*Lab 3: Antropometrics, ADs, Circulation  
LAB ASSIGNMENT #2 DUE at beginning of lab* | APTA Guide to PT Practice, pp 50-51, 54-57  
Paz pp 22,302  
O’Sullivan, pp 593-597; 1122-1141  
Goodman pp 148-149  
Pierson (review Ch 9)  
Paz pp 225-226 | 6, h, k |
| 9-4    | Thur   | Lecture 4: Tests and Measures: Pain  
O’Sullivan, pp 226-237, 312-334  
Pierson (review Ch 8) | 4, 6f, 6j |
| 9-9    | Tue    | Lab 5: SCHM/Home management  
*LAB ASSIGNMENT #3 DUE in class* | As Above | 5, 6f, 6j |
| 9-11   | Thur   | **QUIZ 1**  
Practice lab |                                              |                                              |      |
O’Sullivan, pp 146-151, 178-183  
Hislop Ch 1-2  
APTA Guide pp 72-73 | 6a   |
| 9-16   | Tue    | Lab 6:MMT-UE | Hislop Ch 5 | 6 a, 7 |
| 9-18   | Thur   | Lab 8: Lab B ONLY  
Hospital Days:  
*at CHS Bldg  
Time TBA* | **SEE HOSPITAL DAY DOCUMENT**  
(more info to follow on specific requirements) | 2, 3 |

Updated August 20, 2014
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<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Due Date</th>
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| 9-18   | Thur  | 5:30-7:30 
*Lab 7: MMT-UE (cont)* 
LAB ASSIGNMENT #4 DUE in class | As Above                      |
| 9-19   | Fri   | Lab B 5:00 pm 
LAB ASSIGNMENT #5 DUE ON BB by 5:00 pm                                  |                               |
| 9-22   | Mon   | 3:00-5:00 
Lecture 7: Range of Motion                                              | Norkin Ch 1-3 Ch 8-10 APTA Guide pp 84-85 6d |
| 9-23   | Tue   | 9:30-12:00 
Lab 8: Lab A only Hospital Days: at CHS Bldg Time TBA                  | SEE HOSPITAL DAY DOCUMENT (more info to follow on specific requirements) 2, 3 |
| 9-23   | Tue   | 5:30-7:30 
Lab 9: UE ROM                                                            | Norkin Ch 4-7 (exclude muscle length testing) APTA Guide pp 84-85 6d, 7 |
| 9-24   | Wed   | Lab A 5:00 pm 
LAB ASSIGNMENT #5 DUE ON BB by 5:00 pm                                  |                               |
| 9-25   | Thur  | 5:30-7:30 
Lab 10: UE ROM (cont)                                                    | As Above 6d, 7                |
| 9-29   | Mon   | 3:00-5:00 
EXAM 1 In the ILC                                                         | Written exam material through 9-25 |
| 9-30   | Tue   | 5:30-7:30 
Practice Lab                                                             |                               |
| 10-2   | Thur  | 5:30-7:30 
Skills checkout 1 (Rm 113/115)                                        | Skills on girth measurements, ADs, balance, and LE MMT Schedule to be posted by 10-1 5, 6 a, f, h, k |
| 10-6   | Mon   | 3:00-5:00 
Lecture 8: Muscle Length                                                 | Norkin pp 212-228, Handouts online 6 b, 7 |
| 10-7   | Tue   | 5:30-7:30 
Lab 11: UE Muscle length                                                 | Handouts online               |
| 10-9   | Thur  | 5:30-7:30 
Lab 12: Dynamometry                                                      | O'Sullivan, pp 149-151 Hislopp pp 342-343, 348-349 6a, 7 |
| 10-13  | Mon   | 3:00-5:30 
Lecture 9: Reflex and Coordination testing                              | O'Sullivan, Ch 3 (exclude cranial nerves) AND pp 172-176, 206-207, 217-220 APTA Guide pp 86-87,90-91 Paz, pp 137-139 6 i, l, |
| 10-14  | Tue   | 5:30-8:30 
Lab 13: Reflex Integrity and Coordination (non-equilibrium, and equilibrium tests) | As above 6 i,l, |
| 10-16  | Thur  | 5:30-7:30 
NO CLASS TPTA                                                            |                               |
| 10-20  | Mon   | 3:00-5:00 
Lecture 10: Sensory                                                      | O'Sullivan, Ch 3 (exclude cranial nerves) AND pp 172-176, 206-207, 217-220 APTA Guide pp 86-87,90-91 6 g |
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<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Notes</th>
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<tbody>
<tr>
<td>10-21</td>
<td>Tue</td>
<td>5:30-7:30</td>
<td>Lab 14: Sensory Integrity</td>
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<td>As above</td>
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<td>10-22</td>
<td>Wed</td>
<td>5:00</td>
<td>LAB ASSIGNMENT #6 DUE on BBL at 5:00 pm</td>
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<td>10-23</td>
<td>Thur</td>
<td>5:30-7:30</td>
<td>QUIZ 2 Practice lab</td>
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<td>10-27</td>
<td>Mon</td>
<td>3:00-5:00</td>
<td>Lab15: MMT- LE</td>
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<td>Hislop Ch 6</td>
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<td>10-28</td>
<td>Tue</td>
<td>5:30-7:30</td>
<td>Lab 16: MMT- LE (con’t) LAB ASSIGNMENT #7 in class</td>
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<td>Hislop Ch 6</td>
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<td>10-30</td>
<td>Thur</td>
<td>5:30-7:30</td>
<td>Lab 17: Muscle Endurance/Power</td>
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<td>O’Sullivan, pp 180-183 Rosie Article</td>
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<td>11-3</td>
<td>Mon</td>
<td>3:00-5:00</td>
<td>Exam 2 In ILC</td>
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<td>Written exam material from 10-6 through 10-30</td>
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<td>11-4</td>
<td>Tue</td>
<td>5:30-7:30</td>
<td>Lab 18: LE ROM</td>
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<td>Norkin Ch 8-10</td>
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<td>11-6</td>
<td>Thur</td>
<td>5:30-7:30</td>
<td>Lab 19: LE ROM (con’t)</td>
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<td>As Above</td>
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<tr>
<td>11-10</td>
<td>Mon</td>
<td>3:00-5:00</td>
<td>Lab 20: LE Muscle Length LAB ASSIGNMENT #8 DUE in class</td>
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<td>Handouts online</td>
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<tr>
<td>11-11</td>
<td>Tue</td>
<td>5:30-7:30</td>
<td>Practice Lab</td>
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<td>11-13</td>
<td>Thur</td>
<td>5:30-7:30</td>
<td>Skills checkout 2 (Rm 113/115)</td>
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<td>UE ROM, UE MMT, sensory, coordination and reflex testing</td>
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<td>11-17</td>
<td>Mon</td>
<td>3:00-5:00</td>
<td>Lab 21: Face MMT</td>
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<td>Hislop Ch 7</td>
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<tr>
<td>11-18</td>
<td>Tue</td>
<td>5:30-7:30</td>
<td>Lab 22: MMT-trunk and neck</td>
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<td>Hislop ch 3,4</td>
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<td>11-20</td>
<td>Thur</td>
<td>5:30-7:30</td>
<td>Lab 23: Trunk ROM</td>
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<td>O’Sullivan, pp 149-151 Norkin Ch 11-13</td>
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<td>11-24</td>
<td>Mon</td>
<td>3:30-5:30</td>
<td>Class Review</td>
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<tr>
<td>11-25</td>
<td>Tue</td>
<td>5:30-8:30</td>
<td>Lab 24: Putting it all together LAB ASSIGNMENT #9 DUE in class</td>
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<td>Patient cases given in class</td>
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<tr>
<td>11-27</td>
<td>Thur</td>
<td>5:30-7:30</td>
<td>NO CLASS Happy Thanksgiving!</td>
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<td>Enjoy Time with Family and Friends</td>
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<tr>
<td>12-1</td>
<td>Mon</td>
<td>3:00-5:00</td>
<td>Lab Review</td>
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<tr>
<td>12-2</td>
<td>Tue</td>
<td>5:30-7:30</td>
<td>NO CLASS</td>
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<tr>
<td>12-3</td>
<td>Wed</td>
<td>1:00-8:00</td>
<td>FINAL PRACTICAL EXAM Combined with Ex Sim Labs</td>
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<td>Scoring rubric and schedule will be provided one week prior to the exam</td>
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<td>Schedule TBA</td>
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<tr>
<td>12-4</td>
<td>Thur</td>
<td>5:30-7:30</td>
<td>NO CLASS</td>
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<td>TBA</td>
<td>TBA</td>
<td>FINAL EXAM (Comprehensive)</td>
<td>In the ILC</td>
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Updated August 20, 2014