Course Description
PTH 205 Physical Therapy Functional Anatomy
Lec. 3 Lab. 3 Cr. 4
Prerequisites: BIO 210, MAT 120, PSY 201, ENG 101, PTH 101.
Corequisites: BIO 211, ENG 102, PTH202.

Course Focus
This course introduces the basic concepts and principals of muscles, joints and motion, including traditional testing procedures.

Text and References

Course Objectives

UNIT 1: Introduction to Kinesiology & Biomechanics
1. Define anatomical and biomechanical terms.
2. Analyze planes of the body and axis of rotation for single joint movements.
3. Differentiate linear versus rotational movement.
4. Differentiate osteokinematic versus arthrokinematic motion
5. Compare force and torque.
6. Classify lever systems.
7. Identify human lever systems.
8. Explain mechanical advantage.
9. Explain muscle torque.

UNIT 2: Skeletal System & Arthrology
1. State types of bones of the axial and appendicular skeleton.
2. Define major structures of bone.
3. Describe common skeletal pathologies.
4. Classify different types of joints.
5. Describe the structure and function of joints.
6. Identify various joint motions.
7. Determine joint motion axes of rotation.
8. Explain degrees of freedom.
9. State normal ROM values for the joints of the axial and appendicular skeleton.
10. Relate osteokinematic movement to specific joint types.
11. Apply arthrokinematic motion to specific joint types.

UNIT 3: Myology
1. Describe the fascial layers of the muscular system.
2. Explain the mechanism of muscle contraction.
3. Relate muscle length to force.
4. Relate muscle contraction velocity to force (length-tension relationship).
5. Define basic terms related to muscle contraction.
6. Differentiate different types of muscle contraction.
7. Explain active and passive insufficiency.

UNIT 4: The Shoulder and Shoulder Girdle
1. List the joints of the shoulder complex.
2. Identify bones and bony landmarks relevant to the joints of the shoulder complex.
3. Describe the arthrokinematics of the joints of the shoulder complex.
4. State the attachment sites, action and innervation of the muscles of the shoulder complex.
5. State the attachment sites and function of the ligaments of the shoulder complex.
6. Palpate the major bony landmarks and soft tissue structures of the shoulder complex.
7. Identify bursa of the shoulder girdle.
8. Identify peripheral innervation patterns of the upper extremity.
9. Integrate muscle actions into functional activities of the shoulder.
10. Explain scapulohumeral rhythm.
11. Explain functions of the rotator cuff.

UNIT 5: The Elbow and Forearm
1. Identify bones and bony landmarks relevant to the joints of the elbow and forearm.
2. Describe the arthrokinematics of the joints of the elbow and forearm.
3. State the attachment site, action and innervation of the muscles of the elbow and forearm.
4. State the attachment sites and function of the ligaments of the elbow and forearm.
5. Palpate the major bony landmarks and soft tissue structures of the elbow and forearm.
6. Locate bursa of the elbow.
7. Integrate muscle actions into functional activities of the elbow and forearm.

UNIT 6: The Wrist and Hand
1. Identify bones and bony landmarks relevant to the joints of the wrist and hand.
2. Describe the arthrokinematics of the joints of the wrist and hand.
3. Name the attachment site, action and innervation of the muscles of the wrist and hand.
4. Palpate the major bony landmarks and soft tissue structures of the wrist and hand.
5. Integrate muscle actions into functional activities of the wrist and hand.
6. Differentiate intrinsic and extrinsic muscles of the hand.
7. Describe the thenar and hypothenar eminence.
8. Trace the route of force transmission from the hand to the trunk.

UNIT 7: Upper Extremity Nerves and Vessels
1. Explain and identify basic structures/components of the brachial plexus.
2. Describe the pathways of the nerves of the upper extremity.
3. Describe the area of cutaneous distribution of the major nerves of the upper extremity.
4. Describe the major pathways of the vessels of the upper extremity.
5. Identify the borders and contents of the axilla.
6. Locate pulses of the upper extremity.

UNIT 8: The Neck and Trunk
1. Identify bones and bony landmarks relevant to the joints of the skull and vertebral column.
2. Distinguish the spinal curves.
3. Describe the joints of the vertebral column.
4. Name the attachment site, action and innervation of the muscles of the head, neck and trunk.
5. State the attachment sites and functions of the ligaments of the vertebral column.
6. Palpate the major bony landmarks and soft tissue structures of the head, neck and trunk.
7. Identify segmental innervation patterns of the trunk.
8. Integrate muscle actions into functional activities of the trunk.
9. Illustrate spinal nerve formation.
10. Explain the concept of spinal cord levels.
11. Compare dermatomes to patterns of peripheral nerve cutaneous innervation.

UNIT 9: The Pelvic Girdle and Hip
1. Identify bones and bony landmarks relevant to the pelvic girdle and hip joints.
2. State the attachment sites, action and innervation of the muscles of the hip.
3. State the attachment sites and functions of the ligaments of the pelvic girdle and hip.
4. Palpate the major bony landmarks and soft tissue structures of the pelvis, hip, and thigh.
5. Integrate muscle actions into functional activities of the hip.
6. Explain lumbopelvic rhythm.
7. Differentiate open-chained and closed-chain movements.
8. Differentiate long-arc and short-arc movements of the pelvis.

UNIT 10: The Knee and Leg
1. Identify bones and bony landmarks relevant to the knee.
2. Describe the arthrokinematics of the joints of the knee.
3. State the attachment sites, action and innervation of the muscles of the knee.
4. State the attachment sites and functions of the ligaments of the knee.
5. Palpate the major bony landmarks and soft tissue structures of the knee.
6. Integrate muscle actions into functional activities of the knee.
7. Describe patellofemoral gliding.
8. Explain patellar tracking.
9. Explain the Q-angle.

UNIT 11: Ankle and Foot
1. Identify bones and bony landmarks relevant to the foot and ankle.
2. Describe the arthrokinematics of the ankle and foot joints.
3. State the attachment site, action and innervation of the muscles of the foot and ankle.
4. State the attachment sites and functions of the ligaments of the foot and ankle.
5. Palpate the major bony landmarks and soft tissue structures of the leg, foot, and ankle.
6. Integrate muscle actions into functional activities of the ankle and foot.
7. Identify the transverse and longitudinal arches of the foot.
8. Explain the functions of the arches of the foot.
9. List the structures that maintain the arches of the foot.

UNIT 12: Lower Extremity Nerves and Vessels
1. Identify the basic components of the lumbosacral plexus.
2. Describe the pathways of the nerves of the lower extremity.
3. Describe the area of cutaneous distribution of the major nerves of the lower extremity.
4. Describe the major pathways of the vessels of the lower extremity.
5. Identify the borders and contents of the femoral triangle.

UNIT 13: Posture & Gait
1. Identify the major components of posture based on what was learn about axial and lumbopelvic movement
2. Articulate major phases of gait based on what was learned regarding lower extremity skeletal movement

Clinical Outcomes. Upon successful completion of the course a student will:
1. Palpate bony landmarks of the upper and lower extremities, trunk, skull and spine.
2. Palpate muscle bellies and tendons of the trunk, skull, spine, and extremities.
3. Palpate ligaments of major upper and lower extremity joints.
4. Palpate specified arterial pulses.
5. Describe skull, trunk and pelvic posture posture
6. Describe major phases of gait for the lower extremity

Student Contributions
Laboratory Requirements
Each student is required to actively participate in laboratory sessions by practicing the application of palpation skills on fellow classmates. Appropriate and professional behavior is expected at all times in the laboratory setting. Shorts and a tank top are the required attire for all laboratory activities. A sweatshirt or sweatpants may be worn over these if such clothing does not interfere with the laboratory activities. Clothing must allow access to various parts of the body during specified laboratory activities. Male students may be required to remove their shirt. Failure to comply with the dress code will result in dismissal from the lab, resulting in an absence. Students are expected to be prepared for class sessions.

Course Schedule
Lecture: 10:30-12:00 TTH
Lab: 1:00-4:00 T

Course Evaluation
5 Quizzes (10 pts each) 50 points
10 Lab Quizzes (10 pts each) 100 points
3 Competency Skills Check (20 points each) 60 points
2 Exams 200 points
Written Homework Assignments 100 points
Midterm Laboratory Practical 100 points
Cumulative Final Laboratory Practical 140 points
Cumulative Final Exam 250 points
Total 1000 points

GRADING POLICY

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<th>Grading scale</th>
<th>W</th>
<th>WP</th>
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<tr>
<td>90% - 100% A</td>
<td>withdraw</td>
<td>withdraw with passing grade</td>
<td>withdraw with failing grade</td>
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<td>82% - 89% B</td>
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<td>70% - 74% D</td>
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<td>Below 70% F</td>
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Grading Methodology. The final grade must be 75.00% or more in order to pass the course and progress in the program. Each student must pass the final exam with a grade of 75.00% or above. If a student fails the final exam a second attempt will be given. If the student passes the final exam on the second attempt, the final exam grade will be a C.
Each student must demonstrate safety and competence in required laboratory skills. Students are responsible for insuring that laboratory skills are checked off by the instructor. The Laboratory Skills Achievement List for this course can be found at the back of this syllabus. All laboratory skills must be passed with a minimum score of 75% in order to pass the course. Students will be given 1 opportunity to retake each skill check. The highest possible score on retaking the skill check is 75.00%. In addition, the student must pass the practical exam (score 75% or greater) in order to pass the course. Should the student fail the practical exam, they will be given one opportunity to retake the exam. The highest possible score on retaking the exam is 75.00%. Non-compliance with a critical safety criterion will result in an automatic failure on skills checks as well as practical exams.

Students absent from an examination (quiz, test and final exam) or skills check/practical will receive a “0” grade for the examination/skills check/practical unless other arrangements are made with the individual instructor prior to the examination or skills check/practical day or on the examination or skills check/practical day before the examination/ skills check/practical is scheduled to be given. It is the responsibility of the student to contact the appropriate instructor to arrange to make up the examination/ skills check/practical. Arrangements may be completed by telephone. If the instructor is not available, a message should be left on the instructor’s voice mail first AND with another member of the core faculty, and at last resort, the Division of Health Sciences administrative assistant. The instructor will decide the time and method of make-up examinations/presentation on an individual basis. Messages sent by other students are unacceptable. The student is responsible for notifying the instructor of the reason for the absence. Grades are posted on Blackboard within one week of administration of tests and examinations. No rounding of numbers will be used to calculate any grades. If the student scores lower than a 75% on a test or an assignment, it is the student’s responsibility to contact the instructor to arrange a meeting to discuss learning strategies and or actions/indicators to improve performance on course evaluation measures.

TEST REVIEW
Tests will be reviewed in class and discussion will be limited to the right answer. Students will not be allowed to take any written notes, use electronic devices to take notes or make an image of the tests. All items have to be removed from the desk/table top during the test review. For any discussion beyond the right answer, set up an appointment with the instructor to further discuss.

Prior to the final exam, test review will be done during the last class of the semester. All items have to be removed from desk/table top during the test review. No notes can be taken and no electronic devices can be used to take notes or make images of the tests. This is an opportunity to ask questions about concepts that you do not understand. If individualized time is need for test review, an appointment can be made with the instructor, but not during exam week and the time limit will be 10 minutes. All tests will be reviewed under the supervision of an instructor. Students cannot bring any class notes with them.

ADA STATEMENT
The Technical College of the Lowcountry provides access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation, contact the counselor for students with disabilities at (843) 525-8219 or (843) 525-8242 during the first ten business days of the academic term.

ATTENDANCE
1. The College’s statement of policy indicates that students must attend ninety percent of total class hours or they will be in violation of the attendance policy.
2. Students not physically attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.

3. Students taking an online/internet class must sign in and communicate with the instructor within the first ten calendar days from the start of the semester to indicate attendance in the class. Students not attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.

4. Reinstatement requires the signature of the division dean.
   a. In the event it becomes necessary for a student to withdraw from the course OR if a student stops attending class, it is the student’s responsibility to initiate and complete the necessary paperwork. Withdrawing from class may have consequences associated with financial aid and time to completion.
   b. When a student exceeds the allowed absences, the student is in violation of the attendance policy. The instructor MUST withdrawal the student with a grade of “W”, “WP”, or “WF” depending on the date the student exceeded the allowed absences and the student’s progress up to the last date of attendance or
   c. under extenuating circumstances and at the discretion of the faculty member teaching the class, allow the student to continue in the class and make-up the work. This exception must be documented at the time the allowed absences are exceeded.
   d. Absences are counted from the first day of class. There are no "excused" absences. All absences are counted, regardless of the reason for the absence.

5. A student must take the final exam or be excused from the final exam in order to earn a non-withdrawal grade.

6. Students are expected to be in class on time. Arrival to class after the scheduled start time or leaving class prior to dismissal counts as a tardy. Three tardies and/or early departures are considered as one absence unless stated otherwise. Instructor must be notified prior to start of class by call, text or email if the student is going to be late.

7. It is the student’s responsibility to sign the roll sheet (if used) or verify attendance with instructor upon entering the classroom. Failure to sign the roll/verify attendance results in a recorded absence. In the event of tardiness, it is the student’s responsibility to insure that attendance is marked. The student is responsible for all material/announcements presented, whether present or absent.

8. Continuity of classroom and laboratory (which includes clinical experiences) is essential to the student’s progress in providing safe and competent patient care. Students are expected to use appropriate judgment for participating in clinical activities. To evaluate the student’s knowledge and skills, it is necessary for the student to be present for all classroom, laboratory and clinical experiences. If absence does occur, the designated instructor, other core faculty, or the Division of Health Sciences administrative assistant (in that order), must be notified by telephone no later than 30 minutes prior to the start of class, lab or clinical experiences. The Division of Health Sciences telephone number is 843-525-8267.

A copy of TCL’s STATEMENT OF POLICY NUMBER: 3-1-307 CLASS ATTENDANCE (WITHDRAWAL) is on file in the Division Office and in the Learning Resources Center.

HAZARDOUS WEATHER
In case weather conditions are so severe that operation of the College may clearly pose a hardship on students and staff traveling to the College, notification of closing will be made through the following radio and television stations: WYKZ 98.7, WGCO 98.3, WGZK 103.1, WFXH 106.1, WWVV 106.9, WLOW 107.9, WGZR 104.9, WFXH 1130 AM, WLTV 101.1, WSOK 1230 AM, WAEV 97.3, WTOC TV, WTGS TV,
WJWJ TV, and WSAV TV. Students, faculty and staff are highly encouraged to opt in to the Emergency Text Message Alert System. [www.tcl.edu/textalert.asp](http://www.tcl.edu/textalert.asp)

**ACADEMIC MISCONDUCT**

There is no tolerance at TCL for academic dishonesty and misconduct. The College expects all students to conduct themselves with dignity and to maintain high standards of responsible citizenship. It is the student's responsibility to address any questions regarding what might constitute academic misconduct to the course instructor for further clarification.

The College adheres to the Student Code for the South Carolina Technical College System. Copies of the Student Code and Grievance Procedure are provided in the *TCL Student Handbook*, the Division Office, and the Learning Resources Center.

Health care professionals hold the public trust. Academic misconduct by health science students calls that trust into question and academic integrity is expected.

It is a fundamental requirement that any work presented by students will be their own.

Examples of academic misconduct include (but are not limited to):

1. copying the work of another student or allowing another student to copy working papers, printed output, electronic files, quizzes, tests, or assignments.
2. completing the work of another student or allowing another student to complete or contribute to working papers, printed output, electronic files, quizzes, tests, or assignments.
3. viewing another student's computer screen during a quiz or examination.
4. talking or communicating with another student during a test.
5. violating procedures prescribed by the instructor to protect the integrity of a quiz, test, or assignment.
6. plagiarism in any form, including, but not limited to: copying/pasting from a website, textbook, previously submitted student work, or any instructor-prepared class material; obvious violation of any copyright-protected materials.
7. knowingly aiding a person involved in academic misconduct.
8. providing false information to staff and/or faculty.
9. entering an office unaccompanied by faculty or staff.
10. misuse of electronic devices.
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<th>Date</th>
<th>Topic</th>
<th>Lippert</th>
<th>Lab: Lippert &amp; Minor</th>
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<tr>
<td>1/13 T</td>
<td><strong>Unit 1: Basic Information</strong></td>
<td>Chap 1; pp. 27-28</td>
<td><strong>Lab: Chap 1</strong></td>
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<tr>
<td>1/15 TH</td>
<td><strong>Unit 1: Basic Biomechanics</strong></td>
<td>Chap 8</td>
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<td>1/20 T</td>
<td><strong>Unit 2: Skeletal &amp; Articular System</strong></td>
<td>Chaps 2 &amp; 3</td>
<td><strong>Lab: Chaps 2 &amp; 3</strong></td>
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<td>1/22 TH</td>
<td><strong>Unit 2: Arthrokinematics</strong></td>
<td>Chap 4</td>
<td><strong>Homework Assignment: Chap 4</strong></td>
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<td><strong>Unit 3: Muscle Systems</strong></td>
<td>Chap 5</td>
<td><strong>Lab: Chap 5</strong></td>
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<tr>
<td>1/29 TH</td>
<td><strong>Unit 4: Shoulder Girdle &amp; Muscles</strong></td>
<td>Chap 9</td>
<td><strong>Homework Assignment: Chap 9</strong></td>
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<td>2/3 T</td>
<td><strong>Unit 4: Shoulder Joints &amp; Muscles</strong></td>
<td>Chap 10</td>
<td><strong>Lab Quiz 1: Chap 1-5</strong></td>
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<td><strong>Lab: Chaps 9 &amp; 10</strong></td>
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<tr>
<td>2/5 TH</td>
<td><strong>Unit 7: UE Nerves &amp; Vessels</strong></td>
<td>pp. 65-68, 85</td>
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<td>2/10 T</td>
<td><strong>Unit 5: Elbow Joint &amp; Muscles</strong></td>
<td>Chap 11</td>
<td><strong>Lab Quiz 2: Chap 9-10</strong></td>
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<td><strong>Lab: Chap 11</strong></td>
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<td>2/12 TH</td>
<td><strong>Unit 6: Wrist Joint &amp; Muscles</strong></td>
<td>Chap 12</td>
<td><strong>Lab: Chap 12</strong></td>
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<td>2/17 T</td>
<td><strong>Unit 6: Joints of the Hand &amp; Muscles</strong></td>
<td>Chap 13</td>
<td><strong>Lab Quiz 3: Chap 11</strong></td>
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<td><strong>Lab: Chaps 12 &amp; 13</strong></td>
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<td>2/19 TH</td>
<td><strong>Lab Quiz 4 Chaps 11-13; UE Nerves &amp; Vessels</strong></td>
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<td><strong>Review Units 1-6</strong></td>
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<td>2/24 T</td>
<td><strong>Exam 1</strong></td>
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<td>2/26 TH</td>
<td><strong>Unit 8: Spinal Cord and Nerves</strong></td>
<td>Chap 6: pp. 53-64</td>
<td><strong>Homework Assignment Chap 6</strong></td>
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<td>3/3 T</td>
<td><strong>Unit 8: The Skull &amp; Vertebral Column</strong></td>
<td>Chaps 14 &amp; 15</td>
<td><strong>Lab: Chaps 6, 14-15</strong></td>
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<td>3/5 TH</td>
<td><strong>Midterm Practical Exam: Units 1-8</strong></td>
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<td><strong>Time: To be determined.</strong></td>
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<td>3/17 T</td>
<td><strong>Unit 8: Muscles of the Trunk</strong></td>
<td>Chap 15</td>
<td><strong>Lab Quiz 5 Chaps 6, 14-15</strong></td>
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<td></td>
<td><strong>Unit 9: Pelvic Girdle &amp; Hip</strong></td>
<td>Chap 17</td>
<td><strong>Lab: Chaps 15 &amp; 17</strong></td>
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<tr>
<td>3/19 TH</td>
<td><strong>Class Quiz 3 Units 8 &amp; 9</strong></td>
<td>pp. 68-70</td>
<td><strong>Homework Assignment: label LE nerves &amp; vessels</strong></td>
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<td><strong>Unit 12: LE Nerves &amp; Vessels</strong></td>
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<tr>
<td>3/24 T</td>
<td><strong>Unit 9: Hip Joint &amp; Muscles</strong></td>
<td>Chap 18</td>
<td><strong>Competency Skills Check 2:</strong></td>
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<td><strong>Skull, Spine &amp; Pelvis</strong></td>
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<td><strong>Unit 9: Hip Joint &amp; Muscles (LAB)</strong></td>
<td>Chap 18</td>
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<td>3/31 T</td>
<td><strong>Class Quiz 4 Unit 9</strong></td>
<td>Chap 19</td>
<td><strong>Lab Quiz 6: chap 17 &amp; 18</strong></td>
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<td><strong>Unit 10: The Knee Joint &amp; Leg Muscles</strong></td>
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<td><strong>Lab: Chapter 19</strong></td>
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<td>4/2 TH</td>
<td><strong>Unit 10: The Knee Joint &amp; Leg Muscles</strong></td>
<td>Chap 19</td>
<td><strong>Homework Assignment: Label mm of the leg</strong></td>
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<tr>
<td>4/7 T</td>
<td><strong>Skull, Spine, Spinal Cord, Nerves &amp; LE Review</strong></td>
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<td><strong>Lab Quiz 7: Chap 19 &amp; LE Nerves/Vessels</strong></td>
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<td><strong>Lab: LE assessment/palpation</strong></td>
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<tr>
<td>4/9 TH</td>
<td><strong>Exam #2</strong></td>
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**Course Schedule**

**Note:** All dates are in MM/DD/YY format.
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<thead>
<tr>
<th>Date</th>
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<th>Lippert</th>
<th>Lab: Lippert &amp; Minor</th>
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<tr>
<td>4/14 T</td>
<td><strong>Unit 11</strong>: The Ankle Joint/Muscles</td>
<td>Chap 20</td>
<td>Lab: Chapter 20</td>
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<td>4/16 TH</td>
<td><strong>Unit 11</strong>: The Ankle Joint/Muscles</td>
<td>Chap 20</td>
<td>Homework Assignment: Label mm of ankle &amp; foot</td>
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<td>4/21 T</td>
<td><strong>Unit 11</strong>: Joints of the Foot/Arches</td>
<td>Chap 20</td>
<td>Lab Quiz 8: ankle joint &amp; muscles</td>
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<td>4/23 TH</td>
<td><strong>Unit 13</strong>: Posture</td>
<td>Chap 21</td>
<td>Homework Assignment Chap 21</td>
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<td><strong>Class Quiz 5 Unit 11</strong></td>
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<td>4/28 T</td>
<td><strong>Lab Quiz 9</strong>: Chap 21</td>
<td>Chap 22</td>
<td>Competency Skills Check 3:</td>
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<td><strong>Unit 13</strong>: Introduction to Gait</td>
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<td>Lower Extremity</td>
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<td>4/30 TH</td>
<td><strong>LE Posture &amp; Gait Review</strong></td>
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<td><strong>Lab Quiz 10</strong>: Chap 22</td>
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<td>5/5 T</td>
<td><strong>Final Practical Exam</strong></td>
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<td>5/7 TH</td>
<td><strong>Final Written Exam 10:30 am - 12 noon</strong></td>
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Technical College of the Lowcountry • Division of Health Sciences • Physical Therapist Assistant Program
Course Syllabus and /or Addendum Acknowledgement

I _____________________________ indicate by signing this document that I have received a copy of the syllabus and/or addendum (if applicable) for PTH 205 for Spring 2015. My signature indicates that I understand and I have had an opportunity to review and ask questions regarding the content of the syllabus and or addendum(s), if applicable. I understand that this syllabus and/or addendum (if applicable), does not constitute a contract and is subject to change without adequate notification.

_______________________________   ________________________
Student Signature                  Date