

Introduction to Physical Therapy

01:377:160, Section M1

Semester: Fall 2023

Department of Kinesiology and Health

Rutgers University

Course Information

- Pre/co-requisites: None
- Online learning site: Canvas - <https://canvas.rutgers.edu/>
- Class Format: This class will meet Live in Person.
- Class Day: Tuesday and Thursday, First 7 weeks
- Class Time: 2:00 pm - 3:20 pm EST
- Class Location: Loree 115
- Class Start Date: Tuesday September 5
- Class End Date: Thursday October 19
- Technology requirements for this course: Internet access, a computer with microphone and webcam

Instructor Information

- Instructor: Dr. Nicole Nagle
- Email: nmnagle@kines.rutgers.edu
- Virtual office hours: Tuesday and Thursday 10:30am - 12:00pm
- Virtual office hours format: Virtual office hours will be held on Zoom during the above stated days and times. To schedule virtual office hours please email me at nmnagle@kines.rutgers.edu
- Canvas email will be used for all information/communication related to this course.

Required Course Materials

- There is no textbook for this course.
- Lecture Handouts
- All lecture presentations and interactive classroom exercises are available in outline form either as PowerPoint Presentations or Microsoft Word documents on Canvas. It is strongly recommended that you download the documents and/or PowerPoint Presentations as hard copies or bring computer access to permit you to take focused notes during class.
- America Physical Therapy Association (2011). *Today's Physical Therapist: A Comprehensive Review of a 21st-Century Health Care Profession*. [ebook] pp.6-8; 9-13; 14-19; 32-34; 67-75; 76-77. Available at:
- http://www.scottsevinsky.com/pt/todays_pt.pdf [Open this document with ReadSpeaker docReader](#)

- ****All readings from this text should be completed before the scheduled class that day****
- Chapter 1 – History of the Profession of Physical Therapy
- Chapter 2 – Description of Physical Therapist Practice
- Chapter 3 – Physical Therapy Education
- Chapter 7 - Physical Therapy Research
- Appendix H – Professionalism in Physical Therapy – Core Values
- Appendix I – American Physical Therapy Association Vision 2020
- Journal Article – The article will be selected by the Professor and provided to the students.

Course Description

- An introduction to the rehabilitation specialty of physical therapy within the health care system for undergraduate students interested in the field. To provide students with the opportunity to clearly define the role of a PT and learn about PT settings and specialties. Provide students with the knowledge of how to prepare for graduate school and the process of application through PTCAS. Learn the importance of communication, professionalism, & EBP within PT. Finally, students will seek out a volunteer experience, to provide them with a hands-on opportunity to understand what a PT's role is.
- The course partially fulfills the Exercise Science Requirement for a Lower-Level Elective for students in the Exercise Science Major and PT Elective for students in the Pre-PT Concentration.
- This course is designed to be implemented as a lecture-based course prior to a subsequent clinical experience. The course is a pre-requisite to Observation in Physical Therapy a subsequent course.

Course Learning Objectives

By the conclusion of this course, student-learners will:

1. Ability to clearly define the role of a PT vs PTA vs PT aide.
2. Identify the various types of healthcare settings that PT's work in.
3. Identify the specialties one can work in when becoming a PT.
4. Understand the process of preparing and applying to a graduate school for a DPT program.
5. Become familiar with PTCAS and how to use it during the application process.
6. Demonstrate knowledge of your learning style, and how to apply it in the healthcare field.
7. Recognize the importance of professionalism in the field, and how you can apply it.
8. To understand the importance of communication within the field.
9. Demonstrate an understanding of typical equipment found in a PT clinic.

10. Participate in an onsite shadow experience of a PT to learn about the profession.

Communication Plan

Students should send requests to my Rutgers e-mail at nmnagle@kines.rutgers.edu if they would like to set up a zoom or in person appointment for office hours. If a student sends a Canvas message e-mail to me, please allow up to 24 hours to respond, not including weekends. Please wait 24 hours to send a follow-up e-mail in the rare instance you have not received a response. I do my best to respond to students as soon as possible.

Grading Policy and Breakdown of Assignments and Grade Values

- This class uses a percentage-based system to calculate grades. The description of each assignment includes how many points it is worth as well as the total percentage value. Assignments are due by 11:59 PM EST on the due dates listed below unless otherwise noted.
- Assignments turned in late will receive 0 points unless the student communicates with the instructor BEFORE the due date and receives written approval for an extension.
- Concerns about a graded assignment must be brought to the instructor within seven days of receiving the grade. Assignment grades are finalized after this seven-day period.
- Grades on Canvas will be updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let your instructor know right away.

A	90-100
B+	85-89.9
B	80-84.9

C+	75-79.9
C	70-74.9
D	60-69.9
F	0-59.9

Assessments/Grading Breakdown

Assignments	40%
Shadow a Physical Therapist	25%
Presentation	20%
Final Quiz	15%
Total	100%

Assignments

11. Assignments (40%)

12. Why PT?

13. Learning Style Survey

14. DPT Program Comparison

15. Professional Behaviors

16. Assignments are due as scheduled and late assignments will not be accepted. No partial credit will be given for late assignments, and a 0 will be received.

Assignments are due at 11:59 pm, and any submission after this will be considered late. All papers must be typed and submitted via canvas unless otherwise indicated. For the assignment, save the file as

“Lastname_AssignmentName” (e.g., Smith_WrittenAssignment.docx). Submit in

Microsoft Word format (.doc or .docx). With uploading documents, you can scan them or take a picture on your phone.

17. Presentation (20%)

18. Group Presentation - 50 points

19. Students will participate in a Group Presentation. This Presentation will cover Hot Topics Related to the PT Scope of Practice. The purpose of this presentation is to expose students to hot topics in the field of PT. This awareness is important not only as each student works toward becoming a practitioner but will give the students the knowledge to add meaningful contributions to a discussion with a PT while out volunteering or even possibly on an interview for grad school.

20. Shadow a Physical Therapist (25%)

21. Shadow a PT - 20 points

22. In order to help gain an understanding of what the field of Physical Therapy entails, students will shadow a Physical Therapist for 3 - 4 hours outside of the classroom on their own time during the semester. It is the responsibility of the student to find a facility and PT to shadow. Students will have the whole semester of the course to complete this. Upon completion of this experience the student will be required to turn in and upload the following documents: Site Information Form, Verification of Hours Form, and Assignment: Interview a Physical Therapist.

23. Final Quiz (15%)

24. Final Quiz - 50 points

25. There is one final quiz for this course based on lectures both live and asynchronous/pre-recorded and in-class discussions. The final quiz will be held during class time on the last day of class on Thursday October 19 from 2:00 pm - 3:20 pm EST. This date is subject to change. You will have 1 hour and 20 minutes (80 minutes) to complete the quiz. Make sure to be on time for the quiz to allow yourself plenty of time. If you enter late, you will not be given extra time.

Summary of Assignments with Due Dates

Why PT?	Wednesday September 13
Learning Style Survey	Monday September 18
DPT Program Comparison	Wednesday September 27
Professional Behaviors	Wednesday October 4
Group Presentation	Tuesday October 10 Thursday October 12

Shadow a PT	Monday October 16
Final Test	Thursday October 19

Course Policies and Procedures

Academic Integrity

Students are responsible for becoming familiar with the definitions, procedures and sanctions outlined in Rutgers University Academic Integrity Policy before submitting any assignment or exam. The policy can be found at: <http://nbacademicintegrity.rutgers.edu/>

- *Rutgers University takes academic dishonesty very seriously. By enrolling in this course, you assume responsibility for familiarizing yourself with the Academic Integrity Policy and the possible penalties (including suspension and expulsion) for violating the policy. As per the policy, all suspected violations will be reported to the Office of Student Conduct. Academic dishonesty includes (but is not limited to):*

- *Cheating*
- *Plagiarism*
- *Aiding others in committing a violation or allowing others to use your work*
- *Failure to cite sources correctly*
- *Fabrication*
- *Using another person's ideas or words without attribution, including re-using a previous assignment*
- *Unauthorized collaboration*
- *Sabotaging another student's work*

If you are ever in doubt, consult your instructor.

***ALL COURSE SYLLABI, ASSIGNMENTS, AND MATERIALS ARE COPYRIGHTED PROPERTY AND PROPRIETARY INFORMATION. THE SHARING OF MATERIALS WITH OTHER STUDENTS IN ANY MANNER, INCLUDING BUT NOT LIMITED TO THE DISTRIBUTION BY FORMER STUDENT TO CURRENT OR FUTURE STUDENT, UPLOADING ON CHEGG, COURSE HERO, OR ANY OTHER ONLINE FORUM, OR DISTRIBUTION IN ANY MANNER IS STRICTLY PROHIBITED AND WILL RESULT IN A POTENTIAL VIOLATION OF THE UNIVERSITY'S ACADEMIC INTEGRITY POLICY.**

Plagiarism

By enrolling in this course, you are indicating implicitly that you have read, understood, and accepted Rutgers University's policies and procedures regarding academic integrity and dishonesty. Plagiarism and cheating will not be tolerated and all University policies apply. Specifically, if plagiarism or cheating is suspected, the student(s) will be asked to

meet with the instructor. If the instructor concludes that an instance of plagiarism or cheating has occurred, the student(s) will be subject to an appropriate sanction or penalty outlined in Rutgers University Academic Integrity Policy.

Please note that plagiarism is using the ideas or writings of another as one's own. It varies in degree and severity. The most severe is the use of another's entire paper word-for-word. Less severe is the use of another's sentence, paragraph, or ideas without giving credit to that individual (i.e., without providing a reference).

Expectations

- Engage in class discussion boards and shout outs;
- Complete all assigned readings and assignments on time;
- Follow the honor code when completing all assignments and tests;
- Ask questions on course discussion boards or in drop-in office hours to enhance understanding of the material;
- Communicate with the instructor if you have questions pertaining to the material or the course;
- Check your email and Canvas announcements regularly to stay informed about course updates.

Email Etiquette

When emailing your instructor, please use your Rutgers e-mail address and **identify yourself by full name and course number**. Students are expected to place the course number, followed by the subject, in the subject line, use appropriate e-mail etiquette, and maintain reasonable expectations for instructor responses. The instructor will respond to student emails within 1 business day.

Make-up Policy

No make-ups or extensions will be offered for missed assignments except in one of the following situations, provided that the instructor is notified in advance (when possible):

- Athletic or other Rutgers sponsored trips: Travel dates and times accompanied by a signed memo from the group's advisor/coach must be presented to the instructor prior to travel dates;
- Religious observances; and
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, etc. It will be up to the prerogative of the instructor whether or not the student will be allowed to take the make-up or receive an extension.

Diversity & Inclusion

The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve, and drive innovation, social responsibility, and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength, which stands to benefit the whole and positively contribute to University and global reach.

UNIVERSITY SERVICES

Although many of these offices remain closed to in-person visits, all remain accessible virtually. We encourage students to continue to use these resources during this semester of remote learning.

Course Overview

1	Tuesday September 5	Introduction to Course	Today's Physical Therapist – Chapter 1	<i>Module 1:</i> Introduction to Course; Review Syllabus; Go Over Canvas Webpage <i>Activity:</i> Ice Breaker	Shadow a PT
2	Thursday September 7	The Field of Physical Therapy	Today's Physical Therapist – Chapter 2	<i>Module 2:</i> Lecture - The Field of Physical Therapy <i>Watch APTA video:</i> Why I Chose a Career in PT	Why Physical Therapy?
3	Tuesday September 12	A Career in Physical Therapy		<i>Module 3:</i> Lecture - A Career in Physical Therapy <i>Watch APTA video of different settings:</i> You can be Me - A Career in PT	
4	Thursday September 14	Communicati on in PT	Communicat ion Article - see pdf in Module	<i>Module 4:</i> Lecture - Communication in PT <i>Activity:</i> Verbal, Written, & Nonverbal Communication	Learning Style Survey

5	Tuesday September 19	Learning Styles		<i>Module 5: Lecture - Learning Styles</i> <i>Activity: Group Activity on Results from Learning Style Quiz</i>	<i>Presentatio n: Students will be broken into groups</i>
6	Thursday September 21	Preparing to Apply to PT School	Today's Physical Therapist – Chapter 3	<i>Module 6: Lecture - Preparing to Apply to PT School</i>	DPT Program Compariso n
7	Tuesday September 26	PTCAS & The Application Process	www.ptca s.org	<i>Module 7: Lecture - PTCAS & The Application Process</i> <i>Guest Speaker: Watch video of Interview w/ DPT student</i>	
8	Thursday September 28	Professional Behaviors		<i>Module 8:</i> Lecture - Professional Behaviors <i>Presentation: Students will be given time to work with group</i>	Profession al Behaviors
9	Tuesday October 3	APTA, EBP, Core Values	Today's Physical Therapist – Chapter 7; Appendix H & I	<i>Module 9:</i> Lecture - APTA, EBP, Core Values <i>Presentation: Students will be given time to work with group</i> <i>Guest Speaker: Watch video of Outpatient PT</i>	
10	Thursday October 5	Class OFF	OFF	<i>Class off to account for volunteering outside of the classroom</i>	
11	Tuesday October 10	PT Equipment	Students will present in class	<i>Module 10: Lecture - PT Equipment</i> Group Presentations	

12	Thursday October 12	Group Presentation s	Students will present in class	<i>Module 11: Group Presentations</i>	
13	Tuesday October 17	A Day in the Life of a PT Patient Quiz Review	Download Kahoots App on your phone for the review	<i>Module 13: Review for Final Quiz</i> <i>Activity: A Day in the Life of a PT patient</i>	
14	Thursday October 19	Final Quiz	Students will take Final Quiz during class	<i>Module 14: Final Quiz</i>	Final Quiz

RUTGERS UNIVERSITY STUDENT SERVICES

Student Accommodations	If you are a student in need of accommodations, please register with the Office of Disability Services in order to initiate the accommodations process. Please present your letter of accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.	(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 https://ods.rutgers.edu/
Just In Case Web App	Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.	http://health.rutgers.edu/medical-counseling-services/counseling/caps-next-step/
Counseling, ADAP & Psychiatric Services (CAPS)	CAPS is a university mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a	(848) 932-7884 17 Senior Street, New Brunswick, NJ 08901 www.rhscaps.rutgers.edu/ Medical Services: http://health.rutgers.edu/medical-counseling-services/medical/

	<p>variety of services that include individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.</p>	<p>Counseling Services: http://health.rutgers.edu/medical-counseling-services/counseling/</p>
<p>Violence Prevention & Victim Assistance (VPVA)</p>	<p>The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.</p>	<p>(848) 932-1181 3 Bartlett Street New Brunswick, NJ 08901 www.vpva.rutgers.edu/</p>
<p>Scarlet Listeners</p>	<p>Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.</p>	<p>(732) 247-5555 scarlet.listeners@gmail.com https://scarletlisteners.wixsite.com/scarletlisteners</p>
<p>Academic Support</p>	<p>School of Arts and Sciences Academic Advising for personal, career, and educational goals.</p> <p>Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Management major/minor requirements.</p>	<p>SAS: https://sasundergrad.rutgers.edu/</p> <p>Dept. of Kinesiology & Health: Lin Williams lin.williams@rutgers.edu Loree Gym, Room 148 Becky DeMarco becky.demarco@rutgers.edu https://kines.rutgers.edu/academics/academic-advising</p>