PURPOSE STATEMENT

The purpose of this course is to provide the student with lecture and laboratory study that will focus on using the Biomechanical Frame of Reference for assessment and intervention. Students gain skills in analysis of movement, muscle palpation, goniometry of range of motion, and manual muscle testing. Students will acquire knowledge and skills in administering standardized hand strength tests, and assessments for edema. Adjunct treatment utilizing superficial thermal modalities will be introduced, with assessment of blood pressure, and pulse rate for patient care. Of primary concern will be integration of assessment skills and application to biomechanical intervention approaches, and intensive opportunity and practice in professional and peer communication skills.

ACOTE STANDARDS / GENERAL OBJECTIVES

Upon the conclusion of this course, given the lecture, reading assignments, and laboratory assignments, the student will:

1. Understand the biomechanical frame of reference strengths and limitations when structuring a treatment plan
   a) Understand the models of practice and frames of reference used in OT (B 3.2)
   b) Understand how theories, models of practice, and frames of reference are used in OT evaluation and intervention (B 3.3)

2. Develop the ability to communicate through the basic therapeutic processes of establishing client rapport, and professional physical contact, proximity and therapeutic touch
   a) Provide therapeutic use of self, including one’s personality, insights, perceptions, and judgments as part of the therapeutic process in both individual and group interaction (B 5.6)
   b) Demonstrate the ability to educate the client, caregiver, family, and significant others to facilitate skills in areas of occupation as well as prevention, health maintenance, and safety (B 5.16)
   c) Effectively interact through written, oral, and nonverbal communication with the client, family, significant others, colleagues, other health providers, and the public in a professionally acceptable manner (B 5.18)

3. Perform goniometric and muscle strength evaluation in a simulated setting according to established procedures
   a) Use appropriate procedures and protocols when administering assessments (B.4.3)

4. Demonstrate knowledge of administration of standardized testing, in a simulated setting, which assess upper extremity strength, range of motion and edema, and how the results fit into the treatment decision-making process
   a) Use standardized and non-standardized screening tools to determine the need for OT intervention ( B.4.1)
   b) Ability to interpret criterion referenced and norm referenced standardized test scores (B.4.6)
   c) Interpret evaluation data in relation to uniform terminology and relevant theoretical frameworks (B.4.8)
   d) Organize, collect and analyze data in a systematic manner for evaluation of practice outcomes (B.5.26)

5. Demonstrate knowledge of biomechanical principles as applied to body mechanics, fine and gross motor activities, and engagement in occupation
   a) Ability to analyze tasks relative to performance areas, components, and contexts (B.2.7)
   b) Consider factors that might bias assessment results (B.4.7)
c) Interpret evaluation findings based on appropriate theoretical approaches, models of practice and frames of reference (B.5.1)

6. Become familiar with adjunct modality therapies and their role in enhancing patient outcomes in treatment. Specific superficial thermomodalities include moist heat, paraffin wax, contrast baths, and therapeutic use of ice.
   a) Explain the use of superficial thermal and mechanical modalities as a preparatory measure to improve occupational performance. Demonstrate safe and effective application of superficial thermal and mechanical modalities (B.5.13)

7. Demonstrate accurate documentation of range of motion, manual muscle testing procedures, and thermomodalities.
   a) Document OT services to ensure accountability of service provision and meet standards for reimbursement (B 5.28)

8. Demonstrate accurate assessments of blood pressure and pulse.

REQUIRED MATERIALS

Textbook:

*You are required to bring your textbook to class each day.

COURSE POLICIES AND PROCEDURES

1. Grading: This is a skills course, and therefore, you will be required to learn the skills of measuring joint range and muscle strength testing with accuracy. In order to receive a grade for this course, it is mandatory that you demonstrate competency with ROM and manual muscle testing (Pass all Competencies). Students who do not initially pass a Competency must successfully retake all portions of a comparable Competency before the end of the Summer C semester in order to earn a final grade for this course. Otherwise, you will receive an Incomplete for the semester, regardless of your performance on quizzes and final exam. Performance during Competencies will follow grading guidelines listed on respective Competency grading form (loaded on course website).

2. Clinical level professionalism is expected for all Competencies. This includes (1) arriving on time, (2) having good proficiency with testing procedures, (3) bringing own goniometers, chart, and applicable paperwork (4) wearing UF ID so that it can be easily read, and (5) use of professional communication & demeanor.

The following reflects the percentages toward the total grade.

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<th>Format</th>
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2. Professional Behavior: Professional behavior by OT students is expected at all times. Examples of expected behavior include, but are not limited to, the following:
   a) Personal responsibility for prompt and regular class participation and attendance to class, labs, and exams; with judicious use of class and lab time.
   b) Assumption of responsibility to keep room in order, and responsible handling of time and materials associated with inside and outside class assignments.
   c) Treatment of peers, professors, guest lecturers, clinical personnel, patient participants and their families, with consideration and respect.
   d) Out of consideration and respect for others, all cell phones and electronic devices are SILENCED before class.
   e) No disruptive talking during demonstrations and lecture material.
   f) Email all communication to instructors regarding unforeseen circumstances that affect class attendance or other class matters.

3. Dress Code FOR THIS CLASS ONLY
   For the purpose of muscle and joint palpation and muscle identification:
   Ladies: Shorts, gym attire, and sleeveless shirts, tank tops/ or t-shirts.
   Gentlemen: Shorts, gym attire and tank top/ or short sleeves t- shirt
   Bring other clothing for your afternoon class.
   Lockers are located on the 1st floor by the OT lab. (1107)

4. Attendance to class is required: students are responsible for all material assigned, presented, and discussed in class regardless of attendance. Attendance for all class activities, practical check-offs, exams, quizzes and labs are mandatory. All students will be held responsible for all material presented and discussed in class activities regardless of attendance. It is the responsibility of the student who must be late or absent to a class activity to notify the instructor prior to the scheduled time in order to schedule makeup activities. Some experiences cannot be made up.

A student who must be absent or late for class must notify Dr. Alappattu at meryl@ufl.edu, Ms. Seitz at jessica230@ufl.edu in advance of the class.

There are no makeup exams/quizzes/labs/Check-offs/Competencies allowed unless the absence is excused as defined in the MOT handbook and approved by both Dr. Foss and course instructors. Make-ups for exams and quizzes will only be approved prior to the time of the test conditional upon the submission of a completed and APPROVED Excused Absence Petition form (Appendix H of the MOT Student Handbook). Submit approved forms to Dr. Alappattu or Ms. Seitz. Students missing an exam, quiz or Competency without notification and approval as described above will be given a grade of 0% on that assessment.

All assignments are due by time and date indicated. Late submissions, if accepted, are subject to late submission penalty. All assignments submitted electronically must be submitted using Microsoft Word format (.doc/.docx), or Rich Text format (.rtf), or Portable Document format (.pdf) unless otherwise specified by the instructor.
Peer check-offs be written legibly in ink. Correct spelling, grammar, legibility, accuracy, logical thought sequence, continuity, smooth transitions and correct referencing are expected for all assignments. Professional level communication is expected on all written work (e.g. use of single line strikethroughs when errors are made). References are to be cited in APA format using the Publication Manual of the American Psychological Association. This reference manual should be used to clarify writing format and style.

5. Academic Honesty: In this professional program we are particularly sensitive to ethical and honest conduct by our students. Occupational therapy students are bound by the academic honesty guidelines of the university. All students are subject to these guidelines and the student conduct code as printed in the University of Florida, Undergraduate Catalog and Graduate Catalog.

The honor code states:

“We the members of the University of Florida community, pledge to hold ourselves and our peers by abiding by the Honor Code.”

The following statement will be placed on all exams and assignments:

“On my honor, I have neither given or received unauthorized aid on this assignment.”

All students are required to read the University of Florida Student Conduct and Honor Code: https://www.dso.ufl.edu/scrc/process/student-conduct-honor-code/

5a. ZERO Tolerance of cheating
This course requires several online assessments, including quizzes and an online final exam. All assessments are to be completed individually. Any violation of the student honor code, including any forms of cheating (ie texting answers/questions from assessments to others, searching for answers online/ in the textbook/on course website during an assessment) will result in a failing grade for the entire course. By enrolling in this course, you consent to this policy.

6. Accommodations for students with disabilities: Students requesting accommodations must first register with the Office of Students with Disabilities. This office (www.dso.ufl.edu/drc) will provide documentation to the student who will then provide it to the instructor upon requesting the accommodation.

7. Student Wellness and Counseling: Students may occasionally have personal issues that arise in the course of pursuing higher education or that may interfere with their academic performance. If you find yourself facing problems affecting your coursework, you are encouraged to talk with an instructor and to seek confidential assistance at the University of Florida Counseling and Wellness Center, 352-392-1575. Visit their web site for more information: http://www.counseling.ufl.edu/.

Crisis intervention is always available 24/7 from Alachua County Crisis Center: (352) 264-6789.

BUT – Do not wait until you reach a crisis to come in and talk with us. We have helped many students through stressful situations impacting their academic performance. You are not alone, so do not be afraid to ask for assistance.