**Course Title:** Basic Clinical Skills II  
**Course Number:** PHT 6207C (Sections 1A59, 4556, 4559)  
**Course Semester and Year:** 2021 Spring Semester, Year 1  
**Course Prerequisites:** Course participation is limited to the entry-level DPT student in his/her first year of the UF program.  
**Department:** Department of Physical Therapy, University of Florida  
**Credit Hours:** 2  
**Course Location:** Virtual/HPNP (Lecture) and CLC space @ CVS 2nd floor (Lab*)  
**Course Days and Times:**  
- Lecture: Mondays, 10:40 – 11:30AM  
  Labs A,B,C*: 12:50 – 2:45PM  
  Labs D,E,F*: 3:15 – 5:10PM  
*Exceptions for Practicals (see Course Outline for 2/8, 4/19).  
**Course Instructors:** Donovan Lott, PT, PhD, CSCS (Course Coordinator)  
  [dilottpt@phhp.ufl.edu](mailto:dilottpt@phhp.ufl.edu) *(Preferred communication)*  
  **Phone:** (352) 273-9226  
  **Office:** 1156 of HPNP  
  **Office Hours:** By appointment  
- Kevin MacPherson, PT, DPT, MTC, OCS, FAAOMPT  
  [housekl@phhp.ufl.edu](mailto:housekl@phhp.ufl.edu)  
- Erienne Blanchard, PT, DPT, CMPT, CFC  
  [dreblanchard@gmail.com](mailto:dreblanchard@gmail.com)  
- Victoria Harvey, PT, DPT, GCS  
  [vhar1358@shands.ufl.edu](mailto:vhar1358@shands.ufl.edu)  
**Teaching Assistant:** Prathyusha Bellam, PT  
  [bellam.prathyush@ufl.edu](mailto:bellam.prathyush@ufl.edu)  

**Course Description:**  
The focus of this course is on principles of exercise training and prescription used in physical therapy. The basic components of the course include physiological responses to exercise, aerobic capacity/endurance exercise, strength/resistance exercise, basic nutrition, and performance tests/measures. The application of these principles and components is also included in relation to patient care of specific diseases and disorders.  

**Course Objectives:**  
Upon completion of this course the student will be able to:  
1. Describe, apply, and analyze core exercise principles used for exercise testing and prescription.  
2. Understand and assess what are safe and normal physiological and subjective responses (BP, RR, HR, RPE, oxygen saturation) before, during, and after prescribed exercise for safe and effective exercise programs.  
3. Understand and describe the differences between submaximal and maximal exercise assessment.
4. Describe and evaluate aerobic function in terms such as METs, VO2 in L/min, etc.
5. Describe, apply, analyze, and have skill in aerobic capacity/endurance exercise prescription and the creation of a training program.
6. Describe and judge progressive, acute responses and steady-state responses to energy metabolism, heart rate, blood pressure, oxygen saturation, stroke volume, cardiac output, and respiratory rate during exercise testing.
7. Describe and discuss the application of contraindications for aerobic capacity/endurance testing.
8. Describe, administer, and interpret aerobic capacity/endurance tests and measures.
9. Describe, analyze, and apply key elements involved in the process of strength/resistance exercise for prescription and the creation of a training program.
10. Describe, analyze, and apply guidelines for frequency, intensity, time, and type (FITT) to design strength/resistance exercise prescriptions for healthy individuals and various patient populations.
11. Describe and demonstrate safety awareness (including equipment safety and emergent situations) during exercise training for exercise testing, prescription, and intervention.
12. Describe and interpret various physical activity measures.
13. Describe and discuss the benefits and application of blood flow restriction used with therapeutic exercise.
14. Describe and discuss estimated energy balance, recommended energy and macronutrient intakes, proper rehydration techniques, and nutritional ergogenic aids and their application to exercise.
15. Describe, administer, and interpret functional anthropometric tests and measures for the evaluation of patients.
16. Describe and evaluate the benefits versus risks of exercise for individuals with specific diseases/disorders (diabetes and stroke) and across the lifespan (pediatrics versus geriatrics).
17. Describe, administer, and interpret muscle performance tests, multiple battery tests, and measures to evaluate patients across the lifespan and create appropriate exercise programs for them.
18. Describe and teach a patient in proper exercise prescription for both aerobic and resistance exercise.

Teaching Methods and Learning Experiences:
The course will include synchronous virtual lectures, asynchronous lectures, small group activities and discussions, online videos/lectures, lab sessions, and problem solving case studies. Guest lectures and labs will involve professionals from the UF and Gainesville communities.

Teaching Assistant Review Sessions
Select second year UF DPT students are Teaching Assistants for this course and will hold review sessions most weeks throughout the semester. These review sessions will be held outside of normal 1st and 2nd year UF DPT students’ class schedules and will provide opportunities for 1st year students to review material presented in lecture and/or lab, to obtain greater clarity on concepts from the course, and to have more time practicing the tests, procedures, and assessments from lab. Review sessions will be in both synchronous virtual as
well as in-person formats. While these review sessions are optional, students are strongly encouraged to attend these sessions.

**Readings:**
The following textbook is required:

Required journal articles/online material will also be assigned for lectures and labs.

For technical support for this class, please contact the UF Help Desk at:
- Learning-support@ufl.edu
- (352) 392-HELP - select option 2
- https://lss.at.ufl.edu/help.shtml

**Equipment:**
- Personal stethoscope, blood pressure cuff, and digital watch with stopwatch (to 1/100th sec).
- Personal computer/tablet and printer as indicated by both the University and College requirements.
- Personal facemask for all in-person activities

**Responsibilities of the student:**
Students are expected to attend and be prepared for all lecture and laboratory sessions. Students are expected to arrive to lecture and lab sessions in a punctual manner, and with the appropriate clothing and equipment. Required readings/review of online materials must be done prior to class so that discussion of the material may take place.

**Class Demeanor Expected by the Professor**
- Ensure cell phones are turned off during class time.
- Avoid using laptop computers/electronic devices for tasks that are not pertinent to the lecture/lab session.
- Be respectful and polite in all interactions with your peers, guests, and instructors.
- Actively participate in labs and be engaged in lecture through attentive listening, asking questions, and discussion.

**Dress Code**
- Lecture or laboratory attire as per the student handbook is acceptable for lectures unless there is a guest lecturer where lecture/professional attire is expected and will be announced in advance.
- Laboratory attire as per the student handbook is required for all labs and lab practicals.

**Health Considerations**
In this class, our labs will consist of various aerobic and muscular performance tests and exercises. These exercises may make you feel warm, tired, short of breath, or fatigued. It is expected that you will dress appropriately in your lab attire to stay cool during exercise and bring covers to stay warm when not exercising. **If you have a physical condition that limits your ability to engage in cardiovascular conditioning or muscle strengthening exercises, it is strongly suggested that you consult the Office of Disability Resources and Services as soon as possible, to make accommodations for laboratory sessions and assignments. In addition, be certain to bring any medications or devices (i.e. inhaler, medication, orthotics) to each class, if prescribed by your physician for exercise.**

**Student evaluation:**
Performance of the student will be evaluated by exams, quizzes, lab practicals, cases, and assessment of student’s display of professionalism during lecture and lab sessions. The student will be expected to read/watch any assigned materials **prior** to class/lab and to participate in discussions led by the instructor and/or guest lecturers as well as be actively engaged and participate in lab sessions. **Up to 15% may be deducted from the overall grade and/or any specific evaluation for lack of preparation, participation, and/or professionalism.**

**Lab Practicals:** Students must achieve a score of 80% or higher, in order to pass a practical. If the score is lower than 80%, the student must repeat the practical. If a student must repeat a practical exam, the highest grade the student may obtain for that exam is 80%. Students may repeat a practical only one time. If a student does not pass on the second attempt, the student must appeal to the Department Progressions Committee for a third chance. Failure on a third chance, if granted, will result in an “e” for the course. A student, who repeatedly fails practical exams on the first attempt in one or more courses, will be referred to the DPT Program Director for academic advising and a plan of remediation.

In the event of a student failing to present for either of the exams or practicals, the attendance policy as described in the UF DPT Student Handbook will be the default guide for action for both excused and unexcused absence. The one **exception being that a physician’s note will be required if the student is unable to test due to illness.** Provided the student satisfies the criteria for an excused absence, a live-proctored exam or practical will be conducted at the instructor’s earliest convenience.

We will have face-to-face instructional lab sessions to accomplish the student learning objectives of this course. In response to COVID-19, the following policies and requirements are in place to maintain your learning environment and to enhance the safety of our in-classroom lab interactions.

- You are required to wear approved face coverings at all times during class and within buildings. Following and enforcing these policies and requirements are all of our responsibility. Failure to do so will lead to a report to the Office of Student Conduct and Conflict Resolution as well as to the UF DPT Professional Development Committee.
• We will follow the PT Departmental lab policies with students placed in dyads and comply with specific procedures to enter, exit, and maintain physical distancing during labs.
• Sanitizing supplies are available in the classroom/lab areas to wipe down your desks/tables and equipment prior to and at the end of the class/lab.
• If you are experiencing COVID-19 symptoms (see the following for guidance from the CDC on symptoms of coronavirus: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html), please use the UF Health screening system and follow the instructions on whether you are able to attend class: https://coronavirus.ufhealth.org/screen-test-protect-2/frequently-asked-questions/covid-19-exposure-and-symptoms-who-do-i-call-if/.
  • Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work.

Grading:

Exams: 40%
  Exam 1: 15%
  Exam 2: 25%

Quizzes: 15%

Lab Practicals: 30%
  Practical 1: 15%
  Practical 2: 15%

Case(s): 15%

Grading is scored according to the grading policy; University of Florida, College of Health Professions, Department of Physical Therapy, Student Handbook.

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<th>93%-100%</th>
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<th>87%-89%</th>
<th>83%-86%</th>
<th>80%-82%</th>
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**Course Outline – Schedule subject to change:**
The Course Coordinator can (and will) make changes to this schedule at his discretion. All changes will be announced during class/lab time, by email (to UF address), and/or through posting onto Canvas E-learning.

**Date**

**Jan 11th**
- **Topic:** Syllabus & Intro Lecture on Exercise (Principles of and Responses to Exercise)
- **Assigned Materials:** ACSM Ch 2; Piercy et al. The Physical Activity Guidelines for Americans. *JAMA* 2018; Online Material

**Jan 18th**
- **NO CLASS**
- **Assigned Materials:** Online Material

**HELD**

**Jan 25th**
- **Topic:** Physiological/Subjective Response to Exercise; Cardiovascular Fitness Testing and Exercise
- **Assigned Materials:** ACSM Ch 3 pages 50-55; ACSM Ch 4 pages 66-69, 79-94; ACSM Ch 5; Online Material

**Feb 1st**
- **Topic:** Aerobic Exercise Prescription
- **Assigned Materials:** ACSM Ch 6 pages 143-161; Online Material

**Feb 8th**
- **Topic for lecture:** Aerobic Exercise Testing and Prescription: Contraindications, Tests, and Measures for Aerobic Capacity/Endurance Exercise
- **Assigned Materials:** Online Material
- *PRACTICAL 1 during Lab that may go until 8pm*

**Feb 15th**
- **EXAM 1 during Lecture** and will hold regular lab times in afternoon

**Feb 22th**
- **Topic:** Strength & Resistance Exercise I
- **Assigned Materials:** ACSM Ch 4 pages 94-101; Online Material

**Mar 1st**
- **Topic:** Strength & Resistance Exercise II
- **Assigned Materials:** ACSM Ch 6 pages 161-167; Online Material; Please review associated material from Exercise Physiology course for greater depth

**Mar 8th**
- **Topic:** Strength & Resistance Exercise III
- **Assigned Materials:** ACSM Ch 6 pages 167-170; Online Material

**Mar 15th**
- **Topic:** Physical Activity; Blood Flow Restriction
- **Assigned Materials:** Online Material
Mar 22nd  
**Topic:** Intro to Nutrition & Hydration; Anthropometric tests and measures  
**Assigned Materials:** ACSM Ch 4 pages 69-80; ACSM Ch 8 pages 217-220; Online Material

Mar 29th  
**Topic:** Special Considerations Across the Lifespan  
**Assigned Materials:** ACSM Ch 7 pages 180-184, 188-194; ACSM Ch 12 pages 398-399; Online Material

Apr 5th  
**Topic:** Special Considerations for the Diabetic Population  
**Assigned Materials:** ACSM Ch 10 pages 268-275; Online Material

Apr 12th  
**Topic:** Special Considerations for the Stroke Population  
**Assigned Materials:** ACSM Ch 9 pages 248-250; Online Material

Apr 19th  
**Topic:** Catch Up and Review  
*PRACTICAL 2 during Lab that may go until 8pm*

Apr 26th  
**EXAM 2 (Time TBD)**

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**Statement of University’s Honesty Policy (cheating and use of copyrighted materials)**

**Academic Integrity:**
Professional behavior is critical for a successful transition from the classroom to the clinical setting. The faculty recognizes the importance of this by incorporating the development and evaluation of professional behavior into each academic course. Professional Behavior is described in the Student Handbook that each student receives and acknowledges reading/understanding upon beginning the DPT program. Professional behavior is expected at all times; including but not exclusively: during scheduled class, curricular and clinical activities, extracurricular professional events, community and clinical activities. *Cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.*

Furthermore, students are expected to act in accordance with the University of Florida policy on academic integrity (see Student Conduct Code, the Graduate Student Handbook or these web sites for more details:  
[https://sccr.dso.ufl.edu/students/student-conduct-code/](https://sccr.dso.ufl.edu/students/student-conduct-code/)  
[https://sccr.dso.ufl.edu/process/students-rights-responsibilities/](https://sccr.dso.ufl.edu/process/students-rights-responsibilities/)  

Students may be referred to the Professionalism Committee if they exhibit behavior not in accordance to these standards/expectations.

Students are expected to act in accordance with the University of Florida policy on academic integrity. As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge:
“We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.”

You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied:

“What on my honor, I have neither given nor received unauthorized aid in doing this assignment.”

It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For additional information regarding Academic Integrity, please see Student Conduct and Honor Code or the Graduate Student Website for additional details:
https://www.dso.ufl.edu/sscr/process/student-conduct-honor-code/
http://gradschool.ufl.edu/students/introduction.html

Please remember cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.

Online Faculty Course Evaluation Process
Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at https://gatorevals.aa.ufl.edu/students/. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via https://ufl.bluera.com/ufl/. Summaries of course evaluation results are available to students at https://gatorevals.aa.ufl.edu/public-results/.

Policy Related to Guests Attending Class
Only registered students are permitted to attend class. However, we recognize that students who are caretakers may face occasional unexpected challenges creating attendance barriers. Therefore, by exception, a department chair or his or her designee (e.g., instructors) may grant a student permission to bring a guest(s) for a total of two class sessions per semester. This is two sessions total across all courses. No further extensions will be granted. Please note that guests are not permitted to attend either cadaver or wet labs. Students are responsible for course material regardless of attendance. For additional information, please review the Classroom Guests of Students policy in its entirety. Link to full policy: http://facstaff.phhp.ufl.edu/services/resourcelguide/getstarted.htm

Materials and Supplies Fees
There is a $1.00 Material and Supply Fee per student for the course.
Support Services

Accommodations for Students with Disabilities
If you require classroom accommodation because of a disability, it is strongly recommended you register with the Dean of Students Office http://www.dso.ufl.edu within the first week of class or as soon as you believe you might be eligible for accommodations. The Dean of Students Office will provide documentation of accommodations to you, which you must then give to me as the instructor of the course to receive accommodations. Please do this as soon as possible after you receive the letter. Students with disabilities should follow this procedure as early as possible in the semester. The College is committed to providing reasonable accommodations to assist students in their coursework.

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center by visiting https://disability.ufl.edu/students/get-started/. It is important for students to share their accommodation letter with their instructor and discuss their access needs, as early as possible in the semester.

Counseling and Student Health
Students sometimes experience stress from academic expectations and/or personal and interpersonal issues that may interfere with their academic performance. If you find yourself facing issues that have the potential to or are already negatively affecting your coursework, you are encouraged to talk with an instructor and/or seek help through University resources available to you.

- The Counseling and Wellness Center 352-392-1575 offers a variety of support services such as psychological assessment and intervention and assistance for math and test anxiety. Visit their web site for more information: http://www.counseling.ufl.edu. On line and in person assistance is available.

- U Matter, We Care website: http://www.umatter.ufl.edu/. If you are feeling overwhelmed or stressed, you can reach out for help through the U Matter, We Care website, which is staffed by Dean of Students and Counseling Center personnel.

- The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: https://shcc.ufl.edu/

- Crisis intervention is always available 24/7 from:
Alachua County Crisis Center:
(352) 264-6789
http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx

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.

**Inclusive Learning Environment**

Public health and health professions are based on the belief in human dignity and on respect for the individual. As we share our personal beliefs inside or outside of the classroom, it is always with the understanding that we value and respect diversity of background, experience, and opinion, where every individual feels valued. We believe in, and promote, openness and tolerance of differences in ethnicity and culture, and we respect differing personal, spiritual, religious and political values. We further believe that celebrating such diversity enriches the quality of the educational experiences we provide our students and enhances our own personal and professional relationships. We embrace The University of Florida’s Non-Discrimination Policy, which reads, “The University shall actively promote equal opportunity policies and practices conforming to laws against discrimination. The University is committed to non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, gender identity and expression, marital status, national origin, political opinions or affiliations, genetic information and veteran status as protected under the Vietnam Era Veterans’ Readjustment Assistance Act.” If you have questions or concerns about your rights and responsibilities for inclusive learning environment, please see your instructor or refer to the Office of Multicultural & Diversity Affairs website:

www.multicultural.ufl.edu