

MODAPTS® Practitioner Course

Key Concepts by Module

Module 3 Key Concepts	
Concept	Definition
Terminal Activity Class	The terminal class depicts activities that occur after a movement of the finger, hand, arm, shoulder, or trunk. A terminal activity always follows a movement activity. In other words, movement activities are paired with terminal activities.
Get vs. Put	There are two types of terminal activities, Get and Put. Get is the action of obtaining control of an object, such as picking something up. Put is the action of putting an object to a location, such as placing something in a box.
Low vs. High Conscious Control	For both get and put activities, there are two categories of difficulty – low conscious control and high conscious control. When an activity requires little muscular control and no visual or mental control, it is a low conscious control activity. When an activity requires high muscular control with visual or mental assistance, it is a high conscious control activity.
The Element GET	There are three categories of Gets: G0 (low conscious control), G1 (low conscious control), and G3 (high conscious control).
G0 Contact GET	A G0 is a simple technique for gaining control of an object. The fingers touch the object but do not close around it. This is a low conscious control activity. There is no significant work involved in a contact Get, so no contact time is awarded.
G1 Simple Grasp GET	A G1 is another technique for gaining control of an object, but the fingers close around the object. This is a low conscious control activity. A Get with a simple grasp has a value of 1 MOD.
G3 GET with Feedback	A G3 is more complex than a G0 or G1. It involves not only closing the fingers when gaining control of an object, but requires sensory or visual feedback. Because feedback is involved, this is a high conscious control activity. A Get with feedback has a value of 3 MODS.
The Element PUT	There are three categories of Puts: P0 (low conscious control), P2 (high conscious control) and P5 (high conscious control).
P0 Simple PUT	A P0 involves putting an object to a general location, with no requirements for positioning the object. Similar to a G0, there is no significant work involved in a simple PUT, so no time value is awarded.
P2 PUT with Feedback	A P2 requires placement of an object to a defined location. This is a high conscious control activity because feedback is required from at least one of the senses, such as the eyes. A Put with feedback has a value of 2 MODS.

P5 PUT with Feedbacks	A P5 requires placement of an object to an exact location. This is a high conscious control activity because feedback is required from one or more of the senses, such as the eyes. A P5 with feedbacks has a value of 5 MODS.
Simultaneous Moves	When two activities are performed at the same time, it considered simultaneous motions. A normal worker can be expected to complete two low conscious control activities simultaneously, or one high conscious control and one low conscious control activity simultaneously. A normal worker cannot be expected to perform two high conscious control activities simultaneously.