

# PHYSICAL THERAPIST ASSISTANT (PTA)

## **Physical Therapist Assistant (PTA) 110**

### **Introduction to Physical Therapy**

This course introduces the field of physical therapy (PT) and foundational knowledge of topics threaded throughout the technical portion of the physical therapist assistant curriculum. These topics include, but are not limited to, the history of the profession, PT practice settings, roles and responsibilities of the physical therapist assistant (PTA), the PT/PTA relationship and other interprofessional relationships, ethical and legal considerations in PT, communication skills, cultural competence and diversity in health care related to age, race, ethnicity, socioeconomic status and disability, pharmacology medical terminology, documentation, basic patient safety, patient privacy/comfort, architectural barriers, recognizing and responding to emergency situations, and research and evidence based practice. Upon completion, students should be able to expand upon this foundational knowledge in subsequent courses as it pertains specifically to patient care and conditions/body systems studied. Writing assignments, as appropriate to the discipline, are part of the course.

*Admittance into the Physical Therapy Assistant Program.*

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

**Offered At:** MX

**HD Course**

## **Physical Therapist Assistant (PTA) 140**

### **Health Promotion & Wellness I**

This course introduces the physical therapist assistant student to health promotion and wellness beginning with a reflection of self as an individual and student, as member of the interprofessional healthcare team, and subsequently the community at large. Students will identify strategies for successful navigation of the physical therapist assistant program including identifying personal strengths and weaknesses, self-reflection on health beliefs, and skills to maintain a healthy school-life balance. The second portion of the course will shift beyond self to health promotion and wellness as a member of the community and interprofessional healthcare team. Students will identify, design, and implement an interprofessional initiative to promote the health and wellness of the members of our college community. Upon completion, students should be able to implement skills to maintain a school-life balance to maintain academic success and complete a needs assessment of their environment and implement feasible initiatives aimed at promoting the health and wellness of that community. Writing assignments, as appropriate to the discipline, are part of the course.

*Successful completion of PTA 110, 150 and 160.*

1 Lecture hours. 1 Credit Hours.

**Offered At:** MX

## **Physical Therapist Assistant (PTA) 150**

### **Therapeutic Procedures I**

This course introduces assessment and measurement techniques and mobility training commonly performed by the physical therapist assistant. In this course, students will learn the applicable foundational knowledge and clinical skills to complete anthropometric, joint ROM, muscle length, muscle strength, sensory, and balance/coordination tests and measurements. Additionally, this course will build upon foundational coursework emphasizing the underlying clinical decision making skills and technical skills for functional patient mobility including assistive device fitting, bed mobility, transfer training, gait training, stair navigation, and wheelchair mobility. Upon completion, students should be able to safely, correctly, and effectively apply and document these techniques and procedures within the plan of care and scope of practice of the physical therapist assistant under the supervision of a physical therapist. Writing assignments, as appropriate to the discipline, are part of the course.

*Admittance into the Physical Therapy Assistant Program.*

6 Laboratory hours. 1 Lecture hours. 3 Credit Hours.

**Offered At:** MX

## **Physical Therapist Assistant (PTA) 160**

### **Orthopedic Practice & Exercise**

This course introduces commonly encountered orthopedic conditions in physical therapy and effective interventions for physical therapy management. As each joint of the human body is explored, emphasis is placed on foundational principles of tissue healing, pain management, and recovery of meaningful function for the patient. Using evidence based practice as a guide, clinical decision making skills stress progression and modification of interventions. Upon completion, students should be able to safely, correctly, and effectively apply and document tests, measurements, and interventions in clinical practice based on knowledge of orthopedic conditions as experienced by patients within the plan of care and scope of practice of the physical therapist assistant (PTA) under the supervision of a physical therapist. Writing assignments, as appropriate to the discipline, are part of the course.

*Admittance into the Physical Therapy Assistant Program.*

6 Laboratory hours. 2 Lecture hours. 4 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 170  
Therapeutic Procedures II**

This course covers the theory and application of therapeutic modalities used in physical therapy practice. Modalities covered in this course include: superficial thermal agents (therapeutic heat and cold), ultrasound and phonophoresis, diathermy, lasers, ultraviolet, electrotherapeutics for pain management, muscle contraction, drug delivery, and tissue repair, EMG/biofeedback, traction, massage, compression therapies, aquatics and hydrotherapy. Emphasis is placed on foundational principles and mechanics from physics, physiological effects, indications, contraindications, precautions, skilled application of the modality, clinical decision making, evidence-based practice, and documentation procedures. Upon completion, students should be able to safely, correctly, and effectively apply these techniques and procedures within the plan of care and scope of practice of the physical therapist assistant (PTA) under the supervision of a physical therapist. Writing assignments, as appropriate to the discipline, are part of the course.

*Admittance into the Physical Therapy Assistant Program.*

6 Laboratory hours. 1 Lecture hours. 3 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 171  
Cardiopulmonary & Vascular Practice**

This course introduces commonly encountered cardiopulmonary and vascular conditions in physical therapy. In this course, students will learn the applicable knowledge and clinical skills to complete tests and measurements related to a patient's cardiopulmonary and vascular status. Additionally, this course will further previous and foundational coursework emphasizing clinical decision making skills, proficiency with cardiopulmonary and vascular risk factor assessments, effective resistive and aerobic exercise progressions and modifications, response to emergent conditions, and wellness and prevention initiatives in the cardiopulmonary and vascular patient populations. Lymphatic and integumentary conditions, tests, measurements, and interventions are introduced as related to the cardiopulmonary and vascular systems. Upon completion, students should be able to safely, correctly, and effectively apply and document tests, measurements, and interventions in clinical practice based on knowledge of cardiopulmonary, vascular, and related lymphatic and integumentary conditions as experienced by patients within in the plan of care and scope of practice of the physical therapist assistant (PTA) under the supervision of a physical therapist. Writing assignments, as appropriate to the discipline, are part of the course.

*Admittance into the Physical Therapy Assistant Program.*

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 190  
Therapeutic Procedures III**

This course introduces treatment and measurement techniques and discusses treatment programs for neuromusculoskeletal dysfunction and injury. Topics include soft tissue and joint dysfunction; assessment of girth, volume, length, sensation, pain, and muscle strength; and selected exercise programs. Upon completion, students should be able to measure strength and joint motion and identify methods to assess sensation, pain, volume, girth, length, and gait abnormalities. Writing assignments, as appropriate to the discipline, are part of the course.

*Grade of C or better in PTA 110, 150, 160 and MAS 110, or Consent of Department Chairperson.*

6 Laboratory hours. 1 Lecture hours. 3 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 200  
Pathophysiology & Complex Systems**

This course introduces the remaining body systems and conditions encountered in physical therapy: integumentary, endocrine, immune, hematological, gastrointestinal, genitourinary, and metabolic. For each system and its related conditions, the student will explore etiology, pathology, manifestation, medical and physical therapy treatment, and prognosis. Realistic complex patient care and multi-system involvement is explored through an integration with orthopedic, cardiopulmonary, and neurologic conditions routinely treated by the physical therapist assistant as the patient progresses through the acute care, inpatient rehab and/or SNF, home care, and outpatient physical therapy settings. Upon completion, students should be able to safely, correctly, and effectively apply and document tests, measurements, and interventions in clinical practice related to conditions involving complex system interactions within in the plan of care and scope of practice of the physical therapist assistant (PTA) under the supervision of a physical therapist. Writing assignments, as appropriate to the discipline, are part of the course.

*Admittance into the Physical Therapy Assistant Program.*

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 201  
Neuromuscular Rehabilitation**

This course introduces commonly encountered adolescent and adult neurological conditions in physical therapy. In this course, students will learn the applicable foundational knowledge and clinical skills to complete assessment and measurements of sensation, cranial nerve and reflex integrity, cognitive functioning, hypo/hypertonicity, ROM, MMT, spasticity, coordination, and balance. Additionally, this course will further previous and foundational coursework emphasizing clinical decision making skills, proficiency with risk factor assessments, effective exercise progressions and modifications, response to emergent conditions, and wellness and prevention initiatives in neurological patient populations. Upon completion, students should be able to safely, correctly, and effectively apply and document tests, measurements, and interventions in clinical practice based on knowledge of neurological conditions as experienced by patients within in the plan of care and scope of practice of the physical therapist assistant (PTA) under the supervision of a physical therapist. Writing assignments, as appropriate to the discipline, are part of the course.

*Successful completion of PTA 110, 150 and 160.*

3 Laboratory hours. 2 Lecture hours. 3 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 211  
PTA Clinical Education I**

This full time clinical education experience (40 hours per week for 8 weeks) offers students the opportunity to gain exposure to a variety of medical and physical therapy diagnoses, develop patient care skills under the supervision of a clinical instructor (physical therapist assistant and/or physical therapist), and become an active participant in the health care team. Students will be placed in inpatient and outpatient physical therapy settings. Writing assignments, as appropriate to the discipline, are part of this course.

*Admittance into the Physical Therapy Assistant Program.*

20 Laboratory hours. 2 Lecture hours. 7 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 220**

**Physical Therapy Across the Lifespan**

This course introduces foundations for human development and movement and explores developmental changes across the lifespan. At each developmental stage, this course expands upon physical, cognitive, emotional, psychosocial, and sociocultural changes experienced by individuals and how these differences impact effective physical therapy treatment. Commonly encountered conditions will be introduced along with effective interventions. Upon completion, students should be able to safely, correctly, and effectively apply and document tests, measurements, and interventions in clinical practice based on knowledge of patient conditions experienced across the lifespan within the plan of care and scope of practice of the physical therapist assistant (PTA) under the supervision of a physical therapist. Writing assignments, as appropriate to the discipline, are part of the course.

*Admittance into the Physical Therapy Assistant Program.*

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 221**

**PTA Clinical Education II**

This course provides a short-term affiliation for planned learning experiences and practice under supervision. Emphasis is placed on basic skills including patient transfers, elementary exercise programs and other learned skills. Upon completion, students should be able to demonstrate satisfactory performance as an introductory-level physical therapy assistant student. Writing assignments, as appropriate to the discipline, are part of the course.

*First year completion of the Physical Therapy Assistant program with a minimum grade point average of 2.0, or consent of Department Chairperson.*

6 Laboratory hours. 2 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 230**

**Therapeutic Procedures IV**

This course covers normal development, adult and pediatric/CNS dysfunction, spinal cord injuries, amputee rehabilitation techniques, and cardiopulmonary rehabilitation. Topics include neurology review, selected rehabilitation techniques, ADL and functional training, prosthetic and orthotic training, and environmental access. Upon completion, students should be able to demonstrate safe and correct application of selected rehabilitation techniques for neurological dysfunction, cardiopulmonary conditions, and amputations. Writing assignments, as appropriate to the discipline, are part of the course.

*First year completion of Physical Therapy Assistant program with a minimum grade point average of 2.0, or consent of Department Chairperson.*

6 Laboratory hours. 3 Lecture hours. 5 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 240**

**Health Promotion & Wellness II**

This course builds upon content of Health Promotion and Wellness I expanding upon cultural competence, service learning in a broader context as part of the interprofessional team, and continuing professional development as students prepare for the National Physical Therapist Assistant Exam (NPTAE) and employment. The course will integrate classroom and clinical knowledge from throughout the course of study in the physical therapist assistant (PTA) program culminating in a health promotion and wellness initiative aimed at the improving upon the health of the immediate community. Upon completion, students as part of an interprofessional team should be able to complete a needs assessment and implement feasible initiatives aimed at promoting the health and wellness of a culturally diverse community. In addition, students will gain the knowledge and tools to successfully seek licensure and employment. Writing assignments, as appropriate to the discipline, are part of the course.

*Admittance into the Physical Therapy Assistant Program.*

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 260**

**Advanced PTA Clinical Education**

This terminal full time clinical education experience (40 hours per week for 8 weeks) offers students the opportunity to gain exposure to a variety of medical and physical therapy diagnoses, develop entry-level patient care skills under the supervision of a clinical instructor (physical therapist assistant and/or physical therapist), and become an active participant in the health care team. Students will be placed in inpatient and outpatient physical therapy settings. Writing assignments, as appropriate to the discipline, are part of this course.

*Admittance into the Physical Therapy Assistant Program.*

20 Laboratory hours. 2 Lecture hours. 7 Credit Hours.

**Offered At:** MX

**Physical Therapist Assistant (PTA) 280**

**Physical Therapy Assistant Topics**

This course covers the physical therapist assistant profession in preparation for the state licensure exam. Topics include developing time management skills and practicing for the competence examinations. Writing assignments, as appropriate to the discipline, are part of the course.

*Grade of C or better in PTA 260 and Consent of Department Chairperson.*

2 Lecture hours. 2 Credit Hours.

**Offered At:** MX