SECTION A - Course Information

1. Course ID: VOC PT81
2. Course Title: Physical Therapy Aide
3. Division: Continuing Education Division
4. Department: Vocational
5. Subject:
6. Short Course Title: Physical Therapy Aide
7. Effective Term: Summer 2014

SECTION B - Official Course Information

1. Recommended Class Size:
   a. Maximum Class Size:
   b. Class Size Approval Date:
2. Method of Instruction:
   - Lecture
   - Laboratory
   - Lecture and Laboratory
   - Independent Studies
   - Distance Learning (Distance Education Delayed) for online courses.
   - Work Experience, Occupational
   - Work Experience, General
   - Open Entry/Exit
   - Distance (Hybrid Online) for online supported courses
3. Contact Hours for a Term:
   Note: If not a variable unit/hour course, enter the hours in the "Low" column only. Leave the hours in the "High" column blank.
   
<table>
<thead>
<tr>
<th></th>
<th>Low</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture</td>
<td>54.00</td>
<td>To</td>
</tr>
<tr>
<td>Lab</td>
<td>54.00</td>
<td>To</td>
</tr>
<tr>
<td>Activity</td>
<td>To</td>
<td></td>
</tr>
<tr>
<td>Clinical</td>
<td>To</td>
<td></td>
</tr>
<tr>
<td>Total Hours</td>
<td>108.00</td>
<td>To</td>
</tr>
</tbody>
</table>
4. Credit Units: To

   1 Unit of credit per eighteen (18) hours of lecture contact hours for a term
   1 Unit of credit per fifty-four (54) hours of lab, activity or clinical contact hours for a term

5. Taxonomy of Programs (TOPS) Information:
   a. TOPS Code and Course Program Title:
129900 - *Other Health Occupations

b. Course Control Number:

(To be entered by the Instruction Office Only.)

6. SAM Priority Code:(Select One)

☐ Apprenticeship
Courses offered to apprentices only.

☐ Advanced Occupational
Courses taken in the advanced stages of an occupational program. Each “B” level course must have a “C” level prerequisite in the same program area.

☐ Clearly Occupational
Courses taken in the middle stages of an occupational program. Should provide the student with entry-level job skills.

☑ Possibly Occupational
Courses taken in the beginning stages of an occupational program.

☐ Non-Occupational

7. Please place this course into the appropriate discipline by selecting from the drop down list. The discipline placement indicates what preparation is needed to teach the course. Discipline faculty may place their courses into more than one discipline as appropriate:

8. General Course Information

a. Course Credit Status:

b. State Transfer Code:

c. State Classification Code: L Non-Credit - not Enh Funding

d. Basic Skills Status/Level: Not Applicable

e. Sports/Physical Education Course: ☐ Yes

( Only check here if the course is a physical education course.)

f. Grading Method: P/NP Pass/No Pass

g. Number of repeats allowed: 1 - Activity/Other Repeatable 3 times repeatable

h. Overlap/Duplicate Course:

9. Course Preparation:

Note: If this course has a new requisite, a content review supplemental form must be completed.

☐ Prerequisite
1. Corequisite

2. Advisory

☑️ None

10. Course Special Designators

11. Course Program Status

☐ Program Applicable

☑️ Stand-alone

12. Funding Agency Category:

☐ Not Applicable

☐ Primarily developed using economic development funds

☐ Partially developed using economic development funds

SECTION C - Transfer Status

Baccalaureate Status is granted by the Educational Design General Education and Baccalaureate Level Subcommittee.

☐ CSU Transferable

☐ UC Transferable

Approval Date:

SECTION D - General Education Request

Mt. San Antonio College and CSU General Education course approval are submitted to the Educational Design GE and BL Subcommittee for approval.

1. The Articulation Officer submits the course directly to the CSU Chancellor for approval.

2. Upon receiving approval, the course is approved for the Mt. SAC Associate Degree GE and placed in the area(s) CSU approval indicate(s).

☐ Yes  ☐ No

Approved for inclusion on Mt. SAC and CSU General Education List?

1. Mt SAC General Education Applicability:

2. CSU General Education Applicability (Requires CSU approval):

3. IGETC Applicability (Requires CSU/UC approval):
SECTION E - Course Content

1. Course Descriptions

   a. Catalog Description

      Role and skills of physical therapy aide. Includes terminology, procedures and interpersonal skills.

   b. Class Schedule Description:

      ☐ Yes ☐ No Is a course description to be printed in the Class Schedule?

      Role and skills of physical therapy aide.

2. Course Outline Information

   a. Lecture Topical Outline:

      - Physical therapy profession and responsibilities
      - Philosophy of physical therapy (rehabilitation): dangers of bed rest; general types of patients served by physical therapy
      - Range of motion exercises: terminology of motions; quadriceps setting, straight leg raises
      - Draping and privacy of patients
      - Major bones and major muscle groups
      - Hot packs, heat treatments; indication/contraindications of heat
      - Cleaning and care of equipment and department
      - Hydrotherapy equipment and use; paraffin bath, cold baths
      - Safety in lifting; patient transfers
      - Physical therapy medical terminology and abbreviations
      - Diathermy, ultrasound, electrical muscle stimulation, ultraviolet
      - Physical therapy specialties
      - Traction - pelvic and cervical
      - Low back problems, body mechanics, William’s exercises
      - Burns and physical therapy
      - Crutch, cane, walker, gaits; using gurneys; casts
      - Cardio-Vascular Accident (CVA), Activities of Daily Living (ADL) and medical conditions requiring physical therapy
      - Massage techniques
      - Arthritis, amputees' needs for physical therapy
      - Hospital beds and procedures
      - Orthopedic conditions requiring physical therapy; team work for rehabilitation
      - Charting, legal responsibilities and clerical work
      - Final exam

   b. Lab Topical Outline:
- Physical therapy aide lab safety
- Exploring skeletons and comparing to human anatomy
- Applying basic physical therapy exercises for the muscular system
- Using ROM exercises
- Examining and applying casts; applying movements for fractured hip patients
- Practicing gait training
- Using hot packs, infrared, transcutaneous electrical nerve stimulation (TENS) modalities
- Practicing exercises to assist with muscle contractions
- Practicing exercises to assist with cervical and low back strains
- Practicing proper range of motion exercises to ameliorate bed rest complications
- Practicing appropriate management for patients showing signs of respiratory distress
- Practicing management of physical therapy for amputations, arthritis and ADLs
- Practicing massage therapy techniques used in common physical therapy practice
- Charting and applying proper procedures
- Practical exam

3. Course Measurable Objectives:

1. Classify basic components of rehabilitation related to the role of Physical Therapy Aide.
2. Identify components of basic anatomy.
3. Identify and describe basic medical terminology and medical abbreviations.
4. Identify and discuss modalities and procedures related to orthopedic disorders.
5. Apply correct techniques and skills related to orthopedic management of clients as appropriate to the role of the Physical Therapy Aide.
6. Compare and contrast interventions for orthopedic problems.

4. Course Methods of Evaluation:

Category 1. Substantial written assignments for this course include:

- One-page general summaries pertaining to physical therapy field
- This course consists primarily of skills development and application for physical therapy aide

If the course is degree applicable, substantial written assignments in this course are inappropriate because:

Category 2. Computational or non-computational problem solving demonstrations:

- Comparison and selection of appropriate physical therapy interventions for specific orthopedic problems

Category 3. Skills Demonstrations:

- Performance in the use of basic patient care techniques
- Basic demonstration of common physical therapy procedures

Category 4. Objective Examinations:

- Multiple choice, short-answer, matching, completion and true or false questions on physical therapy aide roles, terminology and procedures

5. Sample Assignments:
1. Write a one-page essay about previous patient or family contacts that required any form of physical therapy.
2. While a partner serves as "patient" in bed, perform and explain the following appropriate range of motions (ROM):
   - PROM (passive) on patient's shoulder;
   - AAROM (Active) on patient's hip;
   - RROM (resisted) for all ranges of the ankle.
3. Using the case study provided, consider possible interventions that could be used, select the most appropriate for your case study, and present your case and conclusions in a discussion group format. Be prepared to support your choice with evidence from the case study and what you have learned in the class.

6. Representative Text:

   **Book 1:**
   - Author:
   - Title:
   - Publisher:
   - Date of Publication:
   - Edition: