

Occupational Therapy Assistant

Associate in Science Degree

OTA

Division of Science and Allied Health

James Collins, Dean

Mohr Hall 18

916-558-2271

Program Information

An Associate in Science Degree can be obtained by completion of the required Occupational Therapy Assistant program requirements. The Degree includes Occupational Therapy Assistant courses (42 units), Allied Health courses (5 units), and specific general education and science courses required for the program (19-26 units). Students must also take additional courses to meet graduation requirements of the College. The Allied Health and OTA courses are offered Monday through Thursday in the evening and on Saturdays and are scheduled sequentially for four semesters and two summer sessions. The shortest time to complete all requirements of the program would be two years and two summer sessions after being admitted. Supervised clinical work experiences are integrated throughout the program. The introduction to clinical practice courses, OTA 132 and 142, require 40 hours of fieldwork; OTA 152 requires 20 hours of fieldwork. There are two required full-time fieldwork experiences that take place during the student's final semester, requiring completion of 320 hours in each setting. Fieldwork requires completion of a physical examination, immunizations, a TB test, current CPR certification for health personnel (level C), background check, fingerprinting, and drug screening. Fieldwork sites may have additional requirements specific to their site.

Students in the OTA Program will be required to practice skills on each other in a laboratory setting with instructor supervision. Courses in the OTA Program may include discussion of issues such as race, religion, sexuality, disability, and gender as related to the course content.

Program Costs

In addition to college enrollment fees, other estimated costs include: books and supplies (\$750.00); lab fees (\$50); background check and drug screening (\$100.00); physical examinations and immunizations (\$175.00); malpractice insurance (\$60.00); fingerprinting (\$150.00); and fee and related requirements for certification test and licensure (\$850.00). Some clinical sites require that students have health coverage as a condition of acceptance for fieldwork placement. Students must also plan for travel costs to and from the clinical facilities, many of which are outside the Sacramento area. Some students may need to arrange for housing during the full-time fieldwork. The costs listed above are based on current fees and are subject to change without notice.

Career Opportunities

This program prepares the student for employment as an occupational therapy assistant. Occupational therapy assistants work with people of all ages who, because of physical, cognitive, developmental, social, or emotional problems, need specialized assistance in order to lead independent, productive, and satisfying lives. They may work in a wide variety of settings including hospitals, rehabilitation centers, skilled nursing facilities, home health agencies, school systems, psychiatric hospitals, private practice outpatient clinics, and emerging practice areas.

Accreditation/Certification

Accreditation/Certification: The Occupational Therapy Assistant Program is accredited by the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA), located at 4720 Montgomery Lane, P.O. Box 31220, Bethesda, MD 20824-1220. AOTA's phone number is (301) 652-AOTA, and their web address is www.aota.org. Graduates of the program will be able to sit for the national certification examination for the occupational therapy assistant administered by the National Board for Certification in Occupational Therapy (NBCOT), located at 12 South Summit Avenue, Suite 100, Gaithersburg, MD 20877-4150. NBCOT's phone number is (301) 990-7979, and their web address is www.nbcot.org. After successful completion of this exam, the individual will be a Certified Occupational Therapy Assistant (COTA). Most states require licensure in order to practice; however, state licenses are usually based on the results of the NBCOT Certification Examination. Upon successful completion of the NBCOT Examination, graduates intending to practice in California are required to be certified by the California Board of Occupational Therapy (CBOT), located at 2005 Evergreen Street, Suite 2050, Sacramento, CA 95815. Additional information about these practice regulations can be found at www.bot.ca.gov or by contacting the Board at (916) 322-3394.

NOTE: The Occupational Therapy Assistant Program enrolls a new class providing a minimum enrollment of 15 students.

Additional Information

Additional Information: Informational meetings are held several times each semester and provide prospective students with information on program prerequisites, enrollment process, and other facts about the program. For information call (916) 558-2271 or visit the program website at <http://wserver.scc.losrios.edu/~ota/>.

Enrollment Eligibility

To be eligible for enrollment in the program, the student must meet the following criteria:

Completion of OTA 100, AH 110, and BIOL 100 or BIOL 430 and 431, and PSYC 370 or FCS 324 with grades of "C" or better and a cumulative GPA of 2.5 in these four (4) courses. Completion of ENGRD 110 with a grade of "C" or better or eligibility for ENGRD 310 as determined by the reading assessment process for all applicants who do not have an Associate Degree or higher. BIOL 100 or BIOL 430 and 431, or equivalent courses must be completed within the last 10 years.

Courses taken for Pass/No Pass (P/NP) will be calculated into the student's GPA as a "C" grade.

Enrollment Process

Applications for enrollment and official transcripts supporting completion of prerequisite courses must be submitted to the Science & Allied Health Division by the posted due date. Enrollment applications and deadlines are available from the Science & Allied Health Division Office (Mohr Hall, Room 18, or (916) 558-2271) or visit the program website at <http://wserver.scc.losrios.edu/~ota/>.

Students applying with courses in progress must indicate so on the application. Enrollment in the program will be dependent upon submission of transcripts verifying successful completion of prerequisite courses.

Completion of the enrollment eligibility requirements places the applicant in the random selection pool. Eligible students who are not enrolled will be considered alternates.

After all eligible applicants have been offered admission, eligible applicants applying after the posted due date will be considered.

Transfer students: Students from other accredited OTA programs may apply to transfer to the Sacramento City College OTA Program. Enrollment depends upon evidence of completion of equivalent academic and clinical coursework and upon space availability in the program. Students requesting a transfer review must submit transcripts and course syllabi to determine eligibility of prior coursework.

All students accepted into the OTA Program must complete a background check and drug screen. Not a condition of enrollment, this helps identify the need for career-based counseling with the OTA Program Coordinator and/or the Academic Fieldwork Coordinator. Clinical sites may request this information as a condition of fieldwork placement. NOTE: A felony conviction may affect eligibility to sit for the national exam and/or complete the licensure process in California. For more information about an "Early Determination" review for the national exam, contact the National Board for Certification in Occupational Therapy (NBCOT). For more information about California licensure, contact the California Board of Occupational Therapy (CBOT). Contact information can be found in the program description.

Upon completion of this program, the student will be able to:

- recognize the theoretical frames of reference from which the practice of occupational therapy is derived.
- demonstrate fundamental skills in the use of evidence to guide practice and participate in research activities as directed.
- describe occupational therapy programs and practice as currently organized in health care delivery systems.
- describe emerging and non-traditional practice areas and define the role of the OTA in these settings.
- analyze tasks and environments to assess their therapeutic qualities and constraints.
- perform evaluation procedures selected according to OTA practice guidelines.
- assist in developing occupational therapy intervention plans.
- implement an intervention plan to engage client in purposeful activities related to occupation.
- document factual client data for oral and written communication, using either traditional methods or new technologies.
- maintain records and reports including counter-signatures, as guided by regulations for confidentiality, reimbursement, and quality assurance.

- revise and implement OT intervention plan in ongoing collaboration with the supervising OT.
- assess factors that warrant change or discontinuation of an established intervention plan, in collaboration with the supervising OT.
- manage supplies and equipment necessary for OT intervention, demonstrating safety and appropriate infection control procedures.
- access, reference, and abide by all state regulations.
- locate, reference, and abide by all federal regulations, including HIPAA and ADA guidelines.
- apply the OT Code of Ethics as an element of all professional interactions and service provision.
- adhere to all OT department and agency policies and procedures.
- explain the definition and role of occupational therapy to consumers and other health practitioners.
- discuss how socio-cultural diversity may influence the therapeutic process.
- demonstrate actions that reflect non-judgmental attitudes and values toward patient/clients, staff, and family members in professional situations.
- exhibit behaviors that respect the client's basic rights to quality service with minimum risk of further injury or insult.
- demonstrate an attitude of professional responsibility for self-directed learning as a life-long process for acquiring new knowledge, abilities, attitudes, and refining clinical reasoning.

Occupational Therapy Assistant Associate in Science Degree

Required Program	Units
OTA 100 Introduction to Occupational Therapy	1
PSYC 370 Human Development: A Life Span (3)	3
or FCS 324 Human Development: A Life Span (3)	
BIOL 100 Introduction to Concepts of Human Anatomy and Physiology (3)	3-10 ¹
or BIOL 430 Anatomy and Physiology (5) and BIOL 431 Anatomy and Physiology (5)	
AH 110 Medical Language for Health-Care Providers.....	3
ENGRD 110 Comprehension Strategies and Vocabulary Development For College	3 ²
Occupational Therapy Assistant Courses:	
OTA 110 Functional Biomechanics for the OTA.....	3
OTA 111 Functional Biomechanics Lab for the OTA	1
OTA 150 Occupational Therapy Process and Practice in Developmental Disabilities and Pediatric Conditions.....	2.5
OTA 152 Introduction to Clinical Practice in Pediatric Conditions.....	.5
OTA 120 Fundamentals of Occupational Therapy Assistant Practice	3
OTA 131 Occupational Therapy Theory and Process in Psychosocial Dysfunction	5
OTA 132 Introduction to Clinical Practice in Psychosocial Dysfunction.....	1
OTA 140 Theoretical Foundations of Physical Dysfunction	3
OTA 141 Occupational Therapy Process in Physical Dysfunction.....	4
OTA 142 Introduction to Clinical Practice in Physical Dysfunction.....	1
OTA 121 Contemporary Models of Practice in Occupational Therapy	2

OTA 160 Field Work Level II for the Occupational Therapy Assistant.....	6
OTA 161 Field Work Level II for the Occupational Therapy Assistant.....	6

Allied Health Course

AH 106 Communication for Allied Health Careers.....	2 ³
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General Education and Science Courses Required for the OTA Program:

ENGWR 300 College Composition (3)	3
or ENGWR 480 Honors College Composition (3)	
NUTRI 300 Nutrition (3)	3
or NUTRI 480 Nutrition Honors (3)	
or FCS 340 Nutrition (3)	
or FCS 480 Nutrition Honors (3)	
or HEED 300 Health Science (3)	
CISC 300 Computer Familiarization	1
PSYC 300 General Principles (3)	3 ⁴
or PSYC 480 Honors General Principles (3)	
SOC 300, Introductory Sociology (3).....	3
or SOC 480 Introductory Sociology - Honors (3)	
or ANTH 310 Cultural Anthropology (3)	
or ANTH 481 Honors Cultural Anthropology (3)	

Total Units Required **66 - 73**

¹ Ten year recency required.

² ENGRD 110 or eligibility for ENGRD 310 as determined by the reading assessment process for all applicants who do not have an Associate Degree or higher.

³ May be taken prior to official enrollment in the OTA Program.

⁴ Ten year recency required.

Associate in Science (A.S.) Degree

The Associate in Science Degree may be obtained by completion of the required program plus the general education requirements. See SCC graduation requirements.

Occupational Therapy Assistant (OTA)

OTA 100 Introduction to Occupational Therapy 1 Unit

Prerequisite: None.

Hours: 18 hours LEC

This course has been designed to provide the student with information needed to determine if occupational therapy (OT) is a suitable career option. The student is introduced to human occupation as participation in everyday life activities. In addition, the course will address how health, wellness, disease, and disability affect engagement in life tasks, and how OT interventions are used to maximize performance within chosen activities. The role of the Occupational Therapy Assistant (OTA) is defined, with explanation of the history of OT as well as current and emerging practice settings. Professional activities, requirements, ethics, and behaviors are also discussed. An observation in an OT clinic is required.

OTA 110 Functional Biomechanics for the OTA 3 Units

Prerequisite: See enrollment limitations

Corequisite: OTA 111

Advisory: AH 106 with a grade of "C" or better

Enrollment Limitation: Enrollment in the Occupational Therapy Assistant Program and completion of BIOL 100, OTA 100, FCS 324 or PSYC 370 and AH 110 with grades of "C" or better and a cumulative GPA of 2.5 in these four (4) courses. Completion of ENGRD 110 or eligibility for ENGRD 310 as determined by the reading assessment process for all applicants who do not have an AA Degree or higher.

Hours: 54 hours LEC

In this course, the Occupational Therapy Assistant (OTA) student will explore components of human movement, including joint structure and function, muscle action, motor and reflex development, and balance and sensory influence. In addition to the body structures involved in movement, students will examine the motor and process skills, sensory, and neuromusculoskeletal client factors required for engagement in occupation across the lifespan. As well, students will complete a formal biomechanical activity analysis as it relates to occupational performance.

OTA 111 Functional Biomechanics Lab 1 Unit

Prerequisite: See enrollment limitations

Corequisite: OTA 110

Advisory: AH 106 with a grade of "C" or better

Enrollment Limitation: Enrollment in the Occupational Therapy Assistant Program and completion of BIOL 100, OTA 100, FCS 324 or PSYC 370, and AH 110 with grades of "C" or better and a cumulative GPA of 2.5 in these four (4) courses. Completion of ENGRD 110 or eligibility for ENGRD 310 as determined by the reading assessment process for all applicants who do not have an AA Degree or higher.

Hours: 54 hours LAB

In this course, the Occupational Therapy Assistant (OTA) student will use an analysis and problem-solving approach to functional human movement across the lifespan. Through hands-on laboratory activities, students will develop skills in assessment of client factors affecting engagement in occupations. As well, students will explore basic intervention methods and strategies for remediation of and compensation for biomechanical deficits and impairments.

OTA 120 Fundamentals of Occupational Therapy Assistant Practice 3 Units

Prerequisite: OTA 110/111 and ENGWR 100 or ENGWR 300 with grades of "C" or better.

Advisory: AH 106 with a grade of "C" or better

Hours: 54 hours LEC

This course will help the student develop knowledge and understanding of the various contexts in which Occupational Therapy (OT) services are provided. Participation in the management of OT services within the scope of the Occupational Therapy Assistant (OTA) is addressed as well. Included is discussion of the principles of management and systems as they relate to providing OT services to individuals and within organizations. Professional responsibilities are examined, with an emphasis on development of professional attitudes and behaviors.

OTA 121 Contemporary Models of Practice in Occupational Therapy 2 Units

Prerequisite: OTA 131 and 132 with grades of "C" or better
Hours: 36 hours LEC

Significant changes in health care have resulted in a move away from the medical/institutional models to community-based models. This course will provide the Occupational Therapy Assistant (OTA) student with a foundation of knowledge that will allow the student to pursue practice opportunities in community-based programs. In this course, the student will gain an understanding of the various disciplines involved in community-based programs, the role or potential of OT within these organizations, and funding sources. As well, the student will explore legislative advocacy of OT and community-based services, further developing their professional advocacy skills. The student will perform an analysis of community-based services and resources within their region, identifying the utilization of occupational therapy (OT) within these programs. The student will develop and market educational materials to selected organizations, promoting the potential benefits of OT as an opportunity for program development. Students may be required to participate in field trips as a part of the course.

OTA 131 Occupational Therapy Theory and Process in Psychosocial Dysfunction 5 Units

Prerequisite: OTA 110, 111, AH 106, PSYC 300 (within the last 10 years), and ENGWR 300 or ENGWR 100 with grades of "C" or better.

Corequisite: OTA 132

Hours: 72 hours LEC; 54 hours LAB

This course examines the role of the Occupational Therapy Assistant (OTA) when working with individuals who have mental health conditions and disregulated behaviors. Students will explore areas of occupation, performance skills, performance patterns, contexts, activity demands, and client factors that affect engagement in occupation throughout the lifespan, and how these are influenced by psychosocial factors. Occupational Therapy (OT) process will be addressed to include an understanding of an occupational profile, analysis of occupational performance, intervention planning and implementation, and methods to elicit therapeutic outcomes. Students will also develop skills in activity analysis and the use of professional literature and resources, as well as an awareness of the theoretical models that influence clinical decision-making.

OTA 132 Introduction to Clinical Practice in Psychosocial Dysfunction 1 Unit

Prerequisite: OTA 110, 111, AH 106, PSYC 300 (within the last 10 years) and ENGWR 300 or ENGWR 100 with grades of "C" or better.

Corequisite: OTA 131

Hours: 54 hours LAB

Through Level I Fieldwork experiences, students will be introduced to clinical practice for individuals with mental health conditions and disregulated behaviors that limit or affect engagement in occupation. As participant observers, students will integrate academic experiences with Occupational Therapy (OT) process in settings serving clients with a variety of psychosocial challenges and degrees of disability. Through interactions with clients and staff, students will develop skills in observation of occupational performance, clinical safety, therapeutic communication and clinical relationships, professional behavior and boundary-setting, and the self-awareness necessary to be a successful OT practitioner. Students will be required to complete 40 hours of clinical fieldwork and attend 14 hours of on-campus discussion group. This course is graded Credit/No Credit. Note: Fieldwork sites may require completion of a physical examination, immunizations, a TB test, and/or current CPR certification for health personnel (level C). Background checks, fingerprinting, and drug screens may also be required. Proof of automobile insurance may be required if driving is involved.

OTA 140 Theoretical Foundations of Physical Dysfunction 3 Units

Prerequisite: OTA 120 with a grade of "C" or better

Corequisite: OTA 141 and 142

Hours: 54 hours LEC

This course introduces the Occupational Therapy Assistant (OTA) student to neurological, orthopedic, and medical conditions that result in physical disabilities. Students will explore areas of occupation, performance skills, performance patterns, contexts, activity demands, and client factors that affect engagement in occupation throughout the lifespan, and how these are influenced by physical dysfunction. Students will also develop skills in the use of professional literature and resources, as well as an awareness of the theoretical models that influence clinical decision-making.

OTA 141 Occupational Therapy Process in Physical Dysfunction 4 Units

Prerequisite: OTA 131 and 132 with grades of "C" or better

Corequisite: OTA 140 and 142

Hours: 54 hours LEC; 54 hours LAB

This course examines the role of the Occupational Therapy Assistant (OTA) when working with individuals who have orthopedic, neurological, or medical conditions. Occupational Therapy (OT) process will be addressed, to include an understanding of an occupational profile, analysis of occupational performance, as well as intervention planning, implementation, and approaches. Students will also develop skills in selected assessments, clinical documentation, and the selection and use of therapeutic activities and media to elicit engagement in occupation and therapeutic outcomes.

OTA 142 Introduction to Clinical Practice in Physical Dysfunction 1 Unit

Prerequisite: OTA 131 and 132 with grades of "C" or better

Corequisite: OTA 141

Hours: 54 hours LAB

Through Level I Fieldwork experiences, students will be introduced to clinical practice for individuals with physical disabilities that limit or affect engagement in occupation. As participant observers, students will integrate academic experiences with Occupational Therapy (OT) process in settings serving clients with a variety of physical challenges and degrees of disability. Through interactions with clients and staff, students will develop skills in observation of occupational performance, clinical safety, therapeutic communication and clinical relationships, professional behavior and boundary-setting, and the self-awareness necessary to be a successful OT practitioner. Students will be required to complete 40 hours of clinical fieldwork and attend 14 hours of on-campus discussion group. This course is graded Credit/No Credit. Note: Fieldwork sites may require completion of a physical examination, immunizations, a TB test, and/or current CPR certification for health personnel (level C). Background checks, fingerprinting, and drug screens may also be required. Proof of automobile insurance may be required if driving is involved.

OTA 150 Occupational Therapy Process and Practice in Developmental Disabilities and Pediatric Conditions 2.5 Units

Prerequisite: See enrollment limitations

Corequisite: OTA 152

Enrollment Limitation: Enrollment in the Occupational Therapy Assistant Program and completion of BIO 100, OTA 100, AH 110, FCS 324 or PSYC 370 with grades "C" or better and a cumulative GPA of 2.5 in these four (4) courses. Completion of ENGRD 110 with a grade of "C" or better or placement in ENGRD 310 through the SCC placement process.

Hours: 36 hours LEC; 27 hours LAB

This course introduces developmental disabilities and common conditions of children referred for occupational therapy treatment. The scope of occupational therapy, the types of practice settings, and the role of the occupational therapy assistant in pediatrics and developmental disabilities are also covered. Common frames of references, evaluation tools and procedures, and intervention strategies used in pediatric occupational therapy practice are presented.

OTA 152 Introduction to Clinical Practice in Pediatric Conditions .5 Units

Prerequisite: See enrollment limitations

Corequisite: OTA 150

Enrollment Limitation: Enrollment in the Occupational Therapy Assistant Program and completion of BIOL 100, OTA 100, FCS 324 or PSYC 370, and AH 110, with grades of "C" or better and a cumulative GPA of 2.5 in these four (4) courses. Completion of ENGRD 110 with a grade of "C" or better or placement in ENGRD 310 through the SCC placement process.

Hours: 27 hours LAB

Through Level I Fieldwork experiences, students will be introduced to clinical practice for individuals with pediatric or developmental conditions that limit or affect engagement in occupation. As participant observers, students will integrate academic experiences with Occupational Therapy (OT) process in settings serving clients with a variety of occupational challenges and degrees of disability. Through interactions with clients and staff, students will develop skills in observation of occupational performance, clinical safety, therapeutic communication and clinical relationships, professional behavior and boundary-setting, and the self-awareness necessary to be a successful OT practitioner. Students will be required to complete 20 hours of clinical fieldwork and attend 7 hours of on-campus discussion group. This course is graded Credit/No Credit. Note: Fieldwork sites may require completion of a physical examination, immunizations, a TB test, and/or current CPR certification for health personnel (level C). Background checks, fingerprinting, and drug screens may also be required. Proof of automobile insurance may be required if driving is involved.

OTA 160 Field Work Level II for the Occupational Therapy Assistant 6 Units

Prerequisite: OTA 131 and 132 with grades of "C" or better

Hours: 360 hours LAB

This course concentrates on the application of knowledge and skills for the occupational therapy assistant student. The student is placed in a supervised fieldwork setting, which provides the student with the opportunity for carrying out professional responsibility with appropriate supervision and professional role modeling. Students complete 360 hours of supervised fieldwork in a facility working with clients/patients with physical and/or psychosocial dysfunction. Students will be placed in two distinctly different clinical settings for OTA 160 and OTA 161 in order to experience a broad range of clinical expectations and scenarios, while progressively refining and advancing skills from one course to the next. Fieldwork sites are assigned by the fieldwork coordinator. Regularly scheduled seminars with the academic instructor and peers, in which attendance is mandatory, are included as a part of the 360 hours. This course is graded Credit/No Credit. Note: Fieldwork sites may require completion of a physical examination, immunizations, a TB test, and/or current CPR certification for health personnel (level C). Background checks, fingerprinting, and drug screens may also be required. Proof of automobile insurance may be required if driving is involved.

OTA 161 Field Work Level II for the 6 Units
Occupational Therapy Assistant

Prerequisite: OTA 121, 141, and 142 with grades of "C" or better
Hours: 360 hours LAB

This course concentrates on the application of knowledge and skills for the occupational therapy assistant student. The student is placed in a supervised fieldwork setting, which provides the student with the opportunity for carrying out professional responsibility with appropriate supervision and professional role modeling. Students complete 360 hours of supervised fieldwork in a facility working with clients/patients with physical and/or psychosocial dysfunction. Students will be placed in two distinctly different clinical settings for OTA 160 and OTA 161 in order to experience a broad range of clinical expectations and scenarios, while progressively refining and advancing skills from one course to the next. Fieldwork sites are assigned by the fieldwork coordinator. Regularly scheduled seminars with the academic instructor and peers, in which attendance is mandatory, are included as a part of the 360 hours. This course is graded Credit/No Credit. Note: Fieldwork sites may require completion of a physical examination, immunizations, a TB test, and/or current CPR certification for health personnel (level C). Background checks, fingerprinting, and drug screens may also be required. Proof of automobile insurance may be required if driving is involved.

OTA 295 Independent Studies in 1-3 Units
Occupational Therapy Assistant

Prerequisite: None
Hours: 54 hours LEC

This course allows an individual student to study, research, and participate in clinical or community activities beyond the scope of regularly offered classes, pursuant to an agreement among the college, faculty members, and the student.

OTA 299 Experimental Offering in .5-4 Units
Occupational Therapy Assistant

Prerequisite: None
Hours: 72 hours LEC

This is an experimental course offering designed to provide students with coursework not normally offered by the Occupational Therapy Assistant Program. Course topics will be structured around new and emerging issues related to the field of occupational therapy.