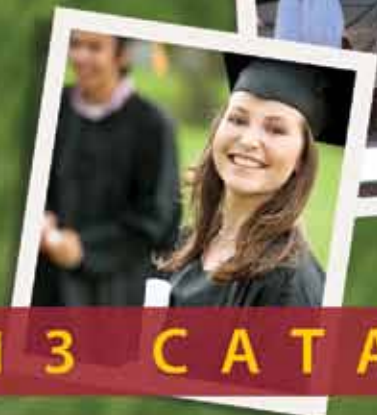
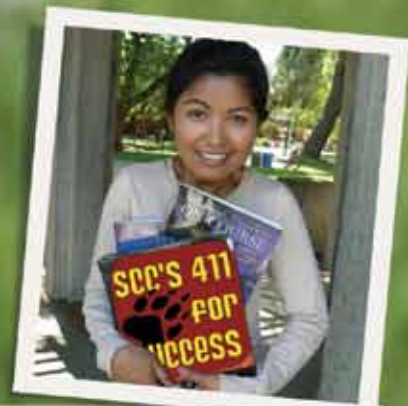


SACRAMENTO CITY COLLEGE



2012-2013 CATALOG

Physical Therapist Assistant

Physical Therapist Assistant PTA

Degree:
A.S. - Physical Therapist Assistant

Division of Science and Allied Health
James Collins, Dean
Mohr Hall 18
916-558-2271

Physical Therapist Assistant

Associate of Science Degree

Program Information

The Physical Therapist Assistant (PTA) program is at the Associate in Science Degree level, which requires completion of the required program plus general education requirements. These include prerequisite courses (14.5 units), PTA courses (33.5 units), Allied Health courses (3 units), and specific general education courses required for the program (9 units). Students must also take additional courses to meet graduation requirements of the college (10-19 units). PTA and Allied Health courses are offered Monday through Thursday in the evening, and are scheduled sequentially for four semesters and one summer session. Supervised clinical work experiences are integrated throughout the program. Introduction to Clinical Practice (PTA 122) requires one full day per week during the second semester of the program. Clinical Practicum I and II (PTA 142 and 152) are each full time 6-week clinical experiences at the end of fall and spring semesters of the second year. Clinical sites are located throughout the greater Sacramento and Northern California region.

Career Opportunities

This program prepares the student for employment as a physical therapist assistant. Physical therapist assistants work under the supervision of physical therapists in a wide variety of health care settings. These include hospitals, rehabilitation centers, private practices, and skilled nursing and extended care facilities. Physical therapist assistants treat clients with mobility, strength, and coordination disorders in order to improve function, decrease pain, and increase independence. The scope of practice includes activities such as therapeutic exercise, administration of physical modalities, ambulation training, and assisting patients with transfers and functional activities. Physical therapist assistants collect and document data in order to assess whether patients are progressing appropriately within the plan of care determined by the physical therapist.

Recommended Preparation

High school college preparatory courses including algebra, biology, chemistry, and physiology are recommended. Volunteer work or observational experience in a physical therapy facility is recommended in order to assist students in making a career decision. Medical Language (AH 110) is advised prior to enrollment in the program.

Enrollment Requirements

Enrollment in the Physical Therapist Assistant program is based on completion of prerequisite courses. Grades of "C" or better and a minimum cumulative GPA of 2.5 are required in the prerequisite courses. Courses taken for Pass/No Pass (formerly Credit/No Credit) will be calculated into GPAs as a "C" grade. Applicants must submit applications and official transcripts to the Science and Allied Health Division. Approximately 30 students are enrolled in the program annually.

Prerequisite courses include:

1. BIOL 430 and 431 (Anatomy and Physiology), or equivalent courses, within 10 years, with grades of "C" or better.
2. PTA 100 (Introduction to Physical Therapist Assistant) and ENGWR 300 (College Composition) or ESLW 340 (Advanced Composition), with grades of "C" or better.
3. ENGRD 110 (Composition Strategies and Vocabulary Development for College), with a grade of "C" or better, or eligibility for ENGRD 310 (Prose Analysis and Interpretation) as determined by the reading assessment process for all applicants who do not have an AA degree or higher.
4. If students have completed all other prerequisites, but have BIOL 431 in progress at the time of application, they will be considered eligible, pending receipt of final grade report.

Enrollment Process

Applications for enrollment and official transcripts supporting completion of prerequisite courses must be submitted to the Science and Allied Health Division. Enrollment applications and deadlines are available from the Science and Allied Health Division Office (Mohr Hall, Room 18 or 916 558-2271) or the physical therapist assistant program website at <http://www.scc.losrios.edu/x38263.xml>

In the event there are more applicants than spaces available, students who meet the enrollment eligibility requirements will be entered into a random selection pool.

Students accepted for enrollment in the Physical Therapist Assistant Program will be required to provide documentation of a) capability to perform essential job-related functions of a physical therapist assistant; b) completed physical examination and immunizations; c) TB test; d) current professional level CPR certification; and e) first aid certification. Prior to assignment to a clinical experience, students will be required to undergo a criminal background check and an 8-panel drug screen test.

Accreditation

The Physical Therapist Assistant program is accredited by the Commission on Accreditation in Physical Therapy Education of the American Physical Therapy Association (APTA) through December 31, 2020.

Licensure

Graduates of this program are eligible for the National Examination for Physical Therapist Assistants. After successful completion of the examination and all requirements of the Physical Therapy Board of California, graduates may be licensed to work as physical therapist assistants in California.

Additional Information

Informational meetings are held several times each semester and provide prospective students with information on program prerequisites, enrollment processes, and other facts about the program and the field of physical therapy. Current information on program policies and procedures, clinical sites, and data on graduation rates, licensure, and employment may be obtained through the program coordinator. Call (916) 558-2298 or visit the SCC Web Site at <http://www.scc.losrios.edu> and use the pull-down menu to select the Physical Therapist Assistant department.

Cost of the Program

The cost of the program includes enrollment fees, which are subject to change. Other estimated costs include: books and supplies \$900.00; physical examination and immunizations \$250.00; malpractice insurance \$40.00; uniforms \$50.00; and application for license examination \$600.00. 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 full time clinical experiences.

Transfer Students

Students from other accredited PTA programs may apply to transfer to the Sacramento City College PTA program. Enrollment depends upon evidence of completion of equivalent academic and clinical course work and on space available in the program.

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

- demonstrate ability to apply knowledge of basic anatomy and biomechanics to the study of normal and abnormal human movement.
- discuss etiology, signs, symptoms, prognosis, and general treatment of selected disorders commonly seen in physical therapy.
- demonstrate understanding of the theoretical basis of modalities and procedures used in physical therapy interventions.
- perform in a safe manner that minimizes risk to patients, self, and others.
- conduct self in a responsible manner.
- interact with others in a respectful manner.
- adhere to ethical standards for practice.
- adhere to legal standards for practice.
- communicate in ways that are congruent with situational needs.
- produce documentation to support the delivery of physical therapy services.
- deliver established patient care to reflect respect for and sensitivity to individual differences.
- participate in status judgments within the clinical environment based on the plan of care established by the physical therapist.
- obtain accurate information by performing selected delegated data collection consistent with the plan of care established by the physical therapist.
- discuss the need for modifications to the plan of care established by the physical therapist.
- perform physical therapy interventions in a technically competent manner.
- educate others (patients, families, care givers, staff, students, other health care providers) using relevant and effective teaching methods.
- participate in activities addressing quality of service delivery.
- participate in addressing patient needs for services other than physical therapy.
- manage resources (e.g. time, space, and equipment) to achieve the goals of the clinical setting.
- participate in fiscal management of the physical therapy clinical setting.
- interact with physical therapy aides and other support personnel according to legal standards and ethical guidelines.
- implement a self-directed plan for career development and lifelong learning.
- assist the physical therapist in addressing primary and secondary prevention needs of individuals and groups.

Required Program

Prerequisite Courses

Units

PTA 100 Introduction to Physical Therapist Assistant.....	1.5
BIOL 430 Anatomy and Physiology.....	5
BIOL 431 Anatomy and Physiology.....	5
ENGWR 300 College Composition (3)	
or ENGWR 480 Honors College Composition (3)	
or ESLW 340 Advanced Composition (4)	3-4
ENGRD 110 Comprehension Strategies and Vocabulary Development For College	3 ¹

First Year, Fall Semester:

PTA 110 Kinesiology for PTA Students.....	3
PTA 111 Kinesiology Laboratory for PTA Students.....	2
AH 100 Professional Ethics of Health Team Members.....	1

First Year, Spring Semester:

PTA 120 Beginning Procedures - Physical Therapy Modalities and Procedures.....	3.5
PTA 121 Disorders I - Selected Disorders Commonly Seen in Physical Therapy	3
PTA 122 Introduction to Clinical Practice.....	3

Summer Session:

PTA 130 Intermediate Procedures, Physical Therapy Modalities and Procedures.....	1
AH 106 Communication for Allied Health Careers.....	2

Second Year, Fall Semester:

PTA 140 Therapeutic Exercise - Exercise Programs, Protocols and Procedures	3
PTA 141 Disorders II - Nervous Systems Disorders	2
PTA 142 Clinical Practicum I.....	4

Second Year, Spring Semester:

PTA 150 Functional Activities & Gait - Activities of Daily Living and Gait Training Techniques	3
PTA 151 Advanced Procedures-Advanced Modalities and Treatment Procedures.....	1
PTA 152 Clinical Practicum II.....	4
PTA 153 Professional Issues in Physical Therapy.....	1

General Education Courses:

PSYC 370, Human Development: A Life Span (3).....	3
or FCS 324, Human Development: A Life Span (3)	
SOC 300, Introductory Sociology (3)	3
or ANTH 310 Cultural Anthropology (3)	
FCS 340, Nutrition (3).....	3
or FCS 480 Nutrition Honors (3)	
or NUTRI 300, Nutrition (3)	
or NUTRI 480 Nutrition Honors (3)	
or HEED 300 Health Science (3)	

Total Required Units

63-64

¹ 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.

Associate in Science (A.S.) Degree

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

Physical Therapist Assistant (PTA)

PTA 100 Introduction to Physical Therapist Assistant 1.5 Units

Prerequisite: None.

Advisory: ENGWR 101 or ESLW 340 with a grade of "C" or better
Hours: 27 hours LEC

This course provides an introduction to the field of physical therapy and the role of the physical therapist assistant within the health care delivery system. Definitions of physical therapy, history and development of the profession, and the diverse types of clinical practice and employment settings are explored. The mission and goals of the professional organization, standards of practice, laws and regulations, and licensure requirements are introduced. Students observe examples of physical therapy practice using on-line media resources and submit a written report.

PTA 110 Kinesiology for PTA Students 3 Units

Prerequisite: See enrollment limitations.

Advisory: AH 110 and LIBR 318 with grades of "C" or better
Enrollment Limitation: Enrollment into the Physical Therapist Assistant Program and completion of PTA 100, BIOL 430 & 431, and ENGWR 300 (or ESLW 340) with grades of "C" or better, and a cumulative GPA of 2.5 in these 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 A.A. Degree or higher.

Hours: 54 hours LEC

This course involves developing and utilizing knowledge of the skeletal, articular, muscular, and nervous systems to analyze human posture and movement. Components of joint structure and function, muscle action, balance mechanisms, and sensory influence are applied to analysis of spinal and extremity motions, as well as common functional activities. Kinesiological principles are presented as they apply to the practice of physical therapy, and the roles and responsibilities of the physical therapist assistant. A paper and project are required.

PTA 111 Kinesiology Laboratory for PTA Students 2 Units

Prerequisite: See enrollment limitations.

Corequisite: PTA 110

Enrollment Limitation: Enrollment into the Physical Therapist Assistant Program and completion of PTA 100, BIOL 430 & 431, and ENGWR 300 (or ESLW 340) with grades of "C" or better, and a cumulative GPA of 2.5 in these 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 A.A. Degree or higher.

Hours: 108 hours LAB

This course utilizes a problem solving approach to analysis of human movement emphasizing application of kinesiological principles to the field of physical therapy and the role of the physical therapist assistant. Students practice procedures for performing and recording results of palpation, goniometry, tests for flexibility/muscle length, body dimensions, muscle performance, upper extremity coordination, and analysis of posture and gait. Physical therapy procedures such as range of motion, positioning and draping, and body mechanics are introduced. Principles of gross motor, fine motor, and reflex development are included. Students practice skills and activities with each other in a laboratory setting under instructor supervision. A project and class presentation are required.

PTA 120 Beginning Procedures - Physical Therapy Modalities and Procedures 3.5 Units

Prerequisite: PTA 110 and 111 with grades of "C" or better

Enrollment Limitation: Enrollment in the Physical Therapist Assistant Program

Hours: 45 hours LEC; 54 hours LAB

This course introduces the theory and application of physical therapy modalities and procedures to include thermal agents, hydrotherapy, external compression, wound management, transfers and gait training, and utilization of infection control procedures. Students develop skills in gathering data regarding vital signs, functional ability in gait and transfers, pain status, and integumentary integrity. Documentation procedures, including use of medical abbreviations and terminology, are practiced. Through laboratory activities and problem-solving with case studies, students develop skills in utilizing modalities and procedures in comprehensive implementation of the physical therapy plan of care. Class activities may include a field trip.

PTA 121 Disorders I - Selected Disorders Commonly Seen in Physical Therapy 3 Units

Prerequisite: PTA 110 and 111 with grades of "C" or better

Enrollment Limitation: Enrollment in the Physical Therapist Assistant Program.

Hours: 54 hours LEC

This course is designed as an overview of musculoskeletal, cardiovascular, respiratory, renal, endocrine, immune, and integumentary disorders relevant to the practice of physical therapy. Additional topics include: infectious disease, genetic disorders, neoplasms, and the effect of developmental, psychosocial, and cultural factors. Etiology, signs and symptoms, prognosis, and medical/surgical interventions for disorders are surveyed. Approaches to data collection and physical therapy interventions are introduced. Emphasis is placed on utilization of knowledge of medical disorders by physical therapist assistants within the context of implementing a comprehensive plan of care.

PTA 122 Introduction to Clinical Practice 3 Units

Prerequisite: PTA 110 and 111 with grades of "C" or better

Enrollment Limitation: Enrollment in the Physical Therapist Assistant Program.

Hours: 18 hours LEC; 112 hours LAB

This course provides students with the initial opportunity to observe physical therapy practice and perform selected delegated responsibilities with guidance, direction, and supervision. Students complete 56 hours in each of two different clinical settings. Assignments are determined by the program coordinator and may be in acute, sub-acute, out-patient, skilled nursing and rehabilitation, or other type of physical therapy practice. Seminar hours include orientation to the clinical practice setting, discussion of clinical experiences and clinical practice issues, and self assessment of performance. The course is graded on a Pass/No Pass basis.

PTA 130 Intermediate Procedures, Physical Therapy Modalities and Procedures 1 Unit

Prerequisite: PTA 120, 121, and 122 with grades of "C" or better

Enrollment Limitation: Enrollment in the Physical Therapist Assistant Program

Hours: 9 hours LEC; 27 hours LAB

This course introduces the theory and application of massage, soft tissue mobilization techniques, biofeedback, and traction utilized by physical therapist assistants. Through laboratory practice and case-based learning activities, students develop skills in utilizing these modalities and procedures in comprehensive implementation of the physical therapy plan of care.

PTA 140 Therapeutic Exercise - Exercise Programs, Protocols and Procedures 3 Units

Prerequisite: PTA 130 with a grade of "C" or better

Enrollment Limitation: Enrollment in the Physical Therapist Assistant Program.

Hours: 36 hours LEC; 54 hours LAB

This course presents the basic principles of therapeutic exercise and implementation of therapeutic exercise procedures in physical therapy. Approaches to improve range of motion, strength, endurance, balance, coordination, and functional limitations are included. Theories of motor control and motor learning are introduced. Knowledge of kinesiology, medical disorders, and documentation is integrated as students apply therapeutic exercise principles to case-based learning activities that emphasize the role of the physical therapist assistant in implementing a comprehensive physical therapy plan of care. Class activities may include a field trip.

PTA 141 Disorders II - Nervous System Disorders 2 Units

Prerequisite: PTA 130 with a grade of "C" or better

Enrollment Limitation: Enrollment in the Physical Therapist Assistant Program.

Hours: 36 hours LEC

This course is designed as an overview of central and peripheral nervous system disorders relevant to the practice of physical therapy. Etiology, signs and symptoms, prognosis, and medical/surgical interventions are surveyed. Approaches to physical therapy data collection and interventions are introduced. Emphasis is placed on utilization of knowledge of medical disorders by physical therapist assistants within the context of implementing a comprehensive plan of care.

PTA 142 Clinical Practicum I 4 Units

Prerequisite: AH 100, AH 106, and PTA 130 with grades of "C" or better

Enrollment Limitation: Enrollment in the Physical Therapist Assistant Program.

Hours: 240 hours LAB

This course provides students with the opportunity to perform delegated patient care responsibilities in a physical therapy clinical setting, with supervision. This is the first full-time clinical assignment during the program. Students complete a clinical affiliation of six weeks (40 hours per week) at a facility assigned by the program. The placement may be in an acute, sub-acute, out-patient, skilled nursing and rehabilitation, or other type of physical therapy practice. Additionally, weekly on-line discussion board participation is required. The course is graded on a Pass/No Pass basis.

PTA 150 Functional Activities & Gait - Activities of Daily Living and Gait Training Techniques 3 Units

Prerequisite: PTA 140, 141, and 142 with grades of "C" or better

Enrollment Limitation: Enrollment in the Physical Therapist Assistant Program.

Hours: 36 hours LEC; 54 hours LAB

This course presents the application of functional exercise and gait activities, with emphasis on the physical therapist assistant's role in comprehensive treatment of patients with cardiopulmonary disorders, adult or pediatric neurological disorders, or amputation. Data collection activities related to assessing cardiopulmonary status, functional abilities, gait, equipment and assistive devices, and home and community environment are included. Students practice implementation of interventions to include endurance training for patients with cardio-pulmonary disorders, pulmonary hygiene techniques, functional activities and gait, activities of daily living, developmental activities, management of prosthetics and orthotics, management of wheelchairs and other equipment, and client/family education.

PTA 151 Advanced Procedures-Advanced Modalities and Treatment Procedures 1 Unit

Prerequisite: PTA 140, 141, and 142 with grades of "C" or better

Enrollment Limitation: Enrollment in the Physical Therapist Assistant Program.

Hours: 9 hours LEC; 27 hours LAB

This course introduces theory and application of electrotherapeutic modalities utilized by physical therapist assistants. Topics include the use of electrical stimulation for pain management, muscle re-education, and tissue healing. Through case-based learning activities students integrate skills in data collection, electrotherapeutic modalities, and other interventions for implementation of a comprehensive physical therapy plan of care.

PTA 152 Clinical Practicum II 4 Units

Prerequisite: PTA 140, 141, and 142 with grades of "C" or better

Enrollment Limitation: Enrollment in the Physical Therapist Assistant Program.

Hours: 240 hours LAB

This course provides students with the opportunity to perform delegated patient care responsibilities in a physical therapy clinical setting, with supervision. This is the second full-time clinical assignment during the program. Students complete a clinical affiliation of six weeks (40 hours per week) at a facility assigned by the program. The placement may be in an acute, sub-acute, out-patient, skilled nursing and rehabilitation, or other type of physical therapy practice. This assignment will be at a facility which differs from the first full-time clinical assignment. Additionally, weekly online discussion board participation is required. The course is graded on a Pass/No Pass basis.

PTA 153 Professional Issues in Physical Therapy 1 Unit

Prerequisite: PTA 140, 141, and 142 with grades of "C" or better

Enrollment Limitation: Enrollment in the Physical Therapist Assistant Program.

Hours: 18 hours LEC

This course addresses professional practice issues in physical therapy to include organizational structure, budget, time management, and social responsibility. Students review and integrate information on physical therapy practice and laws and regulations in preparation for the national examination, prepare a resume, and practice interview skills.

PTA 295 Independent Studies in Physical Therapist Assistant 1-3 Units

Prerequisite: None

Hours: 36 hours LEC; 54 hours LAB

This course involves an individual student or small groups of students in study, research, or activities beyond the scope of regularly offered courses, pursuant to an agreement among faculty and students.

PTA 299 Experimental Offering in Physical Therapist Assistant .5-4 Units

Prerequisite: None

Hours: 48 hours LEC; 72 hours LAB

This course will be an experimental offering on topics not yet covered by current Physical Therapist Assistant courses or an offering that addresses topics as they arise, such as those which relate to new physical therapy modalities, procedures, or professional issues. This course can be repeated for credit four times as long as there is no duplication of topics.