

**COLLEGE OF THE SEQUOIAS  
PHYSICAL THERAPY AIDE CERTIFICATION PROGRAM**

**Lecture:** Monday: 4:00p - 8:00p **Skills Check** Friday: 4:00p - 8:00p  
Tuesday: 4:00p - 6:00p  
Wednesday: 4:00p - 8:00p  
Thursday: 4:00p - 6:00p

**Instructors:** Joe Sousa, PT, DPT **Contact:** joeso@cos.edu  
Erik Armstrong **erika@cos.edu**  
Alecksee Warwick alecksee.warwick@giant.cos.edu

**Case Manager** Emily Jahr **Contact** emilyj@cos.edu

**Office Hours - By Appointment**

**CLASS WILL NOT BE HELD ON 02/7 (FRIDAY) & 02/17 (MONDAY)**

**CATALOG COURSE DESCRIPTION:**

This certification course will introduce and discuss the profession of physical therapy. It will begin with the origins of therapy, continue through as the different roles required for therapy, then review the material that is required for you to perform being a physical therapist aide. You will be reviewing a chapter daily, along with performing weekly quizzes, activities and group work to help learn the material. Monday through Friday you will be reviewing material from the course book, hands on skills review, along with reviewing that day's material. Friday's will include your weekly quiz review, along with any "catch" up material needed.

**COURSE OBJECTIVES**

1. Review the origins of physical therapy and current practice
2. Explore career opportunities as a physical therapy aide
3. Identify the ethical & legal issues concerning therapy aides
4. Explore the areas that involve administration duties
5. Describe the areas and effective communication strategies
6. Review, explore and use medical terminology
7. Review treatment of common medical disorders
8. Identify basic structure & function of the human body
9. Describe anatomy & physiology of the musculoskeletal system
10. Develop Pre-Patient Care Skill Sets
11. Review and perform turning & positioning the patient
12. Review and explore physical therapy agents & modalities
13. Review, explore & use nomenclature
14. Understand and perform body mechanics techniques
15. Understand and perform body mechanics transfers training
16. Explore assisting with Gait Training
17. Review career skills

**METHODS OF EVALUATION:**

A student's grade will be based on multiple measures of performance unless the course requires no grade. Multiple measures may include, but are not limited to, the following:

- Problem solving assignments or activities
- Essay quizzes or exams
- Multiple choice tests
- Oral presentations

**GRADING CRITERIA:**

- Daily Assignments = 35%
- Skills Review = 50%
- Attendance (Required) (See Attendance) = 15%

**GRADING SCALE:**

Pass/Credit  $\geq 70.00\%$   
Fail/No Credit  $\leq 69.99\%$

Check Plus Proficient, only minor errors if any  
Check Acceptable, errors present, but generally understood  
Check Minus Unacceptable, significant errors, must be redone for credit

**METHODS OF INSTRUCTION:**

Methods of instruction may include, but are not limited to, the following:

- Lecture and/or Discussion
- Lab Instruction
- Online Videos/Sound Clips

**REQUIRED TEXTS & SUPPLIES:**

Sousa, Joe. Armstrong, Erik. *The Essential Guide to the Physical Therapy Aide*. Dynamic Books Summer 2013

**BASIC LIFE SUPPORT:**

Basic Life Support (BLS) is used in the medical field for victims who are undergoing a life-threatening injury or illness. The term "basic" is that you are performing it until more advanced services, such as a paramedic or emergency medical technician can arrive. All students enrolled in the physical therapy aide course are required to obtain Basic Life Support (BLS) certification.

**POLICY ON CHEATING:**

Dishonesty includes, but is not limited to: cheating, plagiarism, knowingly assisting another student in cheating or plagiarism, or knowingly furnishing false information to College staff, faculty, administrators, or other officials.

When a student is charged with plagiarism or cheating related to a class, and the instructor has reasonable proof or documentation or the student admits the violation, the instructor may select one or more of the following options:

- a) Issue an oral or written notification and warn the student that further acts of this sort will result in additional disciplinary action.
- b) Issue a failing grade ("F") or a "0" for the assignment in question.
- c) Issue a failing grade for the course.
- d) Refer the student to the Program Director, the Dean of Nursing or/and Allied Health.

**REMEDIAL & MAKEUP WORK:**

It is essential that all assignments, including papers, individual projects, group projects & other activities be completed & submitted on time. Once the due date becomes more distant, the significance of the material becomes vague & the learning value diminishes. Please plan accordingly.

A 10% per day penalty (weekends count as 2 days) will be applied to all LATE papers, posters, projects, & assignments.

Quizzes & Exams may not be taken late. Arrangements can be made due to emergencies. All other requests must be requested, *in writing*, in advanced. Unfortunately, a time may occur when you are not able to attend the Quiz or Exam, even to the best of your abilities. It is expected that you arrange with your instructor to reschedule.

Remedial and/or makeup work may be assigned, as needed, at the discretion of the instructor or Program Director.

**MOBILE PHONE POLICY:**

This course will have a zero tolerance policy regarding the use of mobile phones. A ringing phone poses both a distraction to the entire learning environment and is a reflection on your attitude towards learning in this program. A phone set to vibrate or silent that does not interfere with class demonstrates to everyone that you have come prepared for this course. There is a 2-week grace period from the start of the course to allow adjustment. The *SECOND* ring after the 2-week grace period will result in referral to the program administrator. All further attempts will result in a decrease of the FINAL course grade by 1%.

If you are expecting an important call or text, it is expected that you contact the instructor in advance. You may place your phone on silent & if you notice a text or call you may discretely excuse yourself to answer it outside the classroom.

**ACCOMMODATION:**

Students with documented learning disability or those who for other reasons require additional time to complete written examinations must communicate this need to the course instructor/examiner no later than 48 hours prior to each scheduled exam. In addition, the disability or reason must be on file with The Disability Resource Center (DRC). The DRC is located downstairs in the Sycamore building IM-109; or call 559.730.3805.

**ABSENCE & TARDY:**

The purpose of the absence and tardy policy is to ensure quality education for the student. Because of the large volume of material covered each day, and because laboratory experience validates learning objectives, it is extremely important that absences and tardiness be kept at an absolute minimum. Attendance and punctuality are considered important responsibilities both in the classroom and in the laboratory. Tardiness is disruptive to the learning of others and is not acceptable.

**ABSENCE & TARDY PROCEDURE:**

1. Students are allowed one (1) absence per course, it does not matter if it is excused or unexcused
2. Excused absences, are ones provided written notification to the instructor. These are eligible for missed material to be completed at a later time for potential of full credit.
3. Absences greater than one (1) absence, excused or unexcused will require make up or additional time. The accelerated program does not allow for multiple absences. The time is best addressed by attending an additional cohort or through clinical time. Arrangements through the program director, Jonna Schengel ([jonnas@cos.edu](mailto:jonnas@cos.edu)) in the event this occurs.
4. Students are to sign in and include the time they *arrive* to the course.
5. Students are to sign out and include the time they depart from the course.

**STUDENT LEARNING OUTCOMES:**

1. Review the origins of physical therapy and current practice
  - ✓ Discuss the definition of physical therapy
  - ✓ Discuss the history & origins of physical therapy
  - ✓ Discuss the current practice of physical therapy
2. Explore career opportunities as a physical therapy aide
  - ✓ Describe the fields of work you may be employed
  - ✓ Identify the skill sets you will need to possess
  - ✓ Review education requirements as an aide, PTA, and PT
  - ✓ Review basic job duties as a physical therapy aide
3. Identify the ethical & legal issues concerning therapy aides
  - ✓ Define ethics, in the students own words
  - ✓ Recite at least 2 of the APTA Codes of Conduct
  - ✓ Recite at least 2 "Dos" and 2 "Do nots" regarding privacy
4. Explore the areas that involve administration duties

- ✓ Be able to complete a patient intake form
  - ✓ Be able to answer the telephone
  - ✓ Ask at least 3 questions to assist with the subjective for the therapist
  - ✓ Accurately perform dictation of a letter
  - ✓ Correctly schedule an appointment
5. Describe the areas and effective communication strategies
- ✓ Identify at least 2 of the categories of active listening
  - ✓ Define direct and assertive expression
  - ✓ Correctly identify 2 “red light” indicators of body language
  - ✓ Correctly identify 2 “yellow light” indicators of body language
  - ✓ Correctly identify 2 “green light” indicators of body language
  - ✓ Demonstrate the use of the NPRS & VAS Pain scales
  - ✓ Correctly fill out at least 1 of the sample outcome measures
6. Review, explore and use medical terminology
- ✓ Correctly identify positions & orientation of the human body
  - ✓ Understand, through identification of at least 5 medical terms, the importance of understanding medical terminology
  - ✓ Be able to correctly identify 5 abbreviations
7. Review treatment of common medical disorders
- ✓ Describe at least 3 modalities and their use
  - ✓ Demonstrate the application of at least 3 modalities
  - ✓ Demonstrate the motions of the hand & wrist
  - ✓ Demonstrate the motions of the elbow
  - ✓ Demonstrate the motions of the ankle
  - ✓ Demonstrate the motions of the knee
  - ✓ Demonstrate the motions of the hip
  - ✓ Be able to correctly document the grades of MMT
8. Identify basic structure & function of the human body
- ✓ Able to correctly setup a paraffin bath
  - ✓ Able to assemble a hot pack
  - ✓ Able to assemble an ice pack
  - ✓ Able to perform Passive ROM Activities
    - i. Hand & wrist
    - ii. Elbow
    - iii. Ankle
    - iv. Knee
    - v. Hip
  - ✓ Musculoskeletal: Able to successfully assist a patient with:
    - i. Abdominal Prep Beginner
    - ii. Abdominal Prep Intermediate
    - iii. Abdominal Prep Advanced
    - iv. Single Knee to Chest
    - v. Double Knee to Chest
    - vi. Pointer

- vii. Pointer Advanced
- ✓ Successfully take a blood pressure
  - i. Manually
  - ii. Automatically
- ✓ Successfully take a heart rate
  - i. Manually
  - ii. Automatically
- ✓ Successfully obtain oxygen saturation
- ✓ Cardiopulmonary: Able to successfully assist a patient with:
  - i. Pursed Lipped Breathing
  - ii. Posture Exercises / Positioning
  - iii. Pacing Activities
  - iv. Energy Conservation Activities
- ✓ Neurological:
  - i. Placement of Positioning Supine
  - ii. Placement of Positioning Prone
  - iii. Placement of Positioning Side lying
- 9. Describe anatomy & physiology of the musculoskeletal system
  - ✓ Correctly name the action of at least 5 muscles of the body
  - ✓ Correctly name the least 5 muscles of the body
- 10. Develop Pre-Patient Care Skill Sets
  - ✓ Students will demonstrate professionalism throughout the course and document such behaviors in a short essay.
  - ✓ Correctly identify at least one component of each of the following precautions:
    - i. Cervical
    - ii. Back
    - iii. Hip/Posterior Approach
    - iv. Hip/Anterior Approach
    - v. MRSA Naris
    - vi. Sternal
    - vii. Weight Bearing
  - ✓ Demonstrate correct antiseptic techniques
  - ✓ Demonstrate correct disinfectant techniques
  - ✓ Correctly demonstrate proper body mechanics lifting weighted box
    - i. Floor to wait
    - ii. Floor to counter top
    - iii. Counter top to counter top
- 11. Review and perform turning & positioning the patient
  - ✓ Correctly understand through demonstration bed rolling
  - ✓ Correctly understand through demonstration supine to sit
  - ✓ Correctly understand through demonstration sit to supine
- 12. Review and explore physical therapy agents & modalities
  - ✓ Student can correctly describe 3 affects heat has on the body

- ✓ Student can demonstrate application of hot pack
  - ✓ Student can correctly describe 3 affects cold has on the body
  - ✓ Student can demonstrate application of cold pack
  - ✓ Student can correctly describe 3 benefits hydrotherapy has on the body
  - ✓ Student can correctly describe 3 benefits aquatic has on the body
13. Review, explore & use nomenclature
- ✓ Able to correctly name the 3 planes of motion
  - ✓ Able to correctly define the motion of each plan, in relation to the human body
  - ✓ Able to discuss a displaced versus non-displaced fracture
  - ✓ Able to correctly setup a traction machine to be reviewed by the therapist
  - ✓ Able to correct place settings on TENS Unit
  - ✓ Able to correctly perform pad placement for TENS unit
  - ✓ Able to report 2 differences between CT, X-Ray & MRI
  - ✓ Able to verbalize donning/doffing of
    - i. FO
    - ii. AFO
    - iii. KO
    - iv. HKAFO
    - v. SO
14. Understand and perform body mechanics techniques
- ✓ Able to obtain informed consent from a mock patient
  - ✓ Able to successfully perform draping
    - i. Supine
    - ii. Side lying
    - iii. Prone
  - ✓ Able to instruct an individual with correct lifting mechanics
  - ✓ Able to instruct an individual with correct sit/stand
  - ✓ Able to correctly discuss 2 tips regarding moving equipment
15. Understand and perform body mechanics transfers training
- ✓ Correctly receipt assist levels, to be able to provide feedback to therapist
  - ✓ Correctly perform and describe scooting pattern
  - ✓ Correctly perform and describe squat pivot transfer
  - ✓ Correctly perform and describe stand pivot transfer
  - ✓ Correctly perform and describe slide board transfer
16. Explore assisting with Gait Training
- ✓ Correctly able to identify the elbow angle for parallel bars
  - ✓ Correctly size a Front Wheel Walker for a patient
  - ✓ Correctly size a Pick Up Walker for a patient (different height)
17. Review career skills
- ✓ Create own sample questions for an interview
  - ✓ Research interview
  - ✓ Create a cover letter & Create a resume