

PREPARE FOR A CAREER AS A

physical therapist assistant

ASSOCIATE OF OCCUPATIONAL SCIENCE DEGREE PROGRAM

american
career
college

what change can I make?
when can I start classes?
how long will it take?
where can I work?

one change changes everything



› program outline



› career training objective

The Physical Therapist Assistant (Associate of Occupational Science) program prepares students to implement physical therapy treatment care plans, train patients, conduct treatment interventions, use equipment and observe and record patient progress. Physical Therapist Assistants work under the supervision of a physical therapist in a variety of settings including, but not limited to, ambulatory health care services, hospitals, school settings, federal and county health settings, occupational health settings, and residential care facilities for the elderly.

In the Physical Therapist Assistant (PTA) program, students learn applied anatomy and physiology, applied kinesiology, principles and procedures of physical therapy, basic pediatric, developmental, and geriatric physical therapy principles, neurology and orthopedics, documentation skills, interprofessional communication, psychosocial aspects of healthcare, wound and integumentary care, modalities and electrotherapy, rehabilitation principles in orthotic and prosthetic management, personal and professional ethics, cultural competence and application in health care, and health care business and management principles and application. Correlated clinical experiences take place in the last two terms of the program.

The training program is divided into eight 10- week terms. General education courses and the PTA core courses are integrated throughout the program. The clinical practicum experience begins in term seven. Successful completion of clinical experiences in varied clinical settings under the supervision of a licensed physical therapist is required.

In the state of California, all applicants for PTA licensure must qualify for and pass the National Physical Therapy Examination (NPTE) (Physical Therapist Assistant Examination) and the California Law Examination (CLE), which relates to the practice of physical therapy in California.

Completion of the program is acknowledged by the awarding of an Associate of Occupational Science degree.

> program outline



Effective October 7, 2013, American Career College has been granted Candidate for Accreditation status by the Commission on Accreditation in Physical Therapy Education of the American Physical Therapy Association (1111 North Fairfax Street, Alexandria, VA, 22314; phone: 703-706-3245; email: accreditation@apta.org). Candidacy is not an accreditation status nor does it assure eventual accreditation. Candidate for Accreditation is a pre-accreditation status of affiliation with the Commission on Accreditation in Physical Therapy Education that indicates the program is progressing toward accreditation.

Graduation from a CAPTE-accredited program is required for eligibility to sit for the licensing exam.

Physical Therapist Assistant (Associate of Occupational Science)

Duration	80* Weeks
Total Clock Hours	1530 Clock Hours
Total Quarter Credits	96 Quarter Credits
Classification of Instructional Programs (CIP)	51.0806
Standard Occupational Classification (SOC) Code	31-2021

*Weeks may be extended depending on holiday schedules

Campuses

This program is available at the [Orange County campus](#).

Instructional Equipment

- Anatomical charts and models
- Sphygmomanometers & stethoscope
- Pneumatic motorized arm & wrist blood
- Pressure kits
- Stethoscopes, sphygmomanometer
- Pulse oximeter, thermometer, stop watch
- Dynamometer, goniometer, gait belts
- Treatment tables, mats, bolsters
- Resistance equipment, bars, balls, bands
- Balance trainer/board
- Prosthetic and orthotic models
- Wheelchair/ walkers/ canes
- Electrotherapy equipment, cryotherapy, ultrasound
- Treadmill, exercise bicycle
- Transfer boards, tub/ benches, commode
- Instructional software resources to augment coursework
- Projector, computer & monitor
- Video camera
- Classroom response system
- Supplies for universal precaution: compression garments and pumps, training stairs, parallel bars and ramp

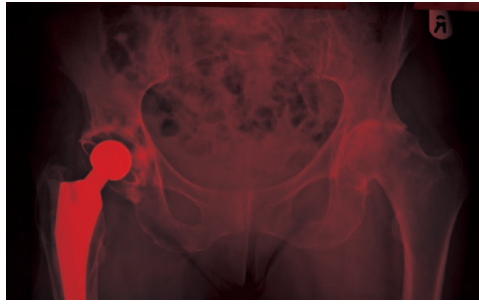
program outline

General Education Courses:

Course Number	Title	Clock Hours	Credits
ANAT 200	Introduction to Anatomy and Physiology*	20	2.0
ANAT 200-L	Introduction to Anatomy and Physiology Lab	40	2.0
ENGL100	Written Communications I*	40	4.0
MATH 100	College Mathematics I*	40	4.0
PSYC 100	Introduction to Psychology*	40	4.0
Subtotal – General Education Courses		180	16.0

PTA Core Courses

Course Number	Title	Clock Hours	Credits
CAREER200	Career Advantage*	20	2.0
PTA 100	Introduction to Physical Therapist Assistant*	20	2.0
PTA 100-L	Introduction to Physical Therapist Assistant Lab	40	2.0
PTA 104	Professional Communications for the Physical Therapist Assistant*	40	4.0
PTA 150	Physical Therapist Assistant Law, Ethics and Professionalism*	40	4.0
PTA 210	Clinical Kinesiology*	20	2.0
PTA 210-L	Clinical Kinesiology Lab	40	2.0
PTA 212	Neuroscience*	40	4.0
PTA 214	Clinical Assessment*	20	2.0
PTA 214-L	Clinical Assessment Lab	40	2.0
PTA 216	Pathophysiology for the Physical Therapist Assistant*	40	4.0
PTA 220	Therapeutic Exercise I*	20	2.0
PTA 220-L	Therapeutic Exercise I Lab	40	2.0
PTA 224	Development and Rehabilitation across the Life Span*	40	4.0
PTA 226	Physical Agents*	20	2.0
PTA 226-L	Physical Agents Lab	40	2.0
PTA 230	Therapeutic Exercise II*	20	2.0
PTA 230-L	Therapeutic Exercise II Lab	40	2.0
PTA 234	Principles of Rehabilitation*	20	2.0
PTA 234-L	Principles of Rehabilitation Lab	40	2.0
PTA 236-L	Physical Therapist Assistant Clinical Competency Review*	30	2.0
PTA 238	Clinical Practicum I	240	8.0
PTA 240	Interprofessional Collaborative Practice and Cultural Competence in Health Care*	20	2.0
PTA 244	Business Concepts in Health Care*	20	2.0
PTA 258	Clinical Practicum II	360	12.0
SCIE 150	Concepts in Science*	40	4.0
Subtotal PTA Core Courses		1350	80.0
PTA 260	PTA Licensure Review (Completion required for graduation)		
Program Total		1530	96.0



Course Descriptions

ANAT200

Introduction to Anatomy and Physiology*

The purpose of this course is to understand the organization and general plan of the body and the importance of how the human body functions. This includes an introduction to the human body, chemical aspects of life, cells, tissues, membranes, integumentary system, skeletal system, muscular system, nervous system and senses.

Prerequisites: None

ANAT200-L

Introduction to Anatomy and Physiology Lab

The purpose of this laboratory course is to develop an understanding of the organization and general plan of the body, maintaining homeostasis, and the importance of how the human body functions through applied and practical learning. Practical exposure to systems of study will include, but is not limited to: the study of cells and tissues, the integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary, and reproductive systems. Concepts of development, metabolism, fluid and electrolyte balance, pregnancy, prenatal development, genetics and their impact on human movement and health are included. Laboratory learning activities will include identification of anatomical structures, surface anatomy, and their function and relationship to homeostasis.

Prerequisites: None

CAREER200

Career Advantage*

This course is designed to prepare students to develop career planning and job search skills. Thorough, relevant job search preparation is required to compete successfully for jobs in today's market. To prepare the student, the course will address six areas: resumes, job search process, networking techniques in a job search, interview planning and preparation, communication, and workplace skills.

Prerequisites: None

ENGL100

Written Communications I*

This course provides instruction in the process of effective written communication for a variety of formats. It initially focuses on four basic areas of effective writing: unity, specifics, coherence, and grammar. The course will utilize reading, discussion and personal insight to increase students' capacity to write simple paragraphs, formal essays, reports and research projects. Students will be equipped with techniques that facilitate creative, academic, and professional written communication. Additionally, students will be given library activities to enhance research skills.

Prerequisites: None

MATH100

College Mathematics I*

This course will cover mathematical logic, Boolean algebra, set theory, number abstractions, operations and their properties, monomials, polynomials, equations and inequalities.

Prerequisites: None



PSYC100

Introduction to Psychology*

This course provides basic psychological concepts such as the nervous system, memory, intelligence and development along with Freudian, humanistic, social, cognitive, and trait theories.

Prerequisites: None

PTA100

Introduction to Physical Therapist Assistant*

This course introduces students to the physical therapy profession with topics including: American Physical Therapy Association (APTA) membership and participation, Standards of Ethical Conduct and Guide to Physical Therapy Practice, as well as laws and regulations pertaining to the practice of physical therapy. Additional areas of study include: cultural perceptual differences, ancillary health care services, and health care delivery systems. Basic concepts for legal and effective clinical documentation are introduced. Each student will present a research paper related to a clinical topic.

Prerequisites: None

PTA100-L

Introduction to Physical Therapist Assistant Lab

This course introduces students to the physical therapy profession through practical training. Students experience introductory physical therapy practice as they perform basic skills including demonstrating proper body mechanics, positioning, lifting, transfer techniques, gait training, universal precautions, and vital signs. Students will document using basic documentation skills acquired through the course.

Prerequisites: None

PTA104

Professional Communications for the Physical Therapist Assistant*

This course prepares students for verbal and written communication requirements within the clinical environment and community. Emphasis is placed on understanding and appreciating diverse attitudes regardless of age, gender, culture or socio-economic status. Learning activities on documentation using approved medical terminology and format are integrated into this course while students explore clinical skills and principles developed in subsequent courses.

Prerequisites: None

PTA150

Physical Therapist Assistant Law, Ethics and Professionalism*

This course introduces students to biomedical and health care ethics. Topics include a wide range of subjects from exploring national policy and the rights of patients, to developing appreciation of culture and environment on the patient perspective in health care. This course has also been intended to help students develop tools to assess how health care professionals and consumers make difficult health care choices, and to assess their own biases related to health care perception.

Prerequisites: None

PTA210

Clinical Kinesiology*

This course facilitates a deeper understanding of applied musculoskeletal anatomy and the biomechanics associated with human motion. Movement is studied through the introduction and investigation of relevant concepts including but not limited to: leverage principles, contraction types, prime movers, stabilizers, factors restricting motion, and kinetic vs. kinematic differentiations. Nervous system anatomy and physiology, and peripheral innervations are also identified. A guided practice approach is advanced to discovery learning in the lab portion of this course, where students begin the process of palpation locating anatomical landmarks and muscular tissue.

Prerequisites: ANAT200, ANAT200-L, PTA216

PTA210-L

Clinical Kinesiology Lab

This course facilitates a deeper understanding of applied musculoskeletal anatomy and the biomechanics associated with human motion through practical application. Through discovery learning, students will begin to develop skills for the process of palpation, locating anatomical landmarks and muscular tissue.

Prerequisites: ANAT200, ANAT200-L, PTA216

PTA212

Neuroscience*

The purpose of this course is to develop an understanding of the organization and general plan of the brain and nervous system in relation to body and movement. This includes the nervous system, neuroanatomy, neurophysiology, functional transmission, and application as it relates to impact on human movement and health. Further investigation will include membrane properties, processing, neurotransmission, plasticity across the life span, neurobehavior, sensation and perception, clinical syndromes, motor learning, and motor control.

Prerequisites: ANAT200, ANAT200-L

PTA214

Clinical Assessment*

This course prepares students in theoretical concepts for basic assessment methods in manual muscle testing, arthrokinematic function, special tests, anthropometric measures and goniometry. Students will develop skills for documentation of findings. The student must also provide evidence-based outcome data by performing literature reviews for one of the testing methods performed in this course.

Prerequisites: ANAT200, ANAT200-L, PTA216

PTA214-L

Clinical Assessment Lab

This laboratory experience provides students practical exposure to standardized physical therapy instruments used to identify patient impairments and functional limitations. Findings will be documented and communicated based on standards for effective and legal clinical documentation. Emphasis is placed on observation and palpation when assessing segment motion and muscle contraction quality.

Prerequisites: ANAT200, ANAT200-L, PTA216

PTA216

Pathophysiology for the Physical Therapist Assistant*

This course defines and identifies pathology, disease, abnormal laboratory findings, pathogenesis, etiology, history, clinical manifestations, morbidity, mortality, prognosis, and epidemiology. Classifications for most diseases are identified by body system. Content within this course defines and describes the pathophysiology of certain diseases while illustrating anticipated impairments, functional limitations, and disabilities that may, in conjunction with the disease, impact the patient. This approach is complemented by identifying the physical therapy interventions and the role of the physical therapist assistant in the disease management.

Prerequisites: ANAT200, ANAT200-L



PTA220

Therapeutic Exercise I*

This course presents foundational knowledge for application of therapeutic exercise to improve functional outcomes in patients of varying diagnoses, ages and physiological states. Primary areas of study include: prevention and wellness, range of motion, stretching, peripheral joint mobilization, resistive exercise, exercise physiology, and the introduction to cardiac rehabilitation. Relating movement to the anatomy, physiology, arthrokinematics, and arthrodynamics are the underpinning fundamentals in this course. Recognition of safety parameters including precautions and contraindications is required, as is an understanding of normal and abnormal physiological responses associated with varying forms of exercise. Emphasis is placed on role utilization of the physical therapist assistant and communication strategies within the established plan of care.

Prerequisites: PTA214, PTA214-L

PTA220-L

Therapeutic Exercise I Lab

This laboratory experience prepares students to apply principles of therapeutic exercise as intervention in an established physical therapy plan of care. Students will explore, identify, and implement therapeutic exercises as appropriate in diverse simulated patient populations. Primary areas of study include: prevention and wellness, range of motion, stretching, resistive exercise, exercise physiology, and the introduction to cardiac rehabilitation. Students will apply anatomy, physiology, kinematic and kinetic principles to exercise progression. Students will identify safety parameters including precautions and contraindications, and normal and abnormal physiological responses associated with varying forms of exercise. Students will demonstrate appropriate technique, communication, and scope of practice for the physical therapist assistant while performing assessments and simulated program upgrades within the established plan of care.

Prerequisites: PTA214, PTA214-L

PTA224

Development and Rehabilitation across the Life Span*

This course provides foundational knowledge required to safely administer services as a physical therapist assistant under the direction and supervision of a physical therapist in various clinical settings. This course provides the student with basic knowledge and skills to work with patients along the development continuum from neonate to senescence. The student must identify mental and psychomotor delays related to specific pathologies and implement appropriate interventions that improve function and measure effectiveness. This course facilitates increased awareness in resource management under federal legislation guidelines that improves access to physical therapy services and adaptive equipment. Conditions are identified that require changes in the delivery of care based on socioeconomic status, age, gender, and cultural beliefs.

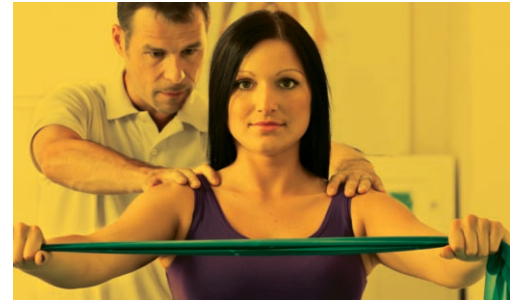
Prerequisites: PTA214, PTA214-L

PTA226

Physical Agents*

This course emphasizes an understanding of the clinical indications, contraindications, and considerations required for safe application of physical agents for the purpose of improving tissue healing and modulating pain, while improving the patient's capacity for increased function. Students will explore the scientific principles for use of electrotherapeutic modalities, physical agents and mechanical modalities including but not limited to athermal agents, cryotherapy, hydrotherapy, light agents, sound agents, thermotherapy, compression therapies, gravity assisted compression devices, mechanical motion devices, and traction units. Students will develop appropriate documentation skills pertinent to effective communication of the intervention applied. Agents will be studied within the context of safety as well as legal and appropriate administration by a physical therapist assistant under the direction and supervision of a physical therapist.

Prerequisites: PTA214, PTA214-L



PTA226-L

Physical Agents Lab

This laboratory course provides students an environment to practice safe application of physical agents to facilitate tissue healing and modulate pain in order to improve patient functional mobility. Students will explore electrotherapeutic modalities, physical agents and mechanical modalities including but not limited to athermal agents, cryotherapy, hydrotherapy, light agents, sound agents, thermotherapy, compression therapies, gravity assisted compression devices, mechanical motion devices, and traction units. Students will gain competence by performing therapeutic interventions in simulated patient scenarios with heat, paraffin, fluidotherapy, cold/cryo (cold packs, ice massage and cold baths), vapocoolant, contrast baths, ultrasound, traction, iontophoresis, phonophoresis, biofeedback, hydrotherapy, light/laser, and electrical stimulation. Students will demonstrate administration of the agents and communication as appropriate for a physical therapist assistant under the direction and supervision of a physical therapist on simulated patients having diverse characteristics.

Prerequisites: PTA214, PTA214-L

PTA230

Therapeutic Exercise II*

This course prepares students to implement treatment progression for improved functional outcomes as applied in clinical populations including individuals with neurologic impairments, orthopedic impairments, and in compromised cardiac and pulmonary populations. Therapeutic exercises are explored to facilitate postural awareness and stabilization and are complemented by applying foundational movement principles relative to the anatomy, physiology, and arthrokinematics of the spine. Cardiac and pulmonary physiologies are explored incorporating therapeutic exercises to improve ventilatory capacity and

cardiopulmonary function. Recognition of safety parameters including precautions, contraindications and considerations are required, as is an understanding of normal and abnormal physiological responses associated with varying forms of exercise. Emphasis is placed on understanding the role of the physical therapist assistant while performing interventions, assessments and program upgrades within the established plan of care and on appropriate education, communication, and documentation.

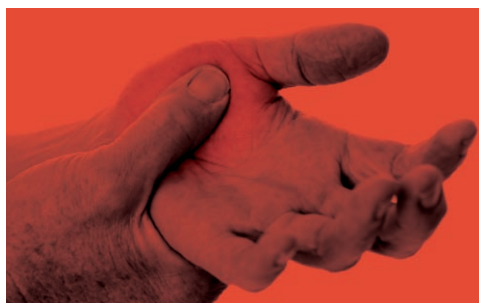
Prerequisites: PTA220, PTA220-L

PTA230-L

Therapeutic Exercise II Lab

This course is designed to train students in skills to implement safe and effective therapeutic exercise progression to restore functional mobility in specific patient populations. Students will demonstrate therapeutic progressions while developing effective documentation skills and competent teaching of safety and technique. Students will identify safety parameters including precautions, contraindications, and considerations and will develop and apply understanding of normal and abnormal physiological responses associated with varying forms of exercise. Emphasis is placed on understanding the role of the physical therapist assistant while performing interventions, assessments, and program upgrades within the established plan of care under the direction and supervision of the primary physical therapist.

Prerequisites: PTA220, PTA220-L



PTA234

Principles of Rehabilitation*

This course introduces the student to a variety of learning experiences directed towards treating patients of varying system dysfunctions, physical impairments, and functional limitations. Areas of study will include, but are not limited to, rehabilitation implications and principles directed towards: prosthetics, orthotics, cardiac dysfunction, pulmonary dysfunction, vascular deficits, and physical therapy interventions for wounds and burns. Emphasis is also placed on gait analyses, pharmacology, therapeutic massage, and clinical documentation. Upon completion of this course the student will have greater knowledge on how to safely administer services as a physical therapist assistant under the direction and supervision of a physical therapist, while treating patients of varying psychosocial attributes along the entire health care continuum from acute care through home discharge.

Prerequisites: PTA214, PTA214-L

PTA234-L

Principles of Rehabilitation Lab

This course introduces practical learning experiences directed towards treating patients with diverse impairments and functional limitations. Practical application will include, but is not limited to, the following areas of study as they apply to restoration of function: prosthetics, orthotics, cardiac dysfunction and rehabilitation implications, pulmonary dysfunction and rehabilitation, vascular deficiencies, and physical therapy interventions for wounds and burns. Students will develop skills related to gait, pharmacology, therapeutic massage, and clinical documentation. Upon completion of this course the student will have greater knowledge of how to safely administer services as a physical therapist assistant under the direction and supervision of a physical therapist, while treating patients of varying psychosocial attributes along the entire health care continuum from acute care through home discharge.

Prerequisites: PTA214, PTA214-L

PTA236-L

Physical Therapist Assistant Clinical Competency Review*

This course provides an opportunity for PTA students to advance and review key clinical skills essential for successful physical therapy performance at the clinical site. The primary focus will be to review and demonstrate competent performance in all essential clinical skills for safe practice as a PTA student under the supervision of a licensed PT with guidelines for progression toward entry level PTA performance. Students will develop a comfort level for knowledgeable and legal clinical practice through clinically relevant practical experience with simulated case scenarios. The students must achieve proficiency in all competencies prior to commencing clinical affiliation. This blended course reviews the clinical and safety rationale for progressing critical clinical thinking skills while providing skill training with simulated patient scenarios. Live participants will be utilized to simulate a clinical environment as well as role playing with peers. The students will be taken through the admission process to discharge in case scenarios. Students will demonstrate weekly progression in a plan of care with their assigned simulated patients as well as appropriate communication and documentation.

Prerequisites: PTA220, PTA220-L, PTA226, PTA226-L, PTA224

PTA238

Clinical Practicum I

This clinical practicum experience provides each student with the opportunity to observe and apply basic skills performed within the classroom while under constant supervision in the clinical setting. The aim of this experience includes observation of departmental activities including familiarization in delegation while applying basic intervention skills, safety awareness, documentation, communication, and modality application.

Prerequisites: PTA236-L

PTA240

Interprofessional Collaborative Practice and Cultural Competence in Health Care*

This course introduces the student to models of cultural competence, exploration of culture, and communication. Within the course students will develop skills of identification and self-awareness relative to the models and apply this organizational framework to the health care setting. Students will explore culturally specific barriers to health care delivery and outcomes. Students will identify and develop culturally effective communication. Students will explore interprofessional objectives in collaborative practice and patient management. Students will apply didactic concepts through volunteering in a clinical setting or providing community service and will complete a service project.

Prerequisites: None

PTA244

Business Concepts in Health Care*

This course is designed to introduce the concepts of basic management theories and an overview of the U.S. health care system. Students will explore responsibilities of practice managers with further identification of challenges specific to the health care setting.

Prerequisites: None

PTA258

Clinical Practicum II

This clinical practicum experience is a full time 10 week clinical affiliation where students will have the opportunity to experience clinical practice in a minimum of two rehabilitation settings. Upon completion, the student is expected to have gained knowledge and skills that are required to implement a plan of care under the direction of a licensed physical therapist to improve mobility and function of patients of varying diagnoses and impairments. Students are expected to perform clinical skills with increasing efficiency as well as implement knowledge learned through ongoing coursework including cardiopulmonary rehabilitation and therapeutic interventions related to prosthetics and orthotics. Attention will be paid to developing proficiency in the communication and interaction between a PT/PTA as well as demonstrating appropriate PT/PTA clinical relationship. The student will attain the ability to provide patient care with quality, efficiency, complexity, and consistency under the supervision and guidance of a physical therapist and reflective of a PTA student progressing toward competency consistent with an entry level physical therapist assistant.

Prerequisites: PTA238

PTA260

PTA Licensure Review

This course will prepare students for the National Physical Therapy Examination (NPTE) for the Physical Therapist Assistant, developed and administered by Federation of State Boards of Physical Therapy (FSBPT) via a series of review exercises and practice exams.

Prerequisites: None

SCIE150

Concepts in Science*

This course introduces the student to concepts in physical science through a focus on physics and chemistry. The interdisciplinary approach is a unique delivery of general education science. Concepts and methodology of science are taught by integrating biology, chemistry, physics, and geology through detailed studies of four units: Water, Light, Natural Resources, and Health and Disease each with a recurrent theme of organization, energy transformation, and diversity.

Prerequisites: None

*Courses offered in a blended format, a combination of online and on ground.



accreditation

ACC is institutionally accredited by the Accrediting Bureau of Health Education Schools ABHES (www.abhes.org). The American Career College at St. Francis campus is institutionally accredited by the Accrediting Commission of Career Schools and Colleges (ACCSC). ACCSC 2101 Wilson Boulevard, Suite 302, Arlington, VA 22201; Phone (703) 247-4212, Fax (703) 247-4533, (www.accsc.org).

program disclosure information

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For more information about American Career College's Physical Therapist Assistant program, call or visit: americancareercollege.edu



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changes everything**

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