PHYSICAL THERAPIST ASSISTANT (PTA)
132.0 quarter credit units/ 2062 clock hours/ 80 weeks (24-32 hours per week)

Educational Objective:
The Physical Therapist Assistant Program provides students with the theory, laboratory and clinical experiences that will prepare them to assume the role of competent and safe entry-level physical therapist assistants, to work under the supervision of a licensed physical therapist, providing services to patients and clients of all ages who have impairments, functional limitations, disabilities, or changes in physical function and health status resulting from injury, disease, or other causes. Physical Therapy treatments are rendered in a variety of healthcare settings, including hospitals, skilled nursing facilities, school systems, outpatient clinics, and private practices.

Upon successful completion of the program, the graduate is eligible to take the National Physical Therapy Examination (NPTE) and the California Law Examination (CLE), which relates to the practice of physical therapy in California, to obtain licensure, as required for the practice of physical therapy assisting.

Upon successful completion of the program, graduates may obtain employment as

- Physical Therapist Assistants (CIP # 51.0806; O-NET # 31-2021.00)

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Total: 2062 132.0

Note: one clock hour is defined as a 60 minutes span of time in which 50 minutes is devoted to actual class instruction, with the remaining portion being designated as a break.
# Course Syllabus:

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PTA Course Descriptions:

MODULE I  TERMINOLOGY – PTA 10

Prerequisite: Admission to the PTA Program

Total clock hours: 48  Total credit hours: 4.5
This course introduces medical terminology, which includes basic word structure, anatomical terms, terminology used to describe organ systems, body structure, medical diagnoses, and procedures. Students also receive instruction in the correct pronunciation of medical terms.

MODULE I  INTRODUCTION TO PHYSICAL THERAPY ASSISTING – PTA 100

Prerequisite: Admission to the PTA Program

Total clock hours: 48  Total credit hours: 4.5
This course serves as an introduction to the history and development of the profession of physical therapy, the role of a physical therapy assistant, the Standards of Ethical Conduct for a Physical Therapy Assistant, and supervision issues concerning the physical therapist assistant. The course also introduces the American Physical Therapy Association and explores communication as it relates to the practice and profession of physical therapy.

MODULE I  PHYSICAL THERAPY ASSISTANT PROCEDURES – PTA 110

Prerequisite: Admission to the PTA Program

Total clock hours: 48  Total credit hours: 4.5
This course introduces the clinical environment of physical therapy. The course includes instruction in the proper positioning and draping patients, hand washing, universal precautions, use and applications of personal protective equipment, sterile technique, wound care basics, body mechanics, passive range of motion, transfers, gait training, bed mobility, and wheelchair mobility. Students also receive instruction in cardiopulmonary resuscitation (CPR) for healthcare providers, vital signs, and the Heimlich maneuver.

MODULE I  PRINCIPLES OF BIOLOGY – BIO 100

Prerequisite: Admission to the PTA Program

Total clock hours: 48  Total credit hours: 4.5
This course introduces students to the major concepts of contemporary biology. Special emphasis is placed on structure and function at the cellular and molecular levels of organization. Additional topics include the physical and chemical aspects of living systems.

MODULE I  ANATOMY AND PHYSIOLOGY I – BIO 110

Prerequisite: Admission to the PTA Program

Total clock hours: 96  Total credit hours: 6.5
This course is an introduction to the structure and function of the human body, with an emphasis on the properties of cells, tissues and organ systems, and their relationships in both health and disease. The structure and function of the organ systems, muscles and nerves are studied.
MODULE I  WRITTEN COMMUNICATION – ENG 101

Prerequisite: Admission to the PTA Program

Total clock hours: 48  
Total credit hours: 4.5
This course enables students to compose logical, coherent essays and reports necessary to academic and professional success. Students will become proficient in research techniques, learn critical thinking skills through expository and persuasive reading selections, and apply these skills to creating original essays and a final research paper.

MODULE I  COLLEGE MATH – MATH 101

Prerequisite: Admission to the PTA Program

Total clock hours: 48  
Total credit hours: 4.5
This course is designed primarily for students who know the fundamentals of arithmetic and have had little or no background in algebra. The course strengthens the student’s arithmetic and informal geometry skills, provides an introduction to the abstractions of algebra using fundamental principles of rational numbers, order of operations and solving linear equations.

MODULE II  PHYSICAL THERAPY FUNDAMENTALS – PTA 200

Prerequisites: PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110

Total clock hours: 96  
Total credit hours: 6.5
This course emphasizes physical therapy treatments using physical agents, the use and application of mechanical/cervical/pelvic system traction and the intermittent compression pump. The indications, contraindications, applications and patient responses to modalities performed in physical therapy are examined. Emphasis is on patient and equipment safety and documentation.

MODULE II  KINESIOLOGY – PTA 210

Prerequisites: PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110

Total clock hours: 96  
Total credit hours: 6.5
This course introduces the student to the science of human movement. The students evaluate biomechanical forces on the body; concepts of locomotion, forces and levers. Topics include origins, insertions, innervations and actions of prime movers of the musculoskeletal system.

MODULE II  INTRODUCTION TO PSYCHOLOGY – PSY 200

Prerequisites: PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110

Total clock hours: 48  
Total credit hours: 4.5
This course presents a survey of the field of general psychology and a study of the native and acquired controls of human behavior, with emphasis on the mental process and the development of personality.

MODULE II  ANATOMY AND PHYSIOLOGY II – BIO 210

Prerequisites: PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110

Total clock hours: 96  
Total credit hours: 6.5
This course is a continuation of BIO 110 and includes the study of the structure and function of the cardiovascular, endocrine, circulatory, immune, respiratory, digestive, excretory, sensory, and reproductive systems.
MODULE II  ORAL COMMUNICATION – ENG 210

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110

*Total clock hours: 48  Total credit hours: 4.5*

This is an introductory course designed to provide students with greater skills in all aspects of oral presentation. The course enables students to prepare effective speeches, emphasizing the relevant elements of public speaking. The process of preparing a presentation is covered, including topic selection, development, research, organization, language and delivery of speeches for many types of audiences and occasions is included. The course will focus on building self-confidence of the students by presenting them the appropriate techniques to deliver informative and persuasive oral presentations.

MODULE III  PATHOPHYSIOLOGY – PTA 300

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210

*Total clock hours: 39  Total credit hours: 3.5*

This course covers the changes in body tissues and organs that cause or result from a disease process. The impact of acute and chronic diseases is discussed. The course focuses on diseases and the resultant functional limitations that impact the musculoskeletal, immune and nervous systems.

MODULE III  THERAPEUTIC EXERCISES I – PTA 310

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210

*Total clock hours: 78  Total credit hours: 5.0*

This course introduces the concept of therapeutic exercise and examines the principles of various types of exercise; the stages of tissue healing and exercise considerations associated with each stage. Students receive instruction and develop exercise programs for medical and surgical conditions that affect the trunk, neck and extremities. This course is designated to help students prepare to implement therapeutic exercise under the supervision of a physical therapist.

MODULE III  HUMAN GROWTH AND DEVELOPMENT – PTA 320

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210

*Total clock hours: 65  Total credit hours: 4.5*

This course introduces the human developmental sequence, form prenatal to adult. This course also examines the cognitive, psychomotor and affective domains of human development, and explores disability issues across a typical lifespan.

MODULE III  ORTHOPEDIC DISORDERS – PTA 330

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210

*Total clock hours: 130  Total credit hours: 10.0*

This course introduces students to the basic concepts of management of common orthopedic disorders. Lecture and lab will include instruction on tissue healing, gait training, therapeutic exercise and common orthopedic injuries and management of surgical cases.
MODULE III  CLINICAL EXPERIENCE I – PTA 340

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210, PTA 300, PTA 310, PTA 320, PTA 320

*Total clock hours: 80  Total credit hours: 2.5*

This course is a planned clinical experience integrated in Module III. Students are expected to apply the techniques presented in theory and lab in a clinical setting under the supervision of a licensed physical therapist or physical therapist assistant.

MODULE IV  REHABILITATION – PTA 400

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210, PTA 300, PTA 310, PTA 320, PTA 320, PTA 340

*Total clock hours: 91  Total credit hours: 6.0*

This course provides instruction in the rehabilitation techniques and procedures that physical therapists use in treating adult patients with neurological, orthopedic, medical and/or spinal cord diseases or injuries. The course emphasizes the completion of functional activities for these patient populations, along with patient safety and documentation.

MODULE IV  THERAPEUTIC EXERCISES II – PTA 410

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210, PTA 300, PTA 310, PTA 320, PTA 320, PTA 340

*Total clock hours: 52  Total credit hours: 3.5*

This course is a continuation of PTA 310. Students receive instruction in and develop exercise programs for medical and surgical conditions that affect the posture, spine, trunk, lower and upper extremities. Students will also be prepared to develop exercise interventions for pregnancy and labor. This course is designated to help students prepare to implement therapeutic exercise under the supervision of a physical therapist.

MODULE IV  NEUROLOGICAL DISORDERS – PTA 420

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210, PTA 300, PTA 310, PTA 320, PTA 320, PTA 340

*Total clock hours: 130  Total credit hours: 10.0*

This course introduces students to neurological impairments and neuro-rehabilitation concepts. Neuroanatomy and motor development are discussed as well as management of neurological conditions in children and adults. The course addresses non-progressive spinal cord and central nervous system disorders as well as progressive disorders of the central nervous system.

MODULE IV  PHARMACOLOGY – PTA 430

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210, PTA 300, PTA 310, PTA 320, PTA 320, PTA 340

*Total clock hours: 39  Total credit hours: 3.5*

This course examines commonly prescribed medications and their effects on patients during rehabilitation; including side effects and suggestions for gaining the most advantageous effects during therapy. The contraindications and precautions associated with medications and their effects on exercise are also examined.
**MODULE IV  CLINICAL EXPERIENCE II – PTA 440**

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210, PTA 300, PTA 310, PTA 320, PTA 320, PTA 340, PTA 400, PTA 410, PTA 420, PTA 430

*Total clock hours: 80  Total credit hours: 2.5*

This course is a planned clinical experience integrated in Module IV. Students are expected to apply the techniques presented in theory and lab in a clinical setting under the supervision of a licensed physical therapist or physical therapist assistant.

**MODULE V  CLINICAL EXPERIENCE III – PTA 540**

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210, PTA 300, PTA 310, PTA 320, PTA 320, PTA 340, PTA 400, PTA 410, PTA 420, PTA 430, PTA 440

*Total clock hours: 480  Total credit hours: 16.0*

This course is the capstone clinical experience. Students are expected to apply all the techniques presented in theory and lab, in a clinical setting under the supervision of a licensed physical therapist or physical therapist assistant, integrating all the concepts they have been exposed to. Upon completion of this course, students will be prepared to work in clinical settings under the supervision of a licensed physical therapist or physical therapist assistant.

**MODULE V  PHYSICAL THERAPIST ASSISTANT CAPSTONE & NPTE/CLE PREPARATION – PTA 500**

**Prerequisites:** PTA 10, PTA 100, PTA 110, ENG 101, BIO 100, BIO 110, PTA 200, PTA 210, PSY 200, BIO 210, ENG 210, PTA 300, PTA 310, PTA 320, PTA 320, PTA 340, PTA 400, PTA 410, PTA 420, PTA 430, PTA 440, PTA 540

*Total clock hours: 30  Total credit hours: 3.0*

This course will expose students to contemporary issues in physical therapy and healthcare, including new technology, fiscal and governmental issues. It will prepare students to look for employment and to take the NPTE/CLE Examination.