# Physical Therapy Course No. 14060 Credit: 1.0

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| --- | --- | --- | --- |
| **Student name:** |  | **Graduation Date:** |  |

Pathways and CIP Codes:.Health Science (51.9999)

Course Description: **Technical Level:** Physical Therapy courses provide students with the knowledge and skills necessary to work with patients who need to achieve and maintain functional rehabilitation and to prevent malfunction or deformity. Topics covered typically include therapeutic exercises and activities (such as stretching and strengthening), how to train patients to perform the activities of daily living, the use of special equipment, and evaluation of patient progress.

Directions:The following competencies are required for full approval of this course. Check the appropriate number to indicate the level of competency reached for learner evaluation.

**RATING SCALE:**

4. Exemplary Achievement: Student possesses outstanding knowledge, skills or professional attitude.

3. Proficient Achievement:Student demonstrates good knowledge, skills or professional attitude. Requires limited supervision.

2. Limited Achievement:Student demonstrates fragmented knowledge, skills or professional attitude. Requires close supervision.

1. Inadequate Achievement:Student lacks knowledge, skills or professional attitude.

0. No Instruction/Training:Student has not received instruction or training in this area.

## Benchmark 1: Explore the rehabilitation medicine career fields.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 1.1 | Define rehabilitation therapy. |  |
| 1.2 | Identify careers in the rehabilitation therapy pathway. |  |
| 1.3 | Explore the history of rehabilitation therapy. |  |
| 1.4 | Examine the roles and responsibilities of a physical therapist, Occupational Therapist, Speech Therapist, and sports medicine (hospital setting, long-term care facility, Clinic, Schools). |  |
| 1.5 | Identify the members and roles of the rehabilitative therapy team including: surgeon/physician/physician assistant, Nurse, physical therapist/physical therapy assistant/ physical therapy aide, athletic trainer, Chiropractor, massage therapist. |  |

## Benchmark 2: Explore the history of physical therapy, occupational therapy and speech therapy and sports medicine.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 2.1 | Create a historical timeline of the significant contributors, modalities, and treatments in physical therapy, occupational therapy, speech therapy and sports medicine. |  |
| 2.2 | Compare and contrast current and historical modality treatment. |  |

## Benchmark 3: Explore the modern profession of physical therapy, occupational therapy, speech therapy and sports medicine.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 3.1 | Explore current trends of physical therapy, occupational therapy, speech therapy and sports medicine. |  |
| 3.2 | Analyze current issues of physical therapy, occupational therapy, speech therapy and sports medicine. |  |
| 3.3 | Identify innovative approaches in physical therapy, occupational therapy, speech therapy and sports medicine. |  |
| 3.4 | Research various treatments in physical therapy, occupational therapy, speech therapy and sports medicine. |  |

## Benchmark 4: Explain the role of the professional associations.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 4.1 | Identify the functions of the individual association (American Physical Therapy Association (APTA), American Occupational Therapy Association (AOTA), American Speech language Hearing Association (ASHA), National Athletic Training Association (NATA). |  |
| 4.2 | Outline the Standards of Practice as defined by the individual association (American Physical Therapy Association (APTA), American Occupational Therapy Association (AOTA), American Speech language Hearing Association (ASHA), National Athletic Training Association (NATA). |  |
| 4.3 | Describe the importance of involvement in professional associations to further career development. |  |

## Benchmark 5: Create a career development plan within the physical therapy field or occupational therapy or speech therapy or sports medicine.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 5.1 | Explore educational requirements, credentialing exams, and costs for a career in: physical therapy, Occupational Therapy, Speech Therapy, Athletic Training/Sports Medicine. |  |
| 5.2 | Explore educational offerings to enhance career development. |  |
| 5.3 | Compare and evaluate different types of educational opportunities. |  |
| 5.4 | Describe the benefits of mentoring as a career development tool (job shadows/internships). |  |
| 5.5 | Describe the importance of involvement in organizations such as APTA, AOTA, ASHA, NATA to further career development. |  |
| 5.6 | Explore specialty areas within the field of physical therapy as described by any of the following: American Board of Physical Therapy Specialties (ABPTS), American Occupational Therapy Association or America, American Speech language Hearing Association (ASHA, National Athletic Training Association (NATA). |  |

## Benchmark 6: Identify the rules and regulations of individually identifiable health information.

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 6.1 | Examine the Health Insurance Portability and Accountability Act (HIPAA). |  |
| 6.2 | Identify consequences of violating Health Insurance Portability and Accountability Act (HIPAA). |  |
| 6.3 | Explain personal responsibilities within the parameters of Health Insurance Portability and Accountability Act (HIPAA). |  |

## Benchmark 7: Discuss desirable attitudes and behaviors when providing healthcare to diverse patients.

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 7.1 | Describe cultural sensitivity in relation to healthcare. |  |
| 7.2 | Explore ways to treat the underserved and under-represented populations. |  |
| 7.3 | Identify ways that people from different cultures and backgrounds are stereotyped. |  |
| 7.4 | Describe the importance of treating patients as individuals. |  |

## Benchmark 8: Describe the required documentation related to therapy visits and treatment.

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 8.1 | Analyze medical records used in a physical therapy setting. |  |
| 8.2 | Create a SOAP note for each of the following conditions: musculoskeletal, neuromuscular, cardiovascular, and integumentary. |  |

## Benchmark 9: Discuss the Kansas Practice Act per profession and how it relates to the roles and relationship between the therapy team.

### Competencies

| **#** | **Description** | **Rating** |
| --- | --- | --- |
| 9.1 | Identify the scope of practice for the individual professions. |  |

## Benchmark 10: Investigate the various types of health insurance and the reimbursement process for rehabilitative therapy team.

### Competencies

| **#** | **Description** | **rating** |
| --- | --- | --- |
| 10.1 | Describe health insurance plans (Premium, Copay, deductible). |  |
| 10.2 | Compare and contrast government funded plans and private insurance plans in regard to the number of reimbursed visits. |  |
| 10.3 | Identify CPT codes (treatment codes used for billing). |  |
| 10.4 | Identify ICD 10 codes (Diagnosis codes also used for billing/documentation). |  |

## Benchmark 11: Describe the characteristics of an effective healthcare provider in personal and professional terms.

### Competencies

| **#** | **Description** | **Rating** |
| --- | --- | --- |
| 11.1 | Examine productivity and time management strategies. |  |
| 11.2 | Discuss implications of dress and other personal behaviors within the healthcare setting. |  |
| 11.3 | Identify best practices in respect to client relations. |  |
| 11.4 | Understand the implications the following have on healthcare employment: (Criminal background check, Drug Testing). |  |

## Benchmark 12: Explain effective communication strategies of a therapist with patients and all members of the therapy team.

### Competencies

| **#** | **Description** | **Rating** |
| --- | --- | --- |
| 12.1 | Demonstrate appropriate verbal communication skills in a healthcare setting. |  |
| 12.2 | Demonstrate appropriate non-verbal communication skills in a healthcare setting. |  |
| 12.3 | Demonstrate and understand the Core Values (Accountability, Altruism, Compassion/Caring, Excellence, Integrity, Professional Duty, Social Responsibility). |  |

## Benchmark 13: Describe positional terminology in regard to the human body

### Competencies

| **#** | **Description** | **Rating** |
| --- | --- | --- |
| 13.1 | Describe anatomical position. |  |
| 13.2 | Identify body planes and directional terms (Sagittal, Mid-sagittal, coronal/frontal, transverse/horizontal, Superior, Inferior, Anterior, Posterior, Medial, Lateral, Proximal, Distal, Superficial, Deep). |  |
| 13.3 | Compare and contrast body movements. ● Flexion, extension, and hypertension ● Adduction and abduction ● Pronation and supination ● Retraction and protraction ● Elevation and depression ● Rotation and circumduction ● External rotation and internal rotation ● Lateral flexion (side-bending left and right) ● Inversion and eversion ● Dorsiflexion and plantar flexion ● Radial deviation and ulnar deviation ● Opposition |  |
| 13.4 | Define common medical terminology: ● Ataxia ● Base of support ● Bilateral ● Calcaneal valgus ● Calcaneal varum ● Cervical ● Contracture ● Core ● Hyperextension ● Hypermobility ● Hypertonic ● Hypotonic ● Internal rotation ● Instability ● Kinesthesia ● Kyphosis ● Proximal ● Quadriceps ● Range of motion ● Recurvatum ● Reflex ● Ring sitting ● Sacral ● Side-sitting |  |

I certify that the student has received training in the areas indicated.

Instructor Signature:

For more information, contact:

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