

PHYSICAL THERAPY/OCCUPATIONAL THERAPY

Course Code:

8365/8366

Course Description:

Students in this one-year program are introduced to the profession of physical and occupational therapy. Students explore the principles and practices of therapists in the healthcare industry and participate in clinical observation under the direct supervision of a licensed physical and/or occupational therapist. Clinical skills in the area of physical therapy and occupational therapy enable students to gain understanding of rehabilitative care, which is practiced throughout the continuum of care and across the lifespan of individuals. After successful completion of this program, students may seek higher education for specific degrees/licensure in a variety of fields such as physical therapy, occupational therapy, speech therapy, sports medicine, athletic training, chiropractic medicine, biology, or exercise science.

Topics of Study:

Overview of the Rehabilitation Field

Legal & Ethics

Communication

Safety

Basic Anatomy

Lifting & Transfers

Orthotics & Modalities

Therapeutic Activities

Assistive Technology

Opioids

Campus Location:

Butler Farm, Hampton

Sessions:

AM & PM

Class Size:

20 Students

Credentials:

National Physical Therapy Aide Certification Exam (CPTA)

Healthcare Providers BLS/CPR

Career & Technical Student Organization:

Health Occupations Students of America (HOSA)

Work-Based Learning Opportunities:

Job Shadowing

Clinical Experience

Course Prerequisites:

Completed 10th grade English with a grade of “B” or better

Completed Biology with a grade of “B” or better and passed the Biology SOL

Completed Algebra I with a grade of “B” or better and passed the Algebra SOL

Must be able to lift 50 pounds to safely perform the required duties

Instructor Bio:

Jennifer Bolam

jennifer.bolam@nhrec.org

757-766-1100 ext. 3349

A.A.S Occupational Therapy Assistant

12+years of industry experience as an Occupational Therapy Assistant & Director of Rehabilitation

Projected Employment:

Overall employment of physical therapist assistants and aides is projected to grow 19 percent from 2022 to 2032, much faster than the average for all occupations. “Physical Therapy Assistants.”

Occupational Outlook Handbook, US Bureau of Labor Statistics, 10 October, 2023.

<https://www.bls.gov/ooh/healthcare/physical-therapist-assistants-and-aides.htm#tab-6>

Career Pathways:

Physical Therapy Assistant

Physical Therapist

Occupational Therapy Assistant

Occupational Therapist

Exercise Physiologist

Athletic Trainer

Program Flyer: (linked)