Physical Therapy | One year Program: Scope & Sequence

Semester 1
PHY101 – Physical Therapy Assistant I
(89 Days)

**District Pre-Assessment**

Unit 1 (20 Days)

**Intro to Rehabilitation Therapy:**
- Concept of rehabilitation therapy
- Rehabilitation therapy profession
- Types of physical & rehabilitation therapy
- Medical Terminology & Abbreviations
- CTSO Integration (Leadership Skills): Officer Elections, and selection of committee leaders
- Professional Skills: 1.0, 4.0
- Work-Based Learning: Guest Speaker
- Technical Standard: 1.0, 2.1-2.3, 2.5-2.7, 4.1-4.3, 9.2, 9.7, 12.1, 12.3, 12.10

Unit 2 (15 Days)

**Safety, Infection Control & Modalities:**
- Safety and OSHA 10 training
- CPR/First Aid Infection Control
- Modalities
- CTSO Integration (Leadership skills): Officer Training
- Professional Skill: 2.0, 3.0, 4.0, 6.0
- Work-Based Learning: Guest Speaker
- Technical Standard: 6.0, 7.0, 13.1-13.8
- Certification: OSHA 10 Medical Certification

Units 3 (5 Days)

**Legal Issues:**
- HIPAA | Standard of Care | Law & Ethics
- Cultural Awareness
- Communication
- CTSO Integration (Leadership Skills): Donate Life
- Professional Skills: 1.0, 6.0, 8.0
- Academic Standards: ELA.11-12.W.4
- Work-Based Learning: Resume Writing, Guest Speaker
- Technical Standard: 3.0

**Medical Records Management:**
- Computer Application
- Components of Medical Records
- HIPAA Requirements
- Front Office Training | Flowsheets | SOAP Notes
- CTSO Integration (Leadership Skills): HOSA Fall Leadership Conference
- Professional Skills: 7.0, 4.0
- Work-Based Learning: WebPT documentation integration
- Technical Standard: 4.4-4.6, 15.0

Unit 4 (15 Days)

**Proper Mechanics & Gait:**
- Posture & Ergonomics
- Gait Cycle & Transfers | Assistive Devices
- CTSO Integration (Leadership Skills): Community Service
- Professional Skills: 2.0
- Work-Based Learning: Guest Speaker
- Technical Standard: 5.0, 11.0

Unit 5 (10 Days)

**Cardiopulmonary:**
- Heart Rate Response | Blood Pressure | Oxygen Reading
- CTSO Integration (Leadership Skills): HOSA Regional OLT
- Professional Skills: 2.0, 4.0, 5.0, 6.0
- Academic Standards: 7.RP.A.3, ELA.11-12.SL.5
- Work-Based Learning: STOP the Bleed
- Technical Standard: 7.0
- Certification: STOP the Bleed

Unit 6 (10 Days)

**Nervous & Integumentary:**
- Nervous System
- Anatomy of Integumentary
- Burn/Wound
- CTSO Integration (Leadership Skills): Community service project (St. Mary’s food bank)
- Professional Skills: 2.0
- Work-Based Learning: Job Shadowing, Guest Speaker, Performance Based Assessment
- Technical Standard: 9.3, 9.4

Semester Exam
Semester 2
PHY102 – Physical Therapy Assistant II
(93 Days)

Unit 8 (10 Days)

Nutrition:
- Nutritional concepts
- Body composition & Image
- Supplements & performance enhancers
- Relation to special populations
- CTSO Integration (Leadership Skills): HOSA Online Testing
  - Professional Skills: 5.0
  - Academic Standards: ELA.11-12.RI.7, ELA.11-12.SL.3
- Work-Based Learning: Guest Speaker
  - Technical Standard: 8.0

Unit 9 (10 Days)

Foot/Ankle:
- Anatomy
- Movement | Exercise | Modalities
- CTSO Integration (Leadership Skills): HOSA Regionals
  - Professional Skills: 3.0
  - Academic Standards: ELA.11-12.SL.6
- Work-Based Learning: Guest Speaker
  - Technical Standard: 9.6, 9.7, 12.2, 12.4 - 12.9

Knee/Hip:
- Anatomy
- Movement | Exercise | Modalities
- CTSO Integration (Leadership skills): HOSA state officer applications and HOSA scholarships
  - Professional Skills: 3.0
  - Academic Standards: ELA.11-12.W.5, ELA.11-12.SL.4
- Work-Based Learning: Guest Speaker
  - Technical Standard: 9.6, 9.7, 10.4, 12.2, 12.4-9

Unit 10 (15 Days)

Upper Extremity:
- Shoulder
- Elbow
- Wrist/Hand
- Movement | Exercise | Modalities
  - Professional Skills: 3.0
  - Academic Standards: ELA.11-12.W.7
- Work-Based Learning: Guest Speaker
  - Technical Standard: 12.1-3

Unit 11 (2 Days)

Back/Neck:
- Anatomy
- Movement | Exercise | Modalities
- CTSO Integration (Leadership Skills): Community Service Project
  - Professional Skills: 3.0
  - Academic Standards: ELA.11-12.SL.4, ELA.11-12.SL.6
- Work-Based Learning: Guest Speaker
  - Technical Standard: 9.5, 9.7, 12.2, 12.4-12.9, 13.9

Unit 13 (10 Days)

Neurological:
- Stroke
- Multiple Sclerosis
- Parkinsons
- Traumatic Brain Injury & Bell’s Palsy
- CTSO Integration (Leadership Skills): HOSA State Leadership Conference
  - Professional Skills: 1.0, 2.0, 3.0, 6.0
- Work-Based Learning: Guest Speaker, Community Service
  - Technical Standard: 10.2

Unit 14 (10 Days)

Specialty Therapy:
- Women’s Health
- Pediatrics & Bariatrics
- Vestibular
- CTSO Integration (Leadership Skills): HOSA International Conference
  - Professional Skills: 1.0, 4.0, 6.0
- Work-Based Learning: Mock Interviews, Guest Speaker, Job Application, Performance Based Assessment
  - Technical Standards: 10.1, 14.0

District Post-Assessment

Certification: AHA CPR, AMCA Physical Therapy Technician Certification (PTTC) Exam

Arizona Department of Education (ADE)
American Heart Association (AHA)
American Medical Certification Association (AMCA)
Common AZCCR Math Standards (CAMS)
English Language Arts Standards (ELAS)
Health Occupations Students of America (HOSA)