

Physical Therapy | One year Program: Scope & Sequence

Semester 1

PHY101 – Fundamentals of Physical Therapy (90 Days)

Unit 1 (15 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

Academic Standards: ELA.11-12.W.9, ELA.11-12.L.4, ELA.11-12.L.6

Work-Based Learning: Guest Speaker, FITT Protocol

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

Lab Time: 6 hours

Classroom Time: 44 hours

District Pre-Assessment

Unit 2 (15 Days)

Proper Mechanics & Gait:

- Posture & Ergonomics
- Gait Cycle & Transfers | Assistive Devices

CTSO Integration (Leadership Skills): Regional OLT registration, Community Service

Professional Skills: 2.0

Academic Standards: ELA.11-12.W.5, ELA.11-12.RI.7

Work-Based Learning: Guest Speaker, FITT Protocol

Technical Standard: 5.0, 11.0

Lab Time: 27 hours

Classroom Time: 10.5 hours

Units 3 (20 Days)

Medical Law & Ethics:

- HIPAA | Standard of Care | Law & Ethics
- Cultural Awareness
- Communication
- Computer Application
- Components of Medical Records
- HIPAA Requirements
- Front Office Training | Flowsheets | SOAP Notes

CTSO Integration (Leadership Skills): Donate Life, HOSA Fall Leadership Conference

Professional Skills: 1.0, 4.0, 6.0, 7.0, 8.0

Academic Standards: ELA.11-12.W.4, 6.RP.A.3, ELA.11-12.SL.3, ELA.11-12.RI.10, ELA.11-12.W.4, ELA.11-12.W.8

Work-Based Learning: Resume Writing, Guest Speaker, WebPT documentation integration

Technical Standard: 3.0, 4.4-4.6, 15.0

Lab Time: 6 hours

Unit 4 (10 Days)

Safety, Infection Control & Modalities:

- Safety and OSHA 10 training
- Modalities

CTSO Integration (Leadership skills): Officer Training

Professional Skill: 2.0, 3.0, 4.0, 6.0

Academic Standards: ELA.11-12.W.9, ELA.11-12.W.5

Work-Based Learning: Guest Speaker

Technical Standard: 6.0, 7.0, 13.1-13.8

Certification: OSHA 10 Medical Certification

Lab Time: 13 hours

Classroom Time: 12 hours

OSHA 10 Medical Certification

* Occupational Safety and Health Administration (OSHA)- Will be trained during the program, scheduled date and time subject to change.

Unit 5 (10 Days)

Nervous & Integumentary:

- Nervous System
- Axial Skeleton Anatomy
- Anatomy of Integumentary
- Burn/Wound
- Nervous System Diseases & Disorders

CTSO Integration (Leadership Skills): Community service project (St. Mary's food bank)

Professional Skills: 2.0

Academic Standards: ELA.11-12.W.5, ELA.11-12.W.6

Work-Based Learning: Job Shadowing, Guest Speaker, Performance Based Assessment

Technical Standard: 9.3, 9.4, 10.2

Lab Time: 10 hours

Classroom Time: 15 hours

Unit 6 (20 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

Lab Time: 14.5 hours

Classroom hours: 35.5

Semester Exam

Physical Therapy | One year Program: Scope & Sequence

Classroom Time: 44 hours

Semester 2

PHY102 – Physical Therapy and Rehabilitation Services - Advanced Applications (93 Days)

Unit 7 (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

Lab Time: 4 hours

Classroom hours: 21 hours

Unit 8 (15 Days)

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

Lab Time: 14.5 hours

Classroom hours: 22 hours

Unit 9 (20 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

Lab Time: 18.5 hours

Classroom hours: 31.5

Unit 10 (15 Days)

Cardiopulmonary:

- Heart Rate Response | Blood Pressure | Oxygen Reading
- CTSO Integration (Leadership Skills): HOSA Regional OLT & Bronze Individual HOSA Award
- AHA CPR/First Aid Certification

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

Lab Time: 20 hours

Classroom Time: 17 hours

Unit 11 (20 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

Lab Time: 19.5 hours

Classroom hours: 18 hours

Unit 12 (13 Days)

Specialty Therapy:

- Women's Health
- Pediatrics & Bariatrics
- Vestibular

CTSO Integration (Leadership Skills): HOSA International Conference

Professional Skills: 1.0, 4.0, 6.0

Academic Standards: ELA.11-12.W.5, ELA.11-12.W.4

Work-Based Learning: Mock Interviews, Guest Speaker, Job Application, Performance Based Assessment

Technical Standards: 10.1, 14.0

● **Lab Time:** 6 hours

● **Classroom Time:** 9 hours

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)

Physical Therapy Technician, 51.0806

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Health Occupations Students of America (HOSA)