

# Physical Therapist Assistant

The Physical Therapist Assistant curriculum prepares graduates to work in direct patient care settings under physical therapists' supervision. Assistants work to improve or restore function by alleviating or preventing physical impairment and perform other essential activities in a physical therapy department.

Course work includes normal human anatomy and physiology, the consequences of disease or injury, and physical therapy treatment of various patient conditions affecting humans throughout their lifespan.

Graduates are eligible to take the PTA National Physical Therapy Exam (NPTE) for licensure in whichever state they plan to work. Employment is available in general hospitals, rehabilitation centers, outpatient orthopedic clinics, school systems, geriatric health care facilities, and home health agencies.

For specific information about potential positions and wages in physical therapist assistant employment, visit the Central Piedmont Career Coach website.

## Physical Therapist Assistant (A45640)

### Degree Awarded

The Associate in Applied Science Degree - Physical Therapist Assistant is awarded by the college upon completion of this program.

### Admissions

- A high school diploma or equivalent is required.
- Complete a general admission application to Central Piedmont.
- Take required placement tests.
- Meet with an academic advisor or counselor for preliminary counseling.
- Take the Test of Essential Academic Skills (TEAS).
- Submit all official high school transcripts and any college transcripts to Admissions, Records & Registration.
- Complete any required Preparatory courses with a grade of "C" or better.
- Complete and submit the Physical Therapist Assistant application by the deadline.
- Upon acceptance and enrollment in the program, students must take all courses as scheduled and sequenced.
- Continued progression in the program requires a grade of "C" or better in every course.
- A physical examination (including a drug screen) documenting the applicant's ability to complete all program requirements is required.
- Many courses have prerequisites or co-requisites; check the Courses section for details.

### Program Accreditation

The Physical Therapist Assistant program at Central Piedmont is accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE) of the American Physical Therapy Association (APTA).

### Notes

In addition to tuition and textbooks, costs of the program include: uniforms, travel to clinical sites, liability and accident insurance, health insurance, a fee for CPR/First Aid certification and/or re-certification, a licensure application fee, and the cost of a physical examination, including immunizations and blood tests. Current CPR and First Aid certification is required before all clinical courses.

To participate in clinical education experiences at health care facilities, students are required to submit results of a N.C. state or national criminal background check at their own expense.

### Contact Information

The Physical Therapist Assistant program is in the Therapy and Acute Care Division. For more information, visit the Physical Therapist Assistant website. For further assistance, contact the Program Chair at 704.330.6746.

#### General Education Requirements

ENG 111	Writing and Inquiry	3.0
PSY 150	General Psychology	3.0
ACA 122	College Transfer Success	1.0
Select 3 credits of the following:		3.0

ART 111	Art Appreciation
ART 114	Art History Survey I
ART 115	Art History Survey II
DRA 111	Theatre Appreciation
HUM 120	Cultural Studies
HUM 130	Myth in Human Culture
MUS 110	Music Appreciation
MUS 112	Introduction to Jazz
PHI 215	Philosophical Issues
PHI 240	Introduction to Ethics
REL 110	World Religions

Select 3 credits of the following: 3.0

MAT 110	Mathematical Measurement and Literacy
MAT 143	Quantitative Literacy
MAT 152	Statistical Methods I
MAT 171	Precalculus Algebra

Select 3 credits of the following: 3.0

COM 110	Introduction to Communication
COM 231	Public Speaking

#### Major Requirements

PTA 110	Intro to Physical Therapy	3.0
PTA 125	Gross & Functional Anatomy	5.0
PTA 135	Pathology	4.0
PTA 145	Therapeutic Procedures	4.0
PTA 212	Health Care/Resources	2.0
PTA 215	Therapeutic Exercise	3.0
PTA 222	Professional Interactions	2.0
PTA 225	Intro to Rehabilitation	4.0
PTA 235	Neurological Rehab	5.0
PTA 245	PTA Clinical III	4.0
PTA 255	PTA Clinical IV	4.0
PTA 165	PTA Clinical I	3.0

PTA 185	PTA Clinical II	3.0
BIO 168	Anatomy and Physiology I	4.0
or BIO 165	Anatomy and Physiology I	
BIO 169	Anatomy and Physiology II	4.0
or BIO 166	Anatomy and Physiology II	
PTA 270	PTA Topics	1.0
MED 121	Medical Terminology I	2.0
or MED 120	Survey of Medical Terminology	
<b>Total Credits</b>		<b>73</b>

## No diplomas are offered for Physical Therapy Assistant.

## No certificates are offered for Physical Therapy Assistant.

### Physical Therapist Assistant Suggested Course Sequence

The following is the suggested plan for when to take each course to complete the Associate in Applied Science degree, based on the program requirements of the 2023-2024 catalog. This is only a recommendation — you may take courses in another order upon consultation with your advisor. This plan is based on you starting with college-level math and English courses, starting your program in the fall, and attending full-time. You can also follow this sequence if you attend part-time. Speak with your academic advisor about the plan and any questions. This program might also offer diplomas or certificates; visit the catalog or contact the program for details. Visit the Academic Advising page for instructions on locating your assigned advisor: <https://www.cpcc.edu/academics/academic-advising>

<b>Term I</b>		<b>Credits</b>
ENG 111	Writing and Inquiry	3.0
COM 110 or COM 231	Introduction to Communication or Public Speaking	3.0
MAT 110	Mathematical Measurement and Literacy	3.0
BIO 168	Anatomy and Physiology I	4.0
PSY 150	General Psychology	3.0
ACA 122	College Transfer Success	1.0
<b>Credits</b>		<b>17</b>
<b>Term II</b>		
Humanities/Fine Arts		3.0
MED 120 or MED 121	Survey of Medical Terminology or Medical Terminology I	2.0
BIO 169	Anatomy and Physiology II	4.0
PTA 110	Intro to Physical Therapy	3.0
PTA 125	Gross & Functional Anatomy	5.0
<b>Credits</b>		<b>17</b>
<b>Term III</b>		
PTA 135	Pathology	4.0
PTA 145	Therapeutic Procedures	4.0
PTA 215	Therapeutic Exercise	3.0
PTA 222	Professional Interactions	2.0
<b>Credits</b>		<b>13</b>
<b>Term IV</b>		
PTA 225	Intro to Rehabilitation	4.0
PTA 235AB	Neurological Rehab	3.0
PTA 165	PTA Clinical I	3.0
PTA 185	PTA Clinical II	3.0
<b>Credits</b>		<b>13</b>

<b>Term V</b>		
PTA 212	Health Care/Resources	2.0
PTA 235BB	Neurological Rehab	2.0
PTA 245	PTA Clinical III	4.0
PTA 255	PTA Clinical IV	4.0
PTA 270	PTA Topics	1.0
<b>Credits</b>		<b>13</b>
<b>Total Credits</b>		<b>73</b>

**PTA 110. Intro to Physical Therapy. 3.0 Credits.** Class-2.0. Clinical-0.0. Lab-3.0. Work-0.0

This course introduces the field of physical therapy including the history and standards of practice for the physical therapist assistant and basic treatment techniques. Emphasis is placed on ethical and legal considerations, universal precautions, vital signs, documentation, basic patient preparation and treatment skills, and architectural barrier screening. Upon completion, students should be able to explain the role of the physical therapist assistant and demonstrate competence in basic techniques of patient care.

Prerequisites: Take BIO 168, minimum grade of C

Corequisites: Take PTA 125

**PTA 125. Gross & Functional Anatomy. 5.0 Credits.** Class-3.0.

Clinical-0.0. Lab-6.0. Work-0.0

This course provides an in-depth, clinically oriented survey of gross and functional anatomy. Emphasis is placed on musculoskeletal and nervous systems and clinical biomechanics, including goniometry, basic manual muscle testing, and components of normal gait. Upon completion, students should be able to identify specific anatomical structures and describe, observe, and measure musculoskeletal posture and function.

Prerequisites: Take BIO 165 or BIO 168, minimum grade of C

Corequisites: Take PTA 110, minimum grade of C

**PTA 135. Pathology. 4.0 Credits.** Class-4.0. Clinical-0.0. Lab-0.0.

Work-0.0

This course introduces principles of pathology, processes of and normal responses to injury and disease, and changes related to aging. Emphasis is placed on conditions most commonly treated in physical therapy. Upon completion, students should be able to discuss basic pathological processes and identify etiology, signs, symptoms, complications, treatment options, and prognoses of specific orthopedic conditions.

Prerequisites: Take 1 group: Take BIO 166 PTA 110 PTA 125, minimum grade of C; Take BIO 169 PTA 110 PTA 125, minimum grade of C

Corequisites: Take PTA 215, minimum grade of C

**PTA 145. Therapeutic Procedures. 4.0 Credits.** Class-2.0. Clinical-0.0.

Lab-6.0. Work-0.0

This course provides a detailed study of specific treatment procedures and the physiological principles and techniques involved. Emphasis is placed on the correct application of superficial heat and cold, massage and soft tissue mobilization, ultrasound, diathermy, traction, and electrical stimulation. Upon completion, students should be able to demonstrate competence in the application of these modalities and explain the indications, contraindications, effects, and precautions for each.

Prerequisites: Take 1 group: Take BIO 166 PTA 110 PTA 125, minimum grade of C; Take BIO 169 PTA 110 PTA 125, minimum grade of C

Corequisites: Take PTA 222, minimum grade of C

**PTA 165. PTA Clinical I. 3.0 Credits.** Class-0.0. Clinical-9.0. Lab-0.0. Work-0.0

This course provides the opportunity to gain clinical experience and apply academic skills and knowledge to patient care. Emphasis is placed on performing patient care skills, observation and measurement, and professional and patient interaction. Upon completion, students should be able to demonstrate safe and effective clinical practice as measured by a standardized performance evaluation.

Prerequisites: Take PTA 135 PTA 145 PTA 215 PTA 222, minimum grade of C

Corequisites: Take PTA 185

**PTA 185. PTA Clinical II. 3.0 Credits.** Class-0.0. Clinical-9.0. Lab-0.0. Work-0.0

This course provides the opportunity to gain clinical experience and apply academic skills and knowledge to patient care. Emphasis is placed on performing patient care skills, observation and measurement, and professional and patient interaction. Upon completion, students should be able to demonstrate safe and effective clinical practice as measured by a standardized performance evaluation.

Prerequisites: Take PTA 135 PTA 145 PTA 215 PTA 222, minimum grade of C

Corequisites: Take PTA 165

**PTA 212. Health Care/Resources. 2.0 Credits.** Class-2.0. Clinical-0.0. Lab-0.0. Work-0.0

This course provides an overview of various aspects of health care delivery systems and the interrelationships of health care team members. Topics include health agencies and their functions, health care team member roles, management, and other health care issues. Upon completion, students should be able to discuss the functions of health organizations and team members and aspects of health care affecting physical therapy delivery.

Prerequisites: Take PTA 225 PTA 235AB PTA 165 PTA 185, minimum grade of C

Corequisites: Take PTA 235BB

**PTA 215. Therapeutic Exercise. 3.0 Credits.** Class-2.0. Clinical-0.0. Lab-3.0. Work-0.0

This course introduces basic concepts of strengthening, endurance, and flexibility exercise and balance, gait, and posture training. Emphasis is placed on applying techniques to the treatment of orthopedic conditions. Upon completion, students should be able to safely and effectively execute basic exercise programs and balance, gait, and posture training.

Prerequisites: Take 1 group: Take BIO 166 PTA 110 PTA 125, minimum grade of C; Take BIO 169 PTA 110 PTA 125, minimum grade of C

Corequisites: Take PTA 135, minimum grade of C

**PTA 222. Professional Interactions. 2.0 Credits.** Class-2.0. Clinical-0.0. Lab-0.0. Work-0.0

This course is designed to assist in the development of effective interpersonal skills in the physical therapist assistant setting. Topics include reactions to disability, the grieving process, methods of communication, motivation, health promotion, disease prevention, and aging. Upon completion, students should be able to discuss and demonstrate methods for achieving effective interaction with patients, families, the public, and other health care providers.

Prerequisites: Take 1 group: Take BIO 166 PTA 110 PTA 125; Minimum grade; C; Take BIO 169 PTA 110 PTA 125, minimum grade of C

Corequisites: Take PTA 145, minimum grade of C

**PTA 225. Intro to Rehabilitation. 4.0 Credits.** Class-3.0. Clinical-0.0. Lab-3.0. Work-0.0

This course covers cardiovascular, pulmonary, and integumentary conditions, as well as causes and treatment of amputations. Emphasis is placed upon pathological processes as well as comprehensive treatment of the various conditions studied. Upon completion, students should be able to discuss etiology, signs, symptoms, complications, and prognoses of various conditions and implement components of a comprehensive treatment program.

Prerequisites: Take PTA 135 PTA 145 PTA 215 PTA 222, minimum grade of C

Corequisites: Take PTA 235AB

**PTA 235. Neurological Rehab. 5.0 Credits.** Class-3.0. Clinical-0.0. Lab-6.0. Work-0.0

This course covers neurological and neuromuscular conditions experienced throughout the life span. Topics include the pathology of selected conditions and the methods and rationales of various treatment approaches. Upon completion, students should be able to discuss etiology, signs, symptoms, complications, and prognoses of various conditions and implement components of a comprehensive treatment program.

**PTA 235BB. Neurological Rehab. 2.0 Credits.** Class-1.0. Clinical-0.0. Lab-3.0. Work-0.0

This course covers neurological and neuromuscular conditions experienced throughout the life span. Topics include the pathology of selected conditions and the methods and rationales of various treatment approaches. Upon completion, students should be able to discuss etiology, signs, symptoms, complications, and prognoses of various conditions and implement components of a comprehensive treatment program.

Prerequisites: Take PTA 225 PTA 235AB PTA 165 PTA 185, minimum grade of C

Corequisites: Take PTA 212

**PTA 235AB. Neurological Rehab. 3.0 Credits.** Class-2.0. Clinical-0.0. Lab-3.0. Work-0.0

This course covers neurological and neuromuscular conditions experienced throughout the life span. Topics include the pathology of selected conditions and the methods and rationales of various treatment approaches. Upon completion, students should be able to discuss etiology, signs, symptoms, complications, and prognoses of various conditions and implement components of a comprehensive treatment program. This is the first part of a course sequence consisting of an in-depth study of the neurological system and focusing on conditions affecting it in adulthood.

Prerequisites: Take PTA 135 PTA 145 PTA 215 PTA 222, minimum grade of C

Corequisites: Take PTA 225

**PTA 245. PTA Clinical III. 4.0 Credits.** Class-0.0. Clinical-12.0. Lab-0.0. Work-0.0

This course provides the opportunity to gain clinical experience and apply academic skills and knowledge to patient care. Emphasis is placed on performing patient care skills, observation and measurement, and professional and patient interaction. Upon completion, students should be able to demonstrate safe and effective clinical practice as measured by a standardized performance evaluation.

Prerequisites: Take PTA 225 PTA 235AB PTA 165 PTA 185, minimum grade of C

Corequisites: Take PTA 255

**PTA 255. PTA Clinical IV. 4.0 Credits.** Class-0.0. Clinical-12.0. Lab-0.0. Work-0.0

This course provides the opportunity to gain clinical experience and apply academic skills and knowledge to patient care. Emphasis is placed on performing patient care skills, observation and measurement, and professional and patient interaction. Upon completion, students should be able to demonstrate safe and effective clinical practice as measured by a standardized performance evaluation.

Prerequisites: Take PTA 225 PTA 235AB PTA 165 PTA 185, minimum grade of C

Corequisites: Take PTA 245 and PTA 270

**PTA 270. PTA Topics. 1.0 Credit.** Class-1.0. Clinical-0.0. Lab-0.0. Work-0.0

This course covers the physical therapist assistant profession in preparation for the state licensure exam. Topics include developing time management skills and practicing for the competence examinations. Upon completion, students should be able to identify individual academic strengths and weaknesses and utilize this information to continue self-study for the licensure exam.

Prerequisites: Take PTA 225 PTA 235AB PTA 165 PTA 185, minimum grade of C

Corequisites: Take PTA 255