

# OCCUP/PHYS THERAPIST ASST (OPTA)

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## **OPTA 1131 Credits: 6**

### **Anatomy/Physiology for OTA/PTA Total Hours: 120**

This course focuses on the functional anatomy and applied physiology of the body systems most pertinent to Occupational Therapy and Physical Therapy practices. The systems emphasized include the skeletal, muscular, nervous, cardiovascular and respiratory. An overview of the sensory, integumentary, immune, digestive and endocrine systems is also discussed.

## **OPTA 1132 Credits: 3**

### **Health Care and Rehabilitation Total Hours: 60**

This course provides an introduction to the Canadian health care system, the determinants of health and the roles and responsibilities of the health care team members. The role and scope of practice of Occupational Therapists and Physical Therapists are also discussed. The duties and responsibilities of Occupational Therapist Assistants and Physical Therapists Assistants are described as well as the knowledge, skills and attitudes required to provide rehabilitation services to a diverse client population.

## **OPTA 1133 Credits: 5**

### **Intro to Rehabilitation Skills Total Hours: 120**

This course introduces students to the basic practical skills required to assist Occupational Therapists and Physical Therapists in providing rehabilitation treatments and interventions. Students develop and practice their skills in a lab setting. Students learn how to prepare clients for treatments, use proper body mechanics, adjust and use manual wheelchairs as well as perform simple treatments and exercises.

## **OPTA 1134 Credits: 3**

### **Health Promotion & Recreation Total Hours: 60**

This course introduces students to the importance of healthy living and the role of the Occupational Therapy Assistant and Physical Therapy Assistant in promoting and maintaining good health through physical activity, recreation, nutrition and lifestyle choices. Students learn how recreational activities can promote health and wellness. They also learn how to implement various physical fitness programs and lead group exercise programs for older adults.

## **OPTA 1135 Credits: 3**

### **Communications 1 Total Hours: 60**

This course provides students with the foundational knowledge and skills required to communicate effectively as an Occupational Therapy Assistant and Physical Therapy Assistant. An experiential and self-reflective approach is used to develop self-awareness, confidence and the communication skills required to communicate effectively with a diverse client population, their caregivers, and other members of the health care team.

## **OPTA 1136 Credits: 1.5**

### **Intro to Professional Practice Total Hours: 30**

This course introduces students to the knowledge and skills they need to assist Occupational Therapists, and Physical Therapists to provide treatment and interventions to clients. Topics include gathering and recording client information, infection control protocols, confidentiality requirements, and teamwork. The on-line learning modules required by the Health Authorities for practicum placements are also completed in this course.

## **OPTA 1231 Credits: 2**

### **Conditions 1 Total Hours: 45**

This course focuses on the conditions that affect the musculoskeletal system. The causes, risk factors, signs, symptoms, disease processes, and medical management of various orthopaedic conditions, including bone, joint and soft-tissue disorders are described.

## **OPTA 1232 Credits: 4**

### **Physical Therapist Assistant 1 Total Hours: 90**

The course focuses on the practical skills required to successfully assist the Physical Therapist and their clients. The course emphasizes physiotherapy treatments and interventions to promote of functional mobility, balance and strength for clients with musculoskeletal injuries and conditions.

## **OPTA 1233 Credits: 4**

### **Occupational Therapist Asst 1 Total Hours: 90**

The course focuses on the practical skills required to successfully assist the Occupational Therapist and their clients. The course emphasizes occupational therapy treatments and interventions for clients with musculoskeletal injuries and conditions and the promotion of independent activities of daily living (ADL's) and instrumental activities of daily living (IADL's).

## **OPTA 1234 Credits: 3**

### **Lifespan Development Total Hours: 60**

This course examines the developmental changes that occur across the lifespan from birth until death. Specific developmental issues that require occupational therapy and/or physical therapy are discussed as well as the physical, cognitive and psychosocial changes associated with the ageing process.

## **OPTA 1235 Credits: 2**

### **Communications 2 Total Hours: 45**

This course provides students with the opportunity to further develop the professional communication skills required to work with diverse client populations across the lifespan. The importance of establishing a therapeutic relationship with clients is also discussed. Strategies for developing therapeutic relationships are identified and practised.

## **OPTA 1236 Credits: 1.5**

### **Professional Practice 1 Total Hours: 30**

This course focuses on the knowledge and skills required by Occupational Therapy Assistants and Physical Therapy Assistants in the workplace. Other topics include informed practice, research skills, professional associations and competencies, reflective practice and an introduction to solving ethical dilemmas.

## **OPTA 1331 Credits: 3**

### **Conditions 2 Total Hours: 60**

This course focuses on the conditions that affect the nervous system, including neurological and mental health conditions. The causes, risk factors, signs, symptoms, disease processes, and medical management of selected neurological and mental health conditions are described.

## **OPTA 1332 Credits: 2.5**

### **Physical Therapist Asst 2 Total Hours: 60**

Building on previously learned knowledge and skills, this course focuses on the practical skills required to successfully assist the Physical Therapist and their clients. The course emphasizes physiotherapy treatments to promote functional mobility, balance and strength for clients with neurological conditions and injuries.

**OPTA 1333 Credits: 2.5**

**Occupational Therapist Asst 2 Total Hours: 60**

Building on previously learned knowledge and skills, this course focuses on the practical skills required to successfully assist the Occupational Therapist and their clients. The course emphasizes occupational therapy treatments and interventions for clients with neurological conditions and injuries and the promotion of independent activities of daily living (ADLs) and instrumental activities of daily living (IADLs).

**OPTA 1334 Credits: 1.5**

**Professional Practice 2 Total Hours: 30**

This course focuses on further development of the inter-professional skills required for building successful teams. Students develop and write personal learning objectives for their first practicum experience. Students also learn how to problem solve basic psychosocial situations and dilemmas as well as issues involving sensitive practice.

**OPTA 1335 Credits: 7**

**Practicum 1 Total Hours: 200**

This first practicum experience provides students with the opportunity to apply the skills and knowledge learned in the classroom and labs to the clinical environment at a beginning level. Under the supervision of a registered Occupational Therapist and/or Physical Therapist, students gain practical experience in either a hospital, clinic or long-term care facility.

**OPTA 2431 Credits: 2**

**Conditions 3 Total Hours: 45**

This course focuses on the conditions that affect the respiratory, cardiovascular and endocrine systems. The causes, risk factors, signs, symptoms, disease processes, and medical management of selected conditions are discussed.

**OPTA 2432 Credits: 4**

**Physical Therapist Asst 3 Total Hours: 90**

Building on previously learned knowledge and skills this course continues to focus on the practical skills required to successfully assist the Physical Therapist and their clients. The course emphasizes physiotherapy treatments and interventions to promote of functional mobility, balance and strength for clients with cardiovascular and respiratory conditions, circulatory disorders and clients with amputations.

**OPTA 2433 Credits: 4**

**Occupational Therapist Asst 3 Total Hours: 90**

Building on Occupational Therapy 1 and 2 this course continues to focus on the practical skills required to successfully assist the Occupational Therapist and their clients. The course emphasizes occupational therapy treatments and interventions for clients with mental health conditions and clients with dementia and the promotion of independent activities of daily living (ADLs) and instrumental activities of daily living (IADLs).

**OPTA 2434 Credits: 2**

**Professional Practice 3 Total Hours: 45**

This course continues to build on the skills and knowledge learned in the previous Professional Practice courses. More complex ethical and psychosocial dilemmas are discussed. There is also a focus on further developing the interprofessional skills required for building successful workplace teams.

**OPTA 2435 Credits: 8**

**Practicum 2 Total Hours: 240**

This second fieldwork experience provides students with the opportunity to apply the skills and knowledge learned in the classroom and labs to the clinical environment at an intermediate level. Under the supervision of a registered Occupational Therapist and/or Physical Therapist, students gain practical experience in either a hospital, clinic or long-term care facility.

**OPTA 2531 Credits: 2**

**Conditions 4 Total Hours: 45**

This course focuses on a variety of conditions and diseases. Topics include conditions that affect pediatric clients, immune system disorders, clients living with cancer, clients with renal disease and the treatment of burns. The causes, risk factors, signs, symptoms, disease processes, and medical management of selected conditions are described.

**OPTA 2532 Credits: 5**

**Inter-Professional Practice Total Hours: 120**

This course addresses both Occupational Therapy and Physical Therapy skills using an interdisciplinary approach. The course further develops the skills learned in the previous Occupational Therapy Assistant and Physical Therapy Assistant courses. The course focuses on providing treatment to clients within the community environment. Other topics include advanced wheelchair skills as well as specialized interventions including treatments for pediatric, bariatric and oncology clients.

**OPTA 2533 Credits: 4.5**

**Professional Practice 4 Total Hours: 105**

This course focuses on the skills required to successfully enter the workplace. Topics include employment preparation, creating a portfolio, professional boundaries and expectations, ethical dilemmas and community health care teams and partnerships.

**OPTA 2534 Credits: 8**

**Practicum 3 Total Hours: 240**

This final fieldwork experience provides students with the opportunity to apply the skills and knowledge learned in the classroom and labs to the clinical environment at an entry to practice level. Under the supervision of a registered Occupational Therapist and/or Physical Therapist, students gain practical experience in either a hospital, clinic or long-term care facility.