

SCC PTA Program Informational Meeting 2024-2025

Welcome!

What is Physical Therapy?

- A profession make up of physical therapists (PT) and physical therapists assistants (PTA) providing care to patients to help restore, maintain, and improve movement, activity, and function.
- Therapy services help minimize, prevent or eliminate impairments in body function, activity limitations, and functional activities to patients of all ages.
- Physical therapy can be provided in multiple settings for conditions related to:
 - Musculoskeletal
 - Neuromuscular
 - Cardiovascular
 - Pulmonary
 - And/or integumentary systems
- **From American Physical Therapy Association**

Who works in Physical Therapy?



Physical Therapists

Perform initial evaluation

Establish the plan of care

Make changes to the plan of care

Determine when the patient can be discharged

Communicate directly with referring physician

May be a clinic owner or director

Require a clinical doctorate

- Bachelor's degree + doctorate = approx. 7+ years

Approx. \$100K Mean Salary in Sacramento, CA per Salary.com

Physical Therapist Assistants

Work under the supervision of a PT

Carry out interventions established in the plan of care

Make recommendations for changes in the plan of care

Make recommendations for patient discharge

May be a clinic owner or director with certain limitations in CA

Require an Associate degree = 2 years

Approx. \$70K Mean Salary in Sacramento, CA per Salary.com

Physical Therapy Aides

- Unlicensed personnel
- No formal education requirements
- Work under the direct and immediate supervision of a PT
- Perform non patient-related tasks such as housekeeping and clerical duties, transport of patients, and providing an extra hand for physical support during gait or transfer training

- Earn \$16 - \$18/hour

Where do PTAs work
(what settings)?

Lots of places!

Hospitals



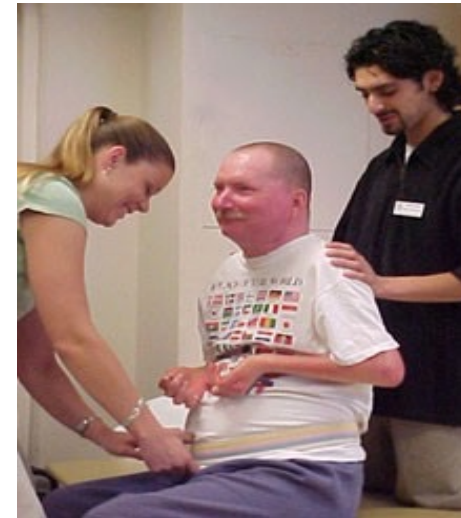
Outpatient Settings



Skilled Nursing Facilities



Rehabilitation Centers



Home Health



Specialty Practices



What are the sub-specialties?

- Orthopedics
- Neurologic rehabilitation
- Gerontology
- Wound care
- Pediatrics
- Amputees – prosthetics & orthotics

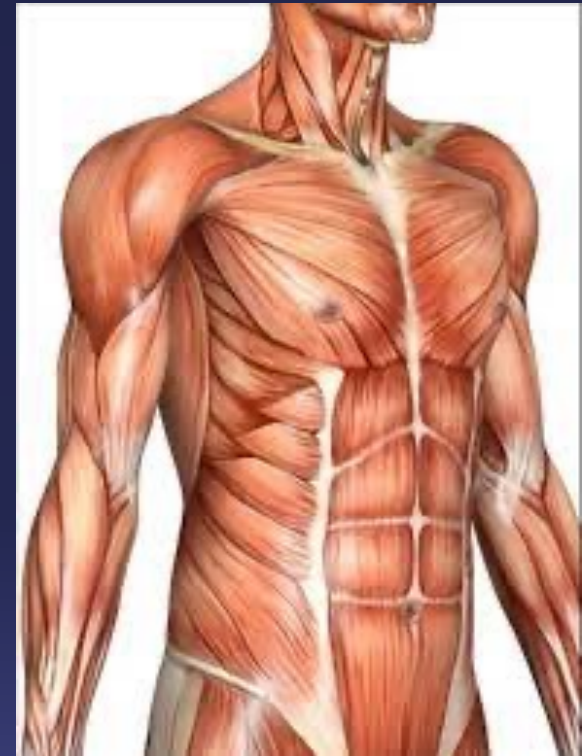
What do PTAs do?

- Implement the Plan of Care as determined by the PT
- Help patients decrease pain, enhance function, & improve independence
- Assist / instruct patients in transfers, ambulation, and functional activities
- Administer therapeutic exercise for stretching, strengthening, balance, & coordination
- Apply adjunct modalities, such as heat, cold, and electrotherapy
- Documents progress toward goals
- Communicates with the healthcare team
- Educates patients, caregivers, and the community about physical therapy

What skills do you need?

Motor Capability

- Transfer, guard and assist patients
- Squat, bend, reach, maneuver in small spaces
- Use manual dexterity
- Lift and carry 50+ pounds and exert 100+ pounds for push/pull



What skills do you need?

Sensory Capability

- Coordinate verbal and manual cues
- Respond effectively to patient needs including emergencies
- Auditory, visual and tactile abilities to observe and assess patient status and provide treatment
- Monitor vital signs



What skills do you need?

Communication Ability

- Communicate effectively in English (fluency in other languages is a bonus)
- Adapt communication as needed
- Interact effectively with individuals from a wide variety of backgrounds
- Function effectively under supervision



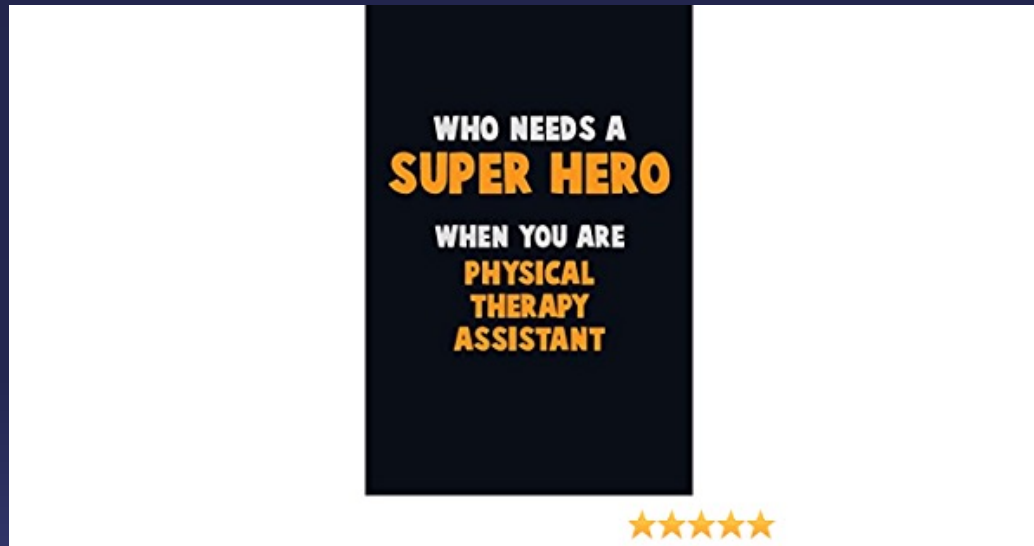
What skills do you need?



Problem-Solving Ability

- Apply understanding of rationale for plan of care in implementing treatment
- Use sound judgment and safety precautions
- Function effectively under stress
- Organize and prioritize tasks

WANT TO BE A REHAB SUPERHERO?



About the SCC PTA Program

- 21 months
- Evening program for Didactic
 - Courses run from 6 – 9 or 10 pm
 - Open lab 3 – 6 pm
- Clinical = full time – daytime and may include weekends
- Part-time?
- 5 semesters – including one summer
- Graduates earn an Associates of Science Degree
- Graduates are eligible to sit for NPTE and CA jurisprudence exam
- <https://www.scc.losrios.edu/academics/programs-and-majors/physical-therapist-assistant>

Prerequisites

- **PTA 100-** Introduction to Physical Therapist Assistant (1.5)
- **BIOL 430-** Anatomy & Physiology (5) = (10-year recency required)
- **BIOL 431-** Anatomy & Physiology (5) = (10-year recency required)
- **ENGWR 300 or ESLW 340 (3)**

PTA Designated Courses

REQUIRED COURSES TO BE COMPLETED BEFORE AND/OR DURING PROGRAM

ALLIED HEALTH COURSES

- AH 100- Professional Ethics for Health Team Members (1)
- AH 106- Communication for Allied Health Careers (2)

GENERAL EDUCATION COURSES

- EDUC 300 or PSYCH 370 or FCS 324- Human Development: A Life Span (3)
- SOC 300- Introductory Sociology or ANTH 310- Cultural Anthropology (3)
- NUTRI 300-Nutrition; NUTRI 480–Nutrition Honors; HEED 300-Health Science (3)



Graduation Required General Education Courses

- Area I – Humanities (3)
- Area IIa – English Composition
- Area IIb – Communication, Analytical Think
- Area IIIa – Physical Education
- Area IIIb – Life Development Skills
- Area IV – Natural Sciences
- Area Va – American Institutions
- Area Vb – Social/Behavior Sciences
- Area VI – Ethnic/Multicultural Studies

NOTE: Many prerequisite and PTA Program required courses meet obligations but not all

[PTA PROGRAM WORKSHEET](#)

EHP – Outreach Specialist

■ Shannon Rodrian

- Division Specialist who can provide additional information regarding program courses and application/ degree completion requirements
- Contact to set up appt – please include that you attended PTA info session including date of session when requesting appt
- <https://scc.losrios.edu/academics/ehp-application-assistance>

Cost of program

Current tuition =	\$46/credit
Program = 36.5 credits:	\$1,679
Prerequisite courses = 14.5 credits:	\$667
General Ed. Requirements = Up to 33 credits:	\$1,518
Books, supplies, etc. = approx.	\$1,200
Licensing/Exam fees = approx.	\$1060

Total: approx. \$6,125*

***Many students qualify for a BOG waiver (covers some of cost)**

Clinical Education

Three clinical rotations (Daytime hours and may include weekends)

- One introductory rotation – 3 weeks/FT (112 hours) - Summer
- Two full-time rotations – 5 days/week x 40 hours x ~6+ weeks (240 hours) – fall and spring semesters of second year

Key components

- Placed in three different settings, must include inpatient and outpatient
- Student treat patients under supervision of PT and/or PT/PTA team
- May require significant driving to clinicals – 50 + miles from residence
- Student responsible for transportation and housing

<https://www.scc.losrios.edu/academics/physical-therapist-assistant-program-details/clinical-education>

General Program and Professional Resources

General Program Resources

- SCC PTA Program Worksheet
- Policies and Procedures Manual
- Clinical Education Handbook
- Textbook list
- Sample Educational Plan

Professional Resources

- APTA
- CPTA
- FSBPT
- PTBC



College Resources

- [College Catalog](#)
- [Counseling](#)
- [Financial Aid](#)

Applying to PTA Program

Step 1: Begin taking prerequisite courses

- BIO 430 & 431*
- PTA 100
- ENGWR 300 OR ENGWR 488 OR ESLW 340

*2nd part of A & P may be in progress when applying

Applicants must have a minimum 3.0 GPA for prerequisite courses with no grades lower than a 'C'

Make sure to calculate grades and units for GPA



Applying to PTA Program

Step 3: Get application from website

<https://www.scc.losrios.edu/academics/physical-therapist-assistant-program-details/apply-to-pta>

Application is open during academic year

Application deadline is April 15

Applying to PTA Program

Step 4: Submit official transcripts to Office of Admissions & Records*

- Transcripts must be sealed
- Substitution forms MUST be submitted online for any courses not from LRCCD or not on equivalency grid
 - [Course Substitution Petition](#)
 - [Equivalency Grid](#)

*Not necessary for courses taken in LRCCD

Selection Process

- There is an alternate list (e.g. waiting list) of eligible candidates from the previous year
- Candidates on alternate list must submit return applications each year in order to maintain position on list.
- NOTE: An application is required each year to show continued interest and to maintain position on the alternate list
- The re-application period is March 15 – April 15 each year

Selection Process

- Each year the program accepts a cohort of students and the applicants on the waiting list move up in the queue
- Alternate list is condensed based on attrition and deferments. New eligible applicants are randomized and added to alternate list after the return applicants who submitted return applications.
- The first 30 on the list are offered a slot in upcoming cohort.
- Remaining candidates are assigned an 'alternate number' and sent information via email

Notification of Admission

Applicants will be notified by end of May of any acceptance decisions

Once Part of Cohort -

ITEMS TO ADDRESS PRIOR TO STARTING IN FALL

- Health and Safety Requirements
 - Physicals
 - Lab work including drug/alcohol screen
 - Immunizations / vaccines
 - Background Check
 - CPR/First Aid Training
 - HIPAA and Bloodborne Pathogens Training
- Equipment purchase – PTA Student kit
- Liability Insurance and nametag fee
- Photo for name badge
- Additional paperwork

Accredited PT and PTA Programs in California

- [CAPTE](#)
- 18 PT programs
- 27 PTA programs (including 2 expansion programs)

The logo for CAPTE, featuring the letters 'CAPTE' in a bold, teal, sans-serif font.

Commission on Accreditation
in Physical Therapy Education

Questions?

