



San Jacinto College PTA Program Spring 2021 Application
Alternative to observational experience during COVID-19 in
summer/fall/ 2020

Name: _____ Date: _____

Purpose: To help potential students research the world of physical therapy and expose them to reliable websites, prior to starting the program. The applicant will earn 1 incentive point for correct completion of this document towards their admission total.

1. Please visit the following website: <https://www.choosept.com/aboutptsptas/default.aspx>.

a. Please list out the 11 practice areas which a PT and/or PTA can practice.

- i.
- ii.
- iii.
- iv.
- v.
- vi.
- vii.
- viii.
- ix.
- x.
- xi.

b. Pick a practice area above that is unfamiliar to you and summarize (in your own words) about 2 things that you learned from that practice area.

i. _____

ii. _____

2. Which of the following do you feel are **NOT** within the scope of practice of a PTA? Underline or highlight all that apply.
 - a. Soft tissue/deep tissue mobilization
 - b. Gait training
 - c. Changing the plan of care on the initial evaluation
 - d. Pain management
 - e. Strengthening of muscles
 - f. Administration of medicine
 - g. Stretching of muscles
 - h. Joint mobilizations
 - i. Performing interventions outside the plan of care

3. Refer to Physical Therapist Assistants (titled Physical Therapist Assistants and Aides) in the Occupational Outlook Handbook (OOH) under the *U.S. Bureau of labor statistics* website: <https://www.bls.gov/OOH/healthcare/physical-therapist-assistants-and-aides.htm#tab-1>
 - a. Please watch the video on summary tab.
 - b. According to the quick facts, what is the median pay for a PTA, per year and per hour?
\$ _____ per year \$ _____ per hour
 - c. As far as the job outlook, what is the expected percentage of growth through 2028? ___%
 - d. What are the typical hours of work for a physical therapist assistant? _____

4. Refer to the following website: <http://www.apta.org/PTACareers/RoleofaPTA/>.
 - a. Fill in the blanks.
 - i. Physical therapist assistants (PTAs) work as part of a _____ to provide physical therapy services _____ of the physical therapist. PTAs implement selected components of patient/client interventions (treatment), _____ related to the interventions provided, and _____ either to progress the patient/client as directed by the physical therapist or to ensure patient/client safety and comfort.
 - ii. PTAs assist the physical therapist in the treatment of individuals of all ages, from newborns to the very oldest, who have medical problems or other health-related conditions that _____.
 - iii. The _____ is responsible for the services provided by the PTA. Physical therapists (PTs) are health care professionals who _____ each individual and develop a plan using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. In addition, PTs work with individuals to prevent the loss of mobility before it occurs by developing fitness- and wellness-oriented programs for healthier and more active lifestyles.

- iv. PTAs provide care for people in a variety of settings, including hospitals, private practices, outpatient clinics, home health agencies, schools, sports and fitness facilities, work settings, and nursing homes. PTAs must _____ is required in most states in which a PTA works.
5. According to the Texas Board of Physical Therapy Examiners (ECPTOTE) [TX PT Frequently Asked Questions](#) the scope of practice of a PTA includes...
- a. Can a PTA, while working with a patient, provide them with crutches or a wheelchair?

 - b. Can a PTA be elevated to Rehab Director above a PT? _____
 - c. Can anyone who is not a PT or PTA, such as a physician or an OT, supervise physical therapy treatment by a PTA or aide? _____
6. According to San Jacinto College's PTA Program page ([SJC PTA Program](#)) (open up approximate costs and fees)
- a. What is the approximate cost of the two-year PTA program for in-district?
 - i. Tuition and Fees: \$ _____
 - ii. What are some other cost factors not included in tuition?

7. Some students may confuse physical therapy with athletic training or personal training. This section will help you tease out the differences.
- a. Utilizing the following website: <https://www.bls.gov/OOH/healthcare/athletic-trainers.htm...>
 - i. Where do athletic trainers work? _____
 - ii. What is the typical entry level education? _____
 - iii. According what athletic trainers do, who do they work with as far as patients?

 - iv. Who are they supervised by? _____
 - v. What are the typical hours of work for an athletic trainer? _____
 - b. Utilizing the following website: <https://www.bls.gov/OOH/personal-care-and-service/fitness-trainers-and-instructors.htm...>
 - i. Where do fitness trainers and instructors work? _____
 - ii. What is typical entry level education? _____
 - iii. Fill in the blank: Personal fitness trainers design and carry out _____ specific to the needs of their _____. They may work with individual clients or teach group classes. In larger facilities, personal trainers often _____. They start by evaluating their clients' current fitness level, personal goals, and skills. Then, they _____ programs for their clients to follow, and they monitor the clients' progress.
 - iv. What are the typical hours of work for a fitness instruction trainer or instructor?

8. Some students also may feel as though we are similar to nursing. While that is semi-true, we want to make sure you understand there are some differences. Please utilize the following website for this section: <https://www.bls.gov/OOH/healthcare/registered-nurses.htm#tab-1> . Please place an X under the appropriate heading:

Criteria	PTA	RN	Both
Administers medication			
Uses needles to draw blood and insert fluids			
Takes vitals			
Educates patient			
Focuses on mobility, such as walking			
Focuses highly on lab values			
Focus on strengthening through exercise			
Focuses on <i>technique</i> with daily activities			
Assisting patients with toileting activities			
Communicates with other healthcare professionals			