San Diego Mesa College
Physical Therapist Assistant Program

Information/Application Packet for Fall 2015

Job Title
Physical Therapist Assistant

Program website
http://www.sdmesa.edu/physical-therapy

Job Description
The Physical Therapist Assistant (PTA) is an integral member of the health care team. The PTA assists the Physical Therapist (PT) in providing patient care by applying a variety of therapy treatments including, but not limited to, heat, cold, soft tissue mobilization, electrical stimulation, mechanical traction, hydrotherapy, therapeutic exercise, and gait training. PTAs work in a variety of settings including hospitals, private practices, outpatient clinics, home health, skilled nursing facilities, adult day care centers, schools, and sports facilities.

Program Description
Physical Therapist Assistant students complete a full-time (4 semester) program of professional education that combines in-depth academic study on campus with clinical experience in physical therapy practices affiliated with the program. Students graduate with an Associate of Science degree in Physical Therapist Assistant. Graduates may apply for state licensure with the Physical Therapy Board of California.

Mission Statement
To prepare qualified Physical Therapist Assistants (PTA) who practice ethical, safe, and effective patient care.

Program Objectives
1. Select and perform safe and effective interventions within the:
    a. PTA scope of practice.
    b. Physical Therapist's plan of care.
2. Knowledge of the CA physical therapy laws and regulations.
3. Ethical and professional behaviors consistent with professional standards and practice.
4. Communicate effectively both verbally and in writing.

Attitudes and Characteristics of the PTA
The successful PTA is:
- interested in the physical and biological sciences; pursues opportunities for life long learning; and possesses a knowledge of the breadth of the profession
- flexible; reliable; versatile; timely
- exhibits manual dexterity, visual and auditory acuity and motor coordination necessary to deliver treatments in a safe and complete manner; able to withstand strenuous physical activity
- patient and emotionally stable; demonstrates sound judgment, tact and self control even when presented with demanding patients or the presence of strong odors and open wounds
- able to work directly with a diverse population of patients of all ages, sizes, genders, cultures, and disabilities without discrimination
- able to work directly under a Physical Therapist's direction following written and verbal orders accepting responsibility for the results of his/her actions
- a team player who works within the parameters of the PTA job description in an ethical manner and who is able to communicate with health team members, patients, and patients' families
- able to accept constructive criticism and perform self evaluation activities which result in personal and professional growth
- able to apply his/her knowledge base to situations which arise, arriving at a reasonable conclusion which promotes patient progress and safety
- an effective communicator who is able to instruct patients using clear, concise language

- able to meet PTA technical standards (see page 10)

Employment Outlook

The employment outlook for PTA's is generally good in San Diego County and the United States at the present time. The PTA is qualified to seek employment in any setting that offers Physical Therapy such as: hospitals; long term care facilities; rehabilitation facilities; private offices; adult day care centers; schools; and homes.

Probable Salary Range for the San Diego Area

Starting Range: Staff PTA $40,000-45,000/year

Program Director
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Academic Counselor
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Student Services, I-400

Special Admissions
Cathy Sullivan
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Frequently Asked Questions

1. ***What can I do to gain more knowledge about the Physical Therapist Assistant Program?***
   Because of the numerous inquiries from prospective students, general information sessions regarding the program are provided at Mesa College on a regular basis throughout the fall and spring semesters (dates and locations are on the Allied Health website which should be checked again just prior to attendance for any scheduling changes that may occur – www.sdmesa.edu/allied-health). To gain firsthand knowledge of the scope of the profession and duties and limitations of the PTA, you should plan on observing, volunteering, or interviewing therapy personnel, or work in a variety of PT settings. Observation hours are a requirement for entrance into the program. See page 9 of application packet.

2. ***What courses must I take to earn this degree and with whom should I speak?***
   The core courses required for the Associate in Science degree are listed on page 7 of this packet. It is recommended that you meet with an academic counselor to determine the general education requirements for the degree and to address any specific questions.

3. ***How can I find out if the courses I have taken outside of the San Diego Community College District will transfer or meet the prerequisite course requirements?***
   You will find general information on the prerequisite courses on page (4). All coursework must be completed at a regionally-accredited college. It is recommended that you meet with an academic counselor with specific questions.

4. ***When do I file my program application packet and what are the dates of the Special Admission process?***
   You will file your complete program application packet **with supportive documentation.** All the important dates and procedures you need to know are located on pages 4 & 5 of this brochure.

5. ***How are applicants chosen for admission?***
   Applicants who complete the academic prerequisites and submit a completed application with its supportive documentation by the application deadline will be given consideration for enrollment in program. When the application packet is complete, the applicant's name will be placed on a "Qualified Applicants" list. It is the responsibility of the applicant to assure that all supportive documentation is in their file – incomplete applications will NOT be considered. The program will admit up to 30 students per year. A computerized random lottery will be performed to determine those accepted and create an alternate list. It is the applicant's responsibility to maintain a current e-mail address with the college's Special Admissions Office and return all mailings in a timely manner. Failure to return necessary paperwork will result in the person being removed

from the current list. Each year, a new qualified applicant list is generated from the completed applications submitted for that given year.

Program Information

1. ***Can I complete the program in less than two years? Are these courses transferable for a PT degree?***
No, the program cannot be completed in less than two years since the technical courses are taught sequentially and require two full years for completion. The courses are not usually transferable to institutions of higher learning as credit towards a degree as a Physical Therapist: this is not a pre-PT curriculum.

2. ***When I receive my A.S. degree for the program, what does that mean?***
This A.S. degree program is fully accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE), American Physical Therapy Association, 1111 N. Fairfax St., Alexandria, VA 22314: 1 (800) 999-APTA. Graduates of accredited programs are eligible to take the board examination for licensure as a PTA in those states requiring it. The fees required for the examination in California exceed $600.00. The program graduates have had a 100% ultimate pass rate on the National Board Examination over the past several years.

3. ***Are there any limitations to making an application for state licensure that I need to be aware of or does graduation from an accredited program suffice?***
Those states requiring licensure to practice as a PTA require the completion of a background check that includes the Department of Justice (DOJ) and the Federal Bureau of Investigations (FBI). Any discrepancies between information received from the DOJ, the FBI, and the applicant's information may result in denial of the application. The licensing Board reviews whether the violation of code, crime, or act is substantially related to the qualifications, functions, or duties of a licensee. Other factors that are considered are: the nature and severity of the acts or crime; the time that has elapsed since the commission of the acts/crimes; and the extent to which the applicant has complied with any terms or condition of probation imposed.

4. ***While I am in the program, will any malpractice insurance fees be required?***
A nominal fee is assessed during the semesters that the student is participating in the directed clinical practice courses. The fee enrolls the student in a blanket program of professional liability insurance coverage for one million dollars per District policy.

5. ***What other program-specific costs are there for me to consider?***
While in the program, the student will be required to complete and pay for a physical exam, TB skin test (or equivalent), required immunizations, background check/drug screening required by the clinical sites (cost is approximately $65) and Cardiopulmonary Resuscitation (CPR) prior to beginning clinical experiences. The CPR must be American Heart Association Healthcare Provider (eight hour course that includes testing on mannequins). The student will also need to purchase a uniform, name badge, books, and supplies. Total cost of the program including resident tuition is approximately $5,000. There is an additional non-resident charge for students coming in from out of state. Please refer to the college website for non-resident fees. A reliable means of transportation is necessary while in the program.

Information Sessions

To assist you with your planning and to gain information related to the admission process, the following information sessions will be offered on Mesa campus in Building S – the Allied Health Building, Room S-207, unless otherwise posted. Check the Allied Health Department website (www.sdmesa.edu/allied-health) for dates. RSVP's are **not required** for attendance at the one-hour information session. However, please check the website just prior to attendance for any scheduling changes that may occur and be sure to observe parking policies on campus.

Dates and Deadlines for Fall 2015

Completed Application Packets will be accepted between **October 1st, 2014 – March 5th, 2015 at 4:00 p.m.**

Completed Application Packets must include:

- Completed application (both sides filled out and signed)
- Official Transcripts verifying completion of prerequisites
- Documentation of exposure to the profession of physical therapy

*Packets must be received during the application period. Packets received after the application period and postmarks will not be considered.

Acceptance invitations will begin being sent on: **April 6th**
Confirmation of Acceptance **must be returned with 2 weeks of receipt**.
Notification of alternates and those not accepted: **May 1st**

Entrance Requirements- Fall 2015

The process for entrance requires the completion of steps A and B **before** the application can be considered complete. Once the application is complete the applicant's name will be entered on the "Qualified Applicant's" list. Please fill out and submit all pages of the application (pages 8-11). If completing observation hours at more than two facilities, please attach additional copies of page 9.

A. Prerequisite Courses

Completion of the following prerequisites (or equivalent) with a minimum grade of "C" or better is required. These prerequisites are designed to meet the general education curriculum requirements for the Associate's of Science degree. If taking prerequisite courses at another institution, please verify before enrollment that they will articulate with these courses at Mesa College.

1. **Human Anatomy & Physiology (4 semester units, including a lab, within the last five years), Bio 160 or equivalent.**
   If another college divides this into two courses, both courses must be taken. The course must cover all the body systems.
   Completion of 8 units Anatomy & Physiology is highly recommended.
2. **Math – Intermediate Algebra or higher (3 units) – Math 96 or equivalent.**
3. **English Composition (3 semester units) – Eng 101, Eng 105, Eng 205 or equivalent.**

B. Documented Exposure to the Profession of Physical Therapy:

Applicants may complete this requirement by selecting *one* of the two options below:

Option 1 - Complete of a minimum of 24 hours of directly observing a physical therapist or physical therapist assistant performing patient care ("job shadowing"). Eight of the hours must be performed in either an in-patient (acute) or skilled nursing facility setting. The remaining hours may be in either in-patient or out-patient physical therapy settings.

Option 2 - Complete of a minimum of 100 hours of directly observing a physical therapist or physical therapist assistant performing patient care ("job shadowing"). The hours may be completed in a setting of your choice.

A form is included as part of the application packet for the physical therapist or physical therapist assistant to sign verifying that the observation hours have been completed. The documented exposure does not need to be repeated for re-application to the program, but documentation must be submitted with each application. It is recommended that students keep copies of their records.

All prerequisites must be completed at colleges accredited by one of the six regional accrediting bodies in order to qualify. These agencies include:

- New England Association of Schools and Colleges (NEASC)
- North Central Association Commission on Accreditation and School Improvement(NCA)
- Middle States Association of Schools and Colleges (MSA)
- Southern Association of Schools and Colleges (SACS)
- Western Association of Schools and Colleges (WASC)
- Northwest Association of Schools and Colleges (NWCCU)

Students are responsible for confirming the accreditation type and transferability of credits before they enroll in any institution. Resources to consult are college catalogs and academic counselors.

APPLICATION PROCESS

- Submit your application and all its supportive documentation (official transcripts verifying completion of the above prerequisites) to Special Admissions between **October 1st, 2014 and March 5th, 2015**. Complete applications will be stamped with the date received – an application is not complete until all required supportive documentation has been received. Applications received before the October 1st or after the March 1st period will **not** be considered. The application must be received by 4pm on the last business day of the application window; postmarks will not be considered.

- It is the responsibility of the student to assure their application is complete. It is not the responsibility of the college or program to contact applicants regarding the complete or incomplete status of program application materials submitted. Prospective students need to understand the information given and ask questions of the appropriate person in the appropriate timeframe if they need further clarification.

- Applications will be reviewed for completeness after the March 5th deadline by the admission committee. The Special Admissions office may respond to application (or application item) inquiries as "received" or "not received."

- Completion of all designated prerequisites does not guarantee admission to the Physical Therapist Assistant program. Applications are reviewed each year; there is no waitlist. Applications will be put into a pool from which a computerized, random selection process will select those to be admitted.

- Acceptance letters for the Physical Therapist Assistant Program will be sent out via e-mail to the e-mail address listed on the application (regardless of any e-mail addresses used by the student to communicate to the program; printing your e-mail address carefully on the application is very important). Applicants must confirm acceptance in writing or e-mail (as directed) by the stipulated date to maintain the admission status (postmarks are not considered).

- Any candidate wishing to withdraw or cancel their application must provide immediate written communication to the college's Special Admissions office.

- All applicants are responsible for maintaining their current and accurate contact information (address, telephone and e-mail) with the Special Admissions office.

- **Applicants are responsible for understanding the application and admission procedures and for obtaining timely clarification on any matter related to their application, admission and eligibility status.**

*****APPLICATIONS THAT ARE NOT SELECTED FOR PROGRAM ADMISSION WILL BE PURGED FROM THE SYSTEM WITHOUT NOTICE ONE YEAR FROM THE MOST RECENT APPLICATION DATE*****

*****STUDENTS SHOULD KEEP COPIES OF ALL THEIR APPLICATION MATERIALS SUBMITTED*****

TRANSCRIPT INFORMATION

Official transcripts from each college you have attended, even Mesa College, are a critical component of a complete application. Ideally, transcripts should be sent directly to the applicant to include with the program application. They must be official and unopened in the original sealed envelope.

If a college will not send official transcripts to you, applicants must:

1. Apply online to the College
2. Request transcripts be sent directly to Special Admissions at Mesa College, specifically addressed as follows:

   San Diego Mesa College
   Attention: Special Admissions/Physical Therapist Assistant
   7250 Mesa College Drive
   San Diego, CA 92111

3. Indicate on your application that transcripts are being sent directly from a college(s) and list them.
4. Include an unofficial copy of the transcripts with the application

Transcripts sent to Mesa College without designation to Special Admissions will end up in a different department and will not be reviewed. It is the student's responsibility to assure their transcripts are sent properly and confirm their receipt with our Special Admissions Clerk before the application deadline.

Computer printouts of grades are not accepted and will not be considered. Students are advised to proceed carefully in situations where spring classes end near the program application deadline; the application process will not altered for late grade postings. Students should plan accordingly.

Students with foreign transcripts should consult an academic counselor before submitting an application, since such transcripts will need to be evaluated by an independent service prior to being accepted.

RE-APPLICATION

Applicants who submitted a complete application for Fall 2014 and were not selected, may request Special Admissions to pull their previous application and consider it for Fall 2015 acceptance.

DISCLAIMER

"The San Diego Community College District is governed by its Board of Trustees. No oral or written representation by any employee of the College is binding on the San Diego Community College District without the express approval of the Board of Trustees."

PHYSICAL THERAPIST ASSISTANT CURRICULUM SEQUENCE

(Subject to change; please consult the program for course descriptions and updates)

FIRST SEMESTER (FALL)

	Units
PHYR 050 – Intro to Physical Therapy	2
PHYR 056/056L - Physical Therapy Techn I	4
PHYR 054 – Intro to Human Movement	3
	9

THIRD SEMESTER (FALL)

	Units
PHYR 077/077L – Orthopedic Exer & Rehab	4
PHYR 078/078L – Topics in Neuro & Rehab)	2.5
PHYR 070 – Directed Clinical Practice	2
	8.5

SECOND SEMESTER (SPRING)

	Units
PHYR 062 – Intro to Pathology	2
PHYR 063 – Intro to Ther Ex	3
PHYR 066/066L - Physical Therapy Techn II	4
	9

FOURTH SEMESTER (SPRING)

	Units
PHYR 080 – Directed Clinical Prac	5
PHYR 081 – Organization of PT	2
	7

TECHNICAL COURSES **MUST** BE TAKEN IN SEQUENCE

Important Notes:
Students who require 12-units per semester for financial aid qualification (or other reasons) may need to add other general courses.

The Physical Therapist Assistant program classes run primarily Monday through Friday with daytime hours that typically fluctuate between 7am to 6pm, with clinical rotations that may require Saturdays and Sundays. Students must adhere to an assigned schedule by their clinical affiliate.

There is no advanced placement in this program for individuals with previous related education or work experience.

ASSOCIATE DEGREE REQUIREMENTS:
IN ORDER TO COMPLETE THIS PTA PROGRAM, THE STUDENT MUST FULFILL THE NECESSARY A.S. DEGREE REQUIREMENTS. IN THIS TYPE OF INTENSIVE PROGRAM, IT IS RECOMMENDED THAT THE STUDENT COMPLETE ALL, OR PART, OF THE GENERAL EDUCATION COURSES BEFORE ENTERING. IT IS STRONGLY RECOMMENDED THAT ALL G.E. COURSES BE COMPLETED BY THE BEGINNING OF THE CURRICULUM'S' THIRD SEMESTER.

Total units for Associate of Science Degree = 60.5 units (depending on catalog year; health education requirement is waived for PTA students)

Mail to: Special Admissions
San Diego Mesa College
7250 Mesa College Dr.
San Diego, CA 92111

San Diego Mesa College
PHYSICAL THERAPIST ASSISTANT PROGRAM
Program Application Form for Fall 2015 Application Deadline – **March 5th, 2015, 4:00 pm**

Instructions: Print or type the requested information. Submit the application with the required supportive documentation to: Special Admissions Clerk at Mesa College. Letters of recommendation will not be accepted.

1. NAME: _____
Last First Middle

2. OTHER NAME USED: _____ SSN or CSID _____

3. ADDRESS: _____
Street Apt# City State Zip

4. Email Address: _____

5. Phone #: ( ) _____ 6. Birth date: _____

7. In case of an emergency notify: _____
Name Phone #

COURSE COMPLETION & SUPPORTIVE DOCUMENTATION

PREREQUISITE COURSE COMPLETION. Verified by official transcripts with this application (including transcripts from San Diego Community College District, if the courses were completed at Mesa, City, or Miramar colleges).

A. **Human Anatomy & Physiology** (refer to page 4 of this packet)

Institution: _____

Date of Completion: _____ Units: _____ Grade: _____

B. **Math** (refer to page 4 of this packet)

Course completed or skill level achieved on the Assessment test – College Level:

Institution: _____

Date of Completion: _____ Units: _____ Grade/Skill Level: _____

C. **English Composition** (refer to page 4 of this packet)

Institution: _____

Date of Completion: _____ Units: _____ Grade/Skill Level: _____

D. **Documented Exposure to the Profession of Physical Therapy (Submit form)**

SAN DIEGO MESA COLLEGE
PHYSICAL THERAPIST ASSISTANT PROGRAM

Documented Exposure to the Profession of Physical Therapy

The purpose of documented exposure to the profession of physical therapy is to allow prospective students to make an educational and career decision based on firsthand knowledge of what physical therapist assistants do on a daily basis. To ensure that this is achieved, please complete a total of at least **24 hours** of observation. *At least 8 hours must be completed in either an acute (hospital) or skilled nursing facility*. Another option is to complete 100 hours of observation in one clinical setting of your choice.

Name of Prospective Student: _____

Name of Facility: _____

Address: _____

Phone Number: _____

Type of Facility: _____

Start Date: _____ End Date: _____ # of Hours Observed: _____

_____
Signature of Physical Therapist or PTA verifying completion of above hours by the prospective student.

_____
Printed Name of Physical Therapist or Physical Therapist Assistant

Name of Facility: _____

Address: _____

Phone Number: _____

Type of Facility: _____

Start Date: _____ End Date: _____ # of Hours Observed: _____

_____
Signature of Physical Therapist or PTA verifying completion of above hours by the prospective student.

_____
Printed Name of Physical Therapist or Physical Therapist Assistant

APPLICATION CONFIRMATION CHECK LIST

Instructions:

Read each item of information, then place a check mark confirming notification. Retain a copy for your records.

___ I have read all of the material contained in the PTA application packet and understand the application and selection process.

___ I understand that my application will not be considered if it is incomplete, or does not meet application/program requirements.

___ I understand that after my application is accepted and verified, it is my responsibility to notify the Mesa College Special Admissions Clerk (619) 388-2684 of any changes in my address or telephone number, or status.

___ I understand it is my responsibility to follow proper application procedures, provide transcripts in the required time line, keep informed on revisions regarding degree requirements, program requirements and selection process, and ensure course equivalency by contacting the college Evaluations office for verification.

___ I understand that the general education requirements for the A.S. Degree are subject to change with the publication of each year's Mesa College catalog.

___ I understand that if I am notified of being admitted into the program, my failure to submit "Confirmation of Acceptance" or continued interest letter with Special Admissions in the allotted time frame constitutes grounds to withdraw my name from the eligibility list.

___ I understand that the PTA program admission policies are based on published college policies; program admission is an equal opportunity process and persons are not excluded based on ethnicity, age, gender, religion or other legally protected statuses.

___ I understand that Mesa College reserves the right to make revisions in the PTA program requirements and/or selection procedures, and I am aware that these will be posted on the program website.

___ I have read and understand the Allied Health Department Policy Manual (http://www.sdmesa.edu/allied-health/pdf/policy-manual.pdf). I must adhere to its terms and conditions if admitted to the program.

Signature _____ **Date** _____

Print Name _____

SAN DIEGO MESA COLLEGE
PHYSICAL THERAPIST ASSISTANT PROGRAM
ESSENTIAL FUNCTIONS FORM FOR PHYSICAL THERAPIST ASSISTANT PROGRAM

The following tasks are normally performed by students in the Physical Therapist Assistant program during the third and fourth semesters. If a "No" response is given to one of the tasks, reasonable accommodation will be considered and utilized as appropriate.

DIRECTIONS: Please check the appropriate box on the right, sign and date.

A. ARE YOU ABLE TO:	YES	NO
1. Stand for 60+ minutes (up to 4 hours) on a tiled or carpeted surface?		
2. Sit for 50 minutes on a chair at a table or desk?		
3. Ambulate unassisted to include these functions: walk 600 feet one way on a tiled or carpeted surface? Turn to either direction on a tiled or carpeted surface? Walk backwards for up to 10 feet on a tiled or carpeted surface?		
4. Lift and carry varying weights and equipment of up to 20 lbs?		
5. Lift equipment such as a folded walker or crutches of approximately 8 lbs to shoulder level and then carry same up to 30 feet?		
6. Lift a weakened or flaccid extremity of 20-30 lbs above shoulder height?		
7. Assist patients from a backlying position to sitting on the edge of the bed (and vice versa) with varying degrees of assistance working with up to 250 lbs?		
8. Assist patients to transfer from surface to surface with varying amount of assistance?		
9. Maintain your standing balance in awkward positions (such as when you are handling equipment, using assistive devices, working with patients)?		
10. Bend, stoop, or couch to reach a low object frequently?		
11. Twist your trunk (spine) from side to side frequently?		
12. Rotate your hand/wrist to turn knobs frequently?		
13. Reach overhead occasionally? Reach forward frequently? Reach side to side frequently?		
14. Maneuver equipment and patients in tight areas?		
15. Handle various sized objects (e.g. machine components, electrodes, gel bottles, assistive devices, exercise equipment, etc.)?		
16. Manipulate small objects such as dials, switches, buttons, push pins on assistive device extenders, gown ties, etc.?		

B. OTHER DEMANDS OF TRAINING IN THIS PROFESSION. ARE YOU ABLE TO:	YES	NO
1. SEE: read printed information; read control panels; observe patient skin before, during and after treatment; observe patient coloration before, during and after treatment; verify patient identification; read patient assessment information; observe that the work area is free of obstacles, etc.?		
2. HEAR: clinical and classroom instructor directions; patient questions/comments one on one and otherwise; health team members comments/ questions or directions one on one and otherwise; emergency call bells, timers, etc.?		
3. SPEAK: provide feedback to the instructors; give instructions to patients/family members; verify patient identification; provide direction in emergency situations, make group presentations, etc.?		

Signature _____ **Date** _____

Print Name _____