



**Rio Grande Valley
College**

PHYSICAL THERAPIST ASSISTANT PROGRAM COURSE DESCRIPTIONS

PTHA 1100 Introduction to Physical Therapy

This course introduces the student to the physical therapy profession. History of the physical therapy profession; roles and responsibilities of physical therapists and physical therapist assistants related legal and ethical issues; communication strategies documentation, and the psychosocial aspects of disability are included.

PTHA 1105 Basic Patient Care Skills

This course provides a foundation in physical therapy assessment and treatment techniques including body mechanics, transfers, and passive range of motion, gait training, and vital signs.

PTHA 1110 Pathophysiology for the PTA

This course focuses on the etiology, signs, symptoms, treatment, and physical therapy implications of common diseases and conditions impacting the systems of the body.

PTHA 1115 Functional Anatomy and Kinesiology

This course covers the relationship of the musculoskeletal and neuromuscular systems in regard to normal and abnormal movement. This course provides a basic understanding of normal human body movement as related to skeletal, articular, neurological, and muscular systems as well as integration of skills related to the kinesiological assessment of the human body. Biomechanical principles related to human movement, manual muscle testing, and goniometry are also addressed.

PTHA 1200 Physical Agents

This course covers biophysical principles and application of therapeutic physical agents and therapeutic massage with specific emphasis on indications, contraindications, precautions, and parameters for the following: superficial heat, cryotherapy, external compression, ultrasound, biofeedback, massage, spinal traction, hydrotherapy, and electrical stimulation.

Effective November 8, 2022, Rio Grande Valley College has been granted Candidate for Accreditation status by the Commission on Accreditation in Physical Therapy Education (CAPTE), 3030 Potomac Ave., Suite 100, Alexandria, Virginia 22305-3085; phone: 703-706- 3245; email: accreditation@apta.org). If needing to contact the program/institution directly, please call 956-781-6800 x 515 or email physicaltherapy@rgvcollege.edu.

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PTHA 1205 Therapeutic Exercise

This course is a study of theories, indications, contraindications, and application of common therapeutic exercise. Emphasis is given to the principles of therapeutic exercise and its appropriate utilization as part of the physical therapist's plan of care.

PTHA 1210 Practicum I

Skills, knowledge and attitudes learned in all first year PTA courses will be applied to patient care in selected clinical settings over a full-time six-week period. Students will perform physical therapy assessment techniques and treatment interventions with moderate supervision and guidance from the supervising physical therapist.

PTHA 2100 Management of Neurological Disorders

This advanced course focuses on assessment techniques and treatment interventions of common neurological and pediatric disorders. Motor development and motor learning, including the implications for physical therapy treatment, is also included.

PTHA 2105 Rehabilitation Techniques

This course magnifies previously learned knowledge for the assessment and treatment of more advanced patient populations. This course includes content on prosthetic and orthotic devices, rehabilitation of patients with an amputation, cardiopulmonary rehabilitation, women's health, and chronic pain.

PTHA 2110 Orthopedics

This course focuses on common orthopedic injuries, disorders, and surgeries, including related physical therapy assessment techniques and treatment interventions. Musculoskeletal tissue healing, therapeutic exercise progression and patient education is also included.

PTHA 2115 Professional Issues

This course includes ethical decision making, common administrative components of physical therapy settings, quality assurance, professional opportunities for physical therapist assistants, and professional advocacy. Students also complete a service-learning project within the community.

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PTHA 2200 Practicum II

Skills, knowledge and attitudes learned in all PTA courses will be applied to patient care over a full-time six-week period. Emphasis will be placed on the clinical application and integration of knowledge and skills learned during the PTA program with the objective of students providing care for routine patients with minimal supervision and guidance from the supervising physical therapist.

PTHA 2205 Practicum III

Skills and knowledge learned in all PTA courses will be applied to patient care over a full-time six-week period. Emphasis will be placed on the clinical application and integration of knowledge and skills learned during the PTA program with the objective of students providing care for routine patients and complex patients at the level of an entry-level PTA with minimal supervision and guidance from the supervising physical therapist.

PTHA 2210 Seminar

This course occurs concurrently with the final two clinical education experiences and helps prepare students to transition into the physical therapy profession through content on professionalism, resume design, job interviewing, leadership, and professional issues. Within this course students also take a simulated licensure exam and design a case study on a patient treated during their final clinical experiences.

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