



**Program of Study Scope & Sequence
with
Certification Outcomes**

51.2604

Task #	Task Description	Level/ Marking Pd	Career Path CIP/Soc Physical Therapist 29-1123	Career Path CIP/Soc Physical Therapist Assistant 31-2021	Career Path CIP/Soc	Certification to test for (Enter Title Here)
100	100 Organizational and Professional Health and Wellbeing					
101	Comply with school and health care/fitness facility partner rules and regulations.	1.1				
102	Comply with course objectives, expectations and grading procedures.	1.1				
103	Apply interpersonal conflict management skills.	1.1				
104	Utilize safety and emergency procedures and report emergencies immediately.	1.1				
105	Adhere to the professional standards for health care providers.	1.1				

106	Investigate fitness and health care careers by: describing historical foundations, comparing and contrasting scopes of practice, describing educational/licensure requirements, and analyzing different occupational opportunities.	1.1				
107	Use medical/fitness equipment.	1.3				
108	Use body mechanics for personal and patient/client safety.	1.3				
	200 Documentation, Legal and Ethical Issues					
201	Maintain the confidentiality of records/information as required by HIPAA/FERPA.	1.2				
202	Implement the components of informed consent.	2.1				
203	Identify the legal importance of accurate record keeping to the benefit of all parties.	1.2				
204	Define legal concepts of professional practice (liability, negligence, supervision, standard of care, assumption of risk, etc.).	1.2				
205	Analyze legal considerations and ethical actions.	1.1				
	RESERVED (206)					
300	300 Emergency Care and Infection Control					
301	Identify the components of a Risk Management/Emergency Action Plan (EAP).	1.2				
302	Identify signs and symptoms, prevention, and treatment of weather-related illnesses.	2.1				
303	Perform cardiopulmonary resuscitation (CPR), automated external defibrillator (AED), and basic First Aid skills.	1.4				AHA BLS for Healthcare Provider
304	Identify signs and symptoms, prevention, and treatment of head injuries/traumatic brain injuries (TBI's).	3.3				

305	Identify signs and symptoms, prevention, and treatment of acute traumatic spine injuries.	3.3				
306	Identify common causes of cardiorespiratory conditions.	1.4				
307	Identify emergency management techniques for neuromusculoskeletal conditions.	2.1				
308	Apply protect, rest, ice, compress, and elevate (PRICE) principle.	1.4				
309	Clean and disinfect objects and surfaces to prevent disease transmission.	1.3				
310	Perform hand hygiene.	2.1				
311	Identify blood borne pathogens and comply with OSHA standards.	2.1				
312	Utilize personal protective equipment (PPE).	2.1				
400	400 Injury Prevention and Protection					
401	Identify types of bracing/splinting devices and techniques.	2.2				
402	Apply taping and wrapping techniques.	1.3				
403	Utilize patient/client safety measures.	3.1				
404	Adapt therapeutic techniques to the needs of each patient/client.	3.2				
500	500 Treatment, Rehabilitation, and Clinical Skills					
501	Compose HOPS (history/observation/palpation/special tests) and SOAP (subjective/objective/assessment/plan) notes.	3.3				
502	Measure and record height and weight.	1.2				
503	Measure and record vital signs (VS).	1.2				
	RESERVED (504)					
505	Measure and perform range of motion (ROM).	2.2				
506	Perform manual muscle test (MMT).	2.3				
507	Distinguish the phases of rehabilitation.	2.2				
508	Identify signs and symptoms, prevention, and treatment of neuromusculoskeletal conditions.	1.2 thru 3.4				

509	Identify therapeutic modalities and related safety procedures.	1.3				
510	Assist the patient/client with activities of daily living (ADL) and necessary assistive devices (AD).	2.1				
511	Protect a patient's/client's privacy.	2.1 thru 3.4				
600	600 Nutrition and Hydration					
601	Explain daily nutritional requirements, caloric intake, condition specific needs and basal metabolic rate (BMR).	1.4, 2.4				
602	Evaluate food labels.	1.4				
603	Evaluate basic and sport nutrition needs, including hydration.	2.2				
604	Identify signs and symptoms of dehydration.	2.4				
605	Identify safe methods for weight loss and weight gain.	2.3				
	RESERVED (606)					
607	Differentiate between supplements and ergogenic aids.	2.4				
700	700 Exercise Science and Prescription					
701	Conduct pre-exercise screening to determine physical activity readiness.	3.1				
702	Interpret the results of a health/fitness intake questionnaire.	3.1				
703	Conduct baseline testing for body composition, cardiorespiratory, muscular strength, muscular endurance, and flexibility.	3.1				
704	Implement the components of exercise prescription and modification.	3.2				
705	Select and demonstrate exercises to improve body composition, cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility.	3.2				
706	Select and demonstrate exercises to improve agility, power, speed, balance, and proprioception.	3.2				
707	Create short-term and long-term goals utilizing the SMART (specific, measurable, attainable, realistic and time bound) principle.	3.2				
708	Execute spotting techniques for resistance training exercise.	3.2				

800	800 Human Development and Mental Health					
801	Identify the stages of human growth and development.	3.4				
802	Communicate according to the patient's/client's stage of development and social determinants of health.	3.4				
803	Identify and discuss types of mental health disorders.	3.3				
804	Identify and discuss types of disordered eating.	3.3				
805	Identify physical and psychological indicators of stress.	3.4				
	RESERVED (806)					
901	Use medical terminology and abbreviations/acronyms.	1.1 thru 3.4				
1000	1000 Anatomy, Physiology and Pathophysiology					
1001	Identify anatomical position, body planes, directions, and cavities.	1.2				
1002	Identify organs, functions, and disease processes of the integumentary system.	3.1				
1003	Identify organs, functions, and disease processes of the skeletal system.	1.3				
1004	Identify organs, functions, and disease processes of the muscular system.	2.3				
1005	Identify organs, functions, and disease processes of the nervous system.	1.4				
1006	Identify organs, functions, and disease processes of the cardiovascular system.	1.4				AHA BLS for Healthcare Provider
1007	Identify organs, functions, and disease processes of the endocrine system.	2.3				
1008	Identify organs, functions, and disease processes of the lymphatic system.	2.2				
1009	Identify organs, functions, and disease processes of the respiratory system.	2.2				
1010	Identify organs, functions, and disease processes of the urinary system.	2.4				

1011	Identify organs, functions, and disease processes of the digestive system.	1.4				
1012	Identify organs, functions, and disease processes of the reproductive system.	2.4				
1013	Identify organs, functions, and disease processes of the immune system.	2.2				