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Pathways to Completion – Short-Term Certificate (Physical Therapy Aide)

Physical Therapy Aide Overview: This short-term departmental certificate is offered by the Career & Technical Education and Physical Education departments in collaboration with Barton Health Care. Two Physical Therapy Aide courses augment two PE courses and students can expect to complete their training in one year. Students will learn how to assess vital signs, identify contraindications of treatment, and apply therapeutic modalities. Both PT Aide courses contain an externship component wherein students are placed in clinical positions to gain relevant on-the-job experience. This intensive training program culminates in a working skill set for Physical Therapy Aide and associated allied health professions. For further information about this program, contact the Career and Technical Education department at extension 583 or 723.

All courses from the following (14 units): HEA 119A Introduction to Physical Therapy Aide, HEA 119B Advanced Physical Therapy Aide, PET 100 Introduction to Exercise Science, and PET 102A Care and Prevention of Athletic Injuries.

HEA-119A: Physical Therapy Aide (Part 1) – 3 units This course introduces students to the physical therapy and related allied health professions. Students will learn the foundational skills required to work as a Physical Therapy Aide and will develop a solid platform from which further studies in allied health careers can be pursued. Specific topics such as legal and ethical issues, medical terminology, basic anatomy, and human movement will be introduced. Students will also participate in externship experiences as an introduction to the rehabilitation field. In support of the stated student learning outcomes, this course includes eight TBA hours for a Physical Therapy Aide externship placement. **Prerequisites:** Completion of HEA 119A with a grade of "B" or better.

HEA-119B: Physical Therapy Aide (Part 2) – 3 units This course builds on the knowledge gained in HEA 119A (Introduction to Physical Therapy Aide) and culminates in a working skill set for the Physical Therapy Aide profession. Students will learn how to assess vital signs, identify contraindications of treatment, and apply therapeutic modalities. Students will also build experience and knowledge in the application of therapeutic exercise and hands-on rehabilitation strategies through coursework and externships. In support of the stated student learning outcomes, this course includes 16 TBA hours for a Physical Therapy Aide externship placement.

PET100: Introduction to Exercise Science – 4 units This course introduces students to exercise physiology and its relationship to health, fitness, and performance. The course also introduces students to how the body's systems, such as cardiovascular and muscular, respond and adapt to exercise.

PET102A: Care and Prevention of Athletic Injuries – 4 units This course provides an overview of the skeletal and muscular anatomy and kinesiological principles of movement. The course also introduces the mechanisms, signs and symptoms, evaluation, treatment modalities, and prevention activities of sports injuries.

Fall 2016

- PET 100-01 Introduction to Exercise Science M and W: 11:00AM - 12:50PM 9/19 – 12/5/16 [4 units]
- PET 102A-01 Care and Prevention of Athletic Injuries TU and TH: 10:00AM - 11:50AM 9/20 – 12/6/16 [4 units]

Winter 2017

- HEA 119A-01 Introduction to Physical Therapy Aide W: 3:00 - 5:50PM 1/11 – 3/29/17 [3 units]

Spring 2017

- HEA 119B-01 Advanced Physical Therapy Aide W: 3:00 - 5:50PM 4/12 – 6/28/17 [3 units]

Catalog: 2016-17



LTCC also offers an AA Degree for Transfer in Kinesiology!

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Pathways to Completion – Short-Term Certificate (Personal Trainer Certification)

Personal Trainer Certification Overview: This short term departmental certificate program provides students with skills and knowledge to prepare them for employment within the fitness industry. The student will gain understanding of physiology of exercise, fitness assessment procedures and methodologies, sports nutrition, treating activity-related injuries, and designing exercise programs. The program includes a hands-on experience with an exercise population. This certification also prepares students for industry standard personal trainer examinations. For further information about this program, contact the Physical Education department at extension 557.

All courses from the following (19.50 units): PEH 102 Nutrition for Fitness and Sport, PET 100 Introduction to Exercise Science, PET 101 Exercise Program Design, PET 102A Care and Prevention of Athletic Injuries, PET 103 Fitness Assessment, and WKX 102 General Work Experience - Internship (minimum 1.5 units).

PEH-102: Nutrition for Fitness and Sport –4 units This course covers the science of sports nutrition. Topics such as carbohydrate, protein and fat needs for optimal athletic performance and physique change are discussed. Hydration and nutrition strategies for before, during and after physical activity are covered. An understanding of nutritional principles and an analysis of current research, as applied to personal practices, will allow students to plan strategies for improving their own fitness and sports performance.

PET100: Introduction to Exercise Science – 4 units This course introduces students to exercise physiology and its relationship to health, fitness, and performance. The course also introduces students to how the body's systems, such as cardiovascular and muscular, respond and adapt to exercise.

PET101: Exercise Program Design – 4 units This course focuses on the art and science of exercise program design for athletic and fitness populations. Teaching cues and techniques for resistance and cardiovascular exercise are examined.

PET102A: Care and Prevention of Athletic Injuries – 4 units This course provides an overview of the skeletal and muscular anatomy and kinesiological principles of movement. The course also introduces the mechanisms, signs and symptoms, evaluation, treatment modalities, and prevention activities of sports injuries.

PET103: Fitness Assessment – 2 units This course is designed for the fitness specialist or enthusiast who is interested in basic fitness tests to evaluate muscle strength and endurance, flexibility, cardiovascular endurance, and body composition. Testing standards, protocols, and principles for designing exercise programs will be included.

WKX102: General Work Experience - Internship – 1-5 units Internship-General Work Experience is supervised placement intended to assist students in acquiring desirable work experience, attitudes, and career awareness through employment training in occupational fields. The internship need not be directly related to the student's educational goals and may be used to explore and clarify academic and career options.

Summer 2016

- WKX 102-01 Internship-General Work Experience 6/27 - 9/16/2016 [1-5 units]

Fall 2016

- PET 100-01 Introduction to Exercise Science M and W: 11:00AM - 12:50PM 9/19 – 12/5/16 [4 units]
- PET 102A-01 Care and Prevention of Athletic Injuries TU and TH: 10:00AM - 11:50AM 9/20 – 12/6/16 [4 units]
- WKX 102-01 Internship-General Work Experience 9/19 – 12/8/16 [1-5 units]

Winter 2017

- PET 101-01 Exercise Program Design M and W: 11:00AM - 12:50PM 1/9 – 3/29/17 [4 units]
- PET 103-01 Fitness Assessment W: 6:00PM - 7:50PM 1/11-3/29/17 [2 units]
- WKX 102-01 Internship-General Work Experience 1/9 – 3/31/17 [1-5 units]

Spring 2017

- PEH 102-01 Nutrition for Fitness and Sport M and W: 11:00AM - 12:50PM 4/10 – 6/26/17 [4 units]
- WKX 102-01 Internship-General Work Experience 4/10 – 6/29/17 [1-5 units]

Catalog: 2016-17



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