

Physical Therapist Assistant Program Information Packet

www.AnokaRamsey.edu/PTA

Anoka-Ramsey is in compliance with the American Disabilities Act and guarantees equal rights for people with disabilities. Support for students with physical and/or learning disabilities is available through the Access program at the Coon Rapids Campus (763.433.1350). This packet is available in an alternative format (large print or recorded). ARCC is an equal opportunity institution.

Industry Description

A Physical Therapist Assistant (PTA) is a health care provider who, with the guidance of a Physical Therapist, performs a wide variety of functions as part of the health care team. These duties include: providing physical therapy services as specified in the plan of care developed by the Physical Therapist, preparing the patient, treatment area and equipment, implementing the treatment program, and modifying treatment techniques, the administration of therapeutic exercise, manual therapy techniques and the application of external bandages, dressings and support.

Physical Therapist Assistants may teach other health care providers, patients, and families to perform selected treatment procedures and functional activities. Graduates will interact with patients and families in a manner which provides the desired psychosocial support by recognizing the patient's and family's reactions to illness and disability and responding in an appropriate manner.

Careers

This field has been expanding in recent years and the employment outlook continues to be strong in hospitals, clinics, skilled nursing facilities, and outpatient facilities. The Minnesota Department of Employment and Economic Development statistics, updated for the first quarter 2016, report that PTAs in the Twin Cities earn a median wage of \$26.05 per hour. Statewide the median is \$24.74 and the nationwide wage average is \$26.78. For more information go to <http://www.careerwise.mnscu.edu>.

Program Description

Students will complete coursework in psychology, medical terminology, therapeutic exercise, modalities and massage, neuroanatomy and physiology, instrumentation and kinesiology for physical therapy, and advanced physical therapy techniques. In addition to classroom instruction, students will gain hands-on experience through clinical practice at health facilities.

The PTA program is a 69-credit Associate in Applied Science (AAS) degree that contains a mixture of general education courses and professional/technical courses. The PTA program is accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE) through 2023.

CAPTE

1111 North Fairfax Street
Alexandria, VA 22314

703.706.3245

accreditation@apta.org

<http://www.capteonline.org>

Program Essentials

Estimated Costs

(Based on Fall 2016 in-house course rate: \$166.06 per credit)

Tuition & Fees: \$11,458.14

Books & Supplies: \$2,200.00

Length of Program Once Admitted: Five Semesters/Two Years with Two 8-Week Clinicals

Start: Fall Semester/August

Course Sequence for PTAC Courses

Year 1					
Fall		Spring		Summer	
PTAC 1020	4 credits	PTAC 1050	3 credits	PTAC 1010	4 credits
PTAC 1030	2 credits	PTAC 1060	3 credits		
PTAC 1040	2 credits	PTAC 1070	2 credits		
PTAC 1100	1 credit	PTAC 1080	3 credits		
		PTAC 1110	1 credit		
<i>9 credits</i>		<i>12 credits</i>		<i>4 credits</i>	

Year 2			
Fall		Spring	
PTAC 2000	4 credits	PTAC 2040	2 credits
PTAC 2010	4 credits	PTAC 2050	3 credits
PTAC 2015	2 credits	PTAC 2060	5 credits
<i>10 credits</i>		<i>10 credits</i>	

Required general education courses not taken before the start of the program will need to be taken with the PTAC courses and will add more credits to each semester.

Program Goals

Upon successful completion of the Physical Therapist Assistant (PTA) Program, the student will:

- Demonstrate competent written and oral communication skills.
- Perform all treatment procedures skillfully and safely, including modalities, massage, manual skills, gait training, and data collection for the physical therapist to use for assessment purposes.
- Demonstrate knowledge of the normal structure and function of the human body and understand the physiological and psychological effects of disease and injury.
- Demonstrate understanding of his/her professional role as a PTA and demonstrate awareness of ethical behavior, legal responsibility, and the PT/PTA professional relationship.
- Recognize and appreciate diversity within society and the health care profession.
- Successfully pass the PTA licensure exam and begin practice as an entry-level physical therapist assistant.

Graduates will acquire the following skills, knowledge, and abilities:

- Basic patient handling and physical therapy skills: Documentation, body mechanics, posture education, joint range of motion, vital signs, ambulation with assistive devices, wheelchair operations, bed mobility, transfer training, edema control, and wound care.
- Modalities and massage skills: heat and cold techniques, hydrotherapy, ultrasound, electrical muscle stimulations, TENS, treating muscular disorders, edema control and massage techniques.
- Injury and disease and pathological conditions: Performing specific treatment techniques recommended by the physical therapist for hemiplegia, spinal cord injury, multiple sclerosis, head injury, and other neuropathic diseases of patients.
- Specialty areas of physical therapy: working with amputees, orthotics and prosthetics, pediatrics and geriatrics, cardiac rehabilitation, manual techniques, burn management, arthritis, and work hardening programs.
- Assessment techniques: goniometry, vital signs, manual muscle testing, gait training, development of therapeutic exercise programs, soft tissue mobilization, objective balance assessment, and special tests for specific musculoskeletal disorders to aid with treatment progression.

Minimum Qualifications to Apply

- Applicants must apply and be accepted to ARCC before submitting a PTA application. You must list your ARCC student ID number on your application.
- BIOL 1106 Principles of Biology I **OR** BIOL 2113 Anatomy and Physiology I completed within 7 years at time of application with a C or above.
- ATI TEAS scores, ACT scores, **OR** previous Bachelor's Degree (any discipline).
 - ATI TEAS: Can be taken unlimited times, highest score may be submitted. ATI TEAS for Allied Health (with math) is still accepted. Must take TEAS at approved site. If not taken at an approved site the applicant will need to have the transcript transferred for an additional fee.
Approved ATI TEAS Testing Sites: Anoka-Ramsey Community College (Cambridge, Coon Rapids), Century College (White Bear Lake), Inver Hills Community College (Inver Grove Heights), Metropolitan State University (St. Paul), Normandale Community College (Bloomington), North Hennepin Community College (Brooklyn Park), Ridgewater College (Hutchinson, Willmar)
 - ACT: Can be taken unlimited times, highest score may be submitted. Scores do not expire.
- Qualify to take ENGL 1121 College Writing and Critical Reading (via ACT or Accuplacer) **OR** successfully completed ENGL 1120 Crosscurrent College Writing and Critical Reading.
- Submission of official and final transcripts from all colleges attended.
- Attendance at a PTA Information Session. Sign-up online at <http://www.anokaramsey.edu/pta>. A current Certificate of Attendance at an ARCC PTA Information Session must be included with the PTA application.
- Filled out PTA application with all required documentation submitted before application deadline (applications accepted **February 1 through 28** for the following Fall - no Spring start). Your application will not be considered if it is submitted late or any items are missing. Items such as letters of recommendation, résumés, and personal interviews are not considered. Applications will be available online in November: <http://www.anokaramsey.edu/pta>.

Clinical Requirements

(only to be completed upon acceptance to the program)

- Physical exam indicating good physical and mental health, including titers and immunizations showing immunity to specific diseases
- Background Check
- CPR Certification - Healthcare Provider Level

Application Status Notification

The Records & Registration Office will notify all applicants by mail of acceptance or denial of admission no later than **April 15**. Students offered admission must respond within 14 days of notice to accept their seat in the program. Admitted students will be notified of the date and time for the required PTA student orientation, typically held in early May.

Applicants who meet the requirements but were not admitted because the program was full will be placed on a ranked alternate list. Students placed on this list will be eligible for admission to the program if spaces open prior to the beginning of the fall semester. **ALL** students who wish to gain admission to the PTA Program in the future must reapply, including those who were on the previous year's alternate list.

If an applicant is accepted and declines to be admitted into the program, no preference will be given to the applicant should he or she choose to apply in any subsequent year. In order to be considered for admission in any subsequent year, such students will need to go through the entire application process again.

Frequently Asked Questions

- 1. What are the different types of settings in which a PTA can work?**
Settings include hospitals, nursing homes, out-patient clinics, home care, sub-acute, neurological rehab, school systems, pediatrics, burn therapy, aquatic therapy and industrial rehab.
- 2. What is the difference between a Physical Therapist (PT) and a Physical Therapist Assistant (PTA)?**
PTs perform all the evaluations and prescribe what physical therapy treatments are appropriate for the patient. PTAs carry out the treatment plan prescribed by the PT under the supervision of a PT. A PTA often has more patient contact and less paperwork than the PT.
- 3. What is the difference between Physical Therapy and Occupational Therapy?**
Occupational therapy focuses more on activities of daily living (dressing, grooming, bathing) and treatment of the upper extremities. Physical therapy focuses on the whole body; improving independence with functional mobility, ambulation training, using modalities and massage to treat pain, and development of individualized exercise programs.
- 4. Can PTA classes transfer to a PT program?**
None of the Physical Therapist schools in Minnesota accept PTA classes to take the place of PT classes. However, a PTA degree can be advantageous when applying to a PT school. General education courses required by the PTA program may be transferrable.
- 5. Do you have to take Anatomy & Physiology before starting the program?**
No, but it is highly recommended. It is to your advantage to have the Anatomy & Physiology (BIOL 2113/2114) knowledge prior to starting the program core requirements. However, students can take these courses during their first year in the program. Students, who have completed BIOL 2113 and 2114 within the last 7 years with a C or above, will be given priority admission in the student selection process.
- 6. Can you take the required PTA classes out of sequence or online?**
No. PTA classes must be taken in a specific sequence. BIOL 1102 Medical Terminology is the only core course that is offered online.
- 7. Do you have to have experience working in a medical setting in order to be successful in the PTA program?**
No, but it can be very helpful and is an excellent way to understand what the physical therapy profession is all about.
- 8. Where do I go for the clinical internships?**
There are two clinical experiences included in the two-year PTA program. The goal of the clinical internships is to expose the student to a variety of clinical settings. You will be placed both in an out-patient setting, which could be a hospital-based clinic or private practice, and an in-patient setting, which could be a long-term care setting with a focus on geriatrics or an acute hospital setting. There are also opportunities to work in specialty settings such as sports medicine, pediatrics and multi-discipline clinics. We partner with over 100 different clinical sites in the Twin Cities and surrounding areas.

Additional Questions can be directed to:

Registration Office: 763.433.1984
Admissions Office: 763.433.1300

Advising Office: 763.433.1230
or advising@anokaramsey.edu

Sample PTA Scoring Rubric

	Applicant Score	Possible Score
PTA Information Session Proof of Attendance Certificate (required)		3
GPA: _____		10
Scale: 2.0=1 2.25=2 2.5=3 2.75=4 3.0=5 3.25=6 3.4=7 3.5=8 3.75=9 4.0=10 Comments:		
BIOL Courses	A(4) B(3) C(2) Taking SPR____(1) D/F/not taken(0)	16
BIOL 1106	<input type="checkbox"/>	<input type="checkbox"/>
BIOL 2113	<input type="checkbox"/>	<input type="checkbox"/>
BIOL 2114	<input type="checkbox"/>	<input type="checkbox"/>
BIOL 1102	<input type="checkbox"/>	<input type="checkbox"/>
<i>BIOL courses must have been taken within the last 7 years at time of application.</i>		
One point awarded for each BIOL course completed with a grade of "C" or better		4
Gen Ed Courses	A(3) B(2) C(1) D/F/not taken(0)	12
ENGL 1120/1121	<input type="checkbox"/>	<input type="checkbox"/>
CMST 1110/2220	<input type="checkbox"/>	<input type="checkbox"/>
PSYC 1110	<input type="checkbox"/>	<input type="checkbox"/>
Fine Arts/Hum <i>(MnTC Goal 6)</i>	<input type="checkbox"/>	<input type="checkbox"/>
*ATI TEAS, ACT, OR Bachelor's Degree		10
ATI TEAS Scale: 60 or below=1 61-62=2 63-64=3 65-66=4 67-68=5 69-71=6 72-74=7 75-77=8 78-80=9 81 or above=10 Comments:		
ACT Scale: 19 or below=1 20=2 21=3 22=4 23=5 24=6 25=7 26=8 27=9 28 or above=10 Comments:		
Bachelor's Degree =8		
Academic Standards Petitions:		
Evaluator Comments:	Total Score:	55
Applicant applied to the PTA program the preceding year: YES NO		

*If scores for both the ATI TEAS and ACT are submitted, the higher scoring test will be used in the scoring rubric. If the applicant has a previous bachelor's degree (any discipline), a score of 8 will be awarded in this section and the applicant does not need to take the ATI TEAS or ACT.