



Rehabilitation Aide

CIP 51.2604

PROGRAM OF STUDY

CURRICULUM MAPPING WITH CERTIFICATION OUTCOMES

Mon Valley Career & Technology Center prepares all students to attain their fullest potential for employment, to be life long learners, and to be productive and responsible members of an ever-changing society.

Objective:

This document has been prepared to project student learning outcomes in a linear fashion over the approved 3-year program of study.

Overview:

This document provides a Pennsylvania Department of Education and Mon Valley CTC Occupational Advisory Committee approved list of tasks and learning objectives that are broken out into a linear form for a better understanding of learning outcomes over a three-year period within each program. It also serves as curriculum map as students work towards completing knowledge and skill-based tasks in pursuit of industry credentials. The end goal within each program is to work towards completing all tasks at proficient and advanced levels, earning multiple (stackable) industry credentials, and successfully complete the NOCTI exam. Student's progression and completion of task(s) and industry certification(s) may vary.

Navigation:

Unit / Task # - This column indicates the Pennsylvania Department of Education or Mon Valley CTC local unit or task numbers given to each task within a given duty area.

Task Description – This column explains what knowledge-based or skill-based task that a student is working on for completion.

Level / Marking Period – This column indicates the learning level and timeframe at which the specific task(s) will be introduced to the student(s). Note that some tasks may be taught and completed individually while others may be taught in groups. (i.e. 1.1 would signify a first year student being introduced to this task(s) in the first marking period, 2.3 would signify a second year student being introduced to this task(s) in third marking period, etc.)

Industry Certification:

Students successfully progressing through the curriculum and tasks have opportunity to test for industry credentials. Industry credentials are listed on the right side of the document at the appropriate time within the curriculum that a student would be fully prepared to test for that certification.



Sports Medicine/Rehabilitation Aide Curriculum Map

Classification of Industrial Programs 51.2604

Unit / Task #	Task Description	Level / Marking Period
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
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
301	Identify the components of an Emergency Action Plan (EAP).	1.1
308	Apply protect, rest, ice, compress, and elevate (PRICE) principle.	1.1
309	Clean and disinfect objects and surfaces to prevent disease transmission.	1.1
310	Perform proper hand washing technique.	1.1
311	Identify various blood borne pathogens and comply with OSHA standards.	1.1
901	Use medical terminology and abbreviations/acronyms.	1.1
1002	Identify organs, functions, and disease processes of the integumentary system.	1.1
402	Select the appropriate taping, bracing, and wrapping techniques.	1.2
505	Measure and perform range of motion (ROM).	1.2
506	Perform manual muscle test (MMT).	1.2
508	Identify signs and symptoms, prevention, and treatment of neuromusculoskeletal injuries.	1.2

**Certification test for:
 OSHA 10 - Healthcare**



1001	Identify anatomical position, body planes, directions, and cavities.	1.2
1003	Identify organs, functions, and disease processes of the skeletal system.	1.2
1004	Identify organs, functions, and disease processes of the muscular system.	1.2
401	Identify types of bracing/splinting devices and techniques.	1.3
501	Compose HOPS (history/observation/palpation/special tests) and SOAP (subjective/objective/assessment/plan) notes.	1.3
201	Maintain the confidentiality of records/information as required by HIPAA/FERPA.	1.4
302	Identify signs and symptoms, prevention, and treatment of weather-related illnesses.	1.4
303	Perform CPR, AED, and Basic First Aid skills.	1.4
404	Adapt strategies for special populations.	1.4
502	Measure and record height and weight.	1.4
503	Measure and record vital signs (VS).	1.4
504	Perform visual acuity test.	1.4
511	Protect a patient's/client's privacy while treating him/her.	1.4
307	Identify emergency management techniques for neuromusculoskeletal conditions.	2.1
312	Utilize personal protective equipment (PPE).	2.1
403	Utilize patient/client safety measures.	2.1
509	Identify therapeutic modalities and related safety procedures.	2.1
801	Identify the stages of human growth and development.	2.1
802	Communicate according to the patient's/client's stage of development and background.	2.1
1005	Identify organs, functions, and disease processes of the nervous system.	2.1
304	Identify signs and symptoms, prevention, and treatment of head injuries/traumatic brain injuries (TBI's).	2.2
305	Identify signs and symptoms, prevention, and treatment of acute traumatic spine injuries.	2.2
507	Distinguish the phases of rehabilitation.	2.2
510	Assist the patient/client with activities of daily living (ADL) and necessary assistive devices (AD).	2.2
704	Implement the components of exercise prescription and modification.	2.2



706	Select and demonstrate exercises to improve agility, power, speed, balance, and proprioception.	2.2
306	Identify common causes of cardiorespiratory complications.	2.3
1006	Identify organs, functions, and disease processes of the cardiovascular system.	2.3
1007	Identify organs, functions, and disease processes of the endocrine system.	2.3
1008	Identify organs, functions, and disease processes of the lymphatic system.	2.3
1009	Identify organs, functions, and disease processes of the respiratory system.	2.3
1010	Identify organs, functions, and disease processes of the urinary system.	2.3
1011	Identify organs, functions, and disease processes of the digestive system.	2.3
1012	Identify organs, functions, and disease processes of the reproductive system.	2.3
108	Use proper body mechanics for personal and patient/client safety.	2.4
601	Explain daily nutritional requirements, caloric intake needs, and calculate basal metabolic rate (BMR).	2.4
602	Evaluate food labels.	2.4
603	Evaluate basic and sport nutrition needs, including hydration.	2.4
604	Identify signs and symptoms of dehydration.	2.4
605	Identify safe methods for weight loss and weight gain.	2.4
607	Identify supplements and ergogenic aids.	2.4
701	Simulate pre-exercise screening in determining physical activity participation.	2.4
702	Utilize health/fitness intake questionnaire.	2.4
703	Conduct baseline testing for body composition, cardiorespiratory, muscular strength, muscular endurance, and flexibility.	2.4
705	Select and demonstrate exercises to improve body composition, cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility.	2.4
707	Create short-term and long-term goals utilizing the SMART (specific, measurable, attainable, realistic and time bound) principle.	2.4
708	Execute spotting techniques for resistance training exercise.	2.4
804	Identify and discuss types of disordered eating.	2.4
107	Use medical/fitness equipment.	3.1

Certification test for:
 AHA CPR/First
 Aid/AED



105	Adhere to the professional standards for health care providers.	3.2
202	Implement the components of informed consent.	3.2
203	Identify the legal importance of accurate record keeping to the benefit of all parties.	3.2
204	Define legal concepts of liability, negligence, supervision, and assumption of risk.	3.2
205	Analyze legal considerations and ethical actions.	3.2
803	Identify and discuss types of mental health disorders.	3.3
805	Identify physical and psychological indicators of stress.	3.3
1013	Identify organs, functions, and disease processes of the immune system.	3.3
MVCTC	Cooperative Education/Job Shadow	3.4
MVCTC	NOCTI/Skill Review	3.4

Certification test for:
 AMCA Physical
 Therapy Technician