**Course Name:** Introduction to Rehabilitation Skills

**Course Number:** OPTA 1133  
**Number of Credits:** 5  
**Effective Date:** September 2018

**Course Description:**
This course introduces students to the basic practical skills required to assist Occupational Therapists and Physical Therapists in providing rehabilitation treatments and interventions. Students develop and practice their skills in a lab setting. Students learn how to prepare clients for treatments, use proper body mechanics, adjust and use manual wheelchairs as well as perform simple treatments and exercises.

<table>
<thead>
<tr>
<th>School or Centre:</th>
<th>Year of Study:</th>
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<tbody>
<tr>
<td>School of Health Sciences</td>
<td>1st Year Post-secondary</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Course History:</th>
<th>Name of Replacing Course (if applicable):</th>
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<tbody>
<tr>
<td>Replacement Course</td>
<td>Rehabilitation Skills OPTA 1114</td>
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</table>

**Course Pre-requisites (if applicable):**

Semester 1 courses: OPTA 1131, 1132, 1134, 1135 and 1136

**Course Co-requisites (if applicable):**

<table>
<thead>
<tr>
<th>PLAR (Prior Learning Assessment &amp; Recognition)</th>
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<tr>
<td>☑     No  ☐ Yes (details below):</td>
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Instructional Strategies:
Instructional strategies may include: Lecture, seminar, on-line learning, assignments, problem-based learning, videos, small group discussions, and student-led review sessions. Lab activities comprise a minimum of 50% of the course in order to optimize student learning of the practical skills required to work as a PTA or OTA.

Course Learning Outcomes:
Upon successful completion of this course, students will be able to:

1. Apply the principles of teaching and learning when implementing beginning rehabilitation interventions
2. Use correct body mechanics and posture while performing clinical skills
3. Apply principles of positioning and draping when preparing clients for rehabilitation interventions
4. Apply OTA/PTA knowledge when implementing basic rehabilitation skills
5. Demonstrate the principles of mobility assistance when performing rehabilitation interventions
6. Demonstrate the principles of assistive equipment when meeting specific clients' needs
7. Demonstrate professional behavior in a simulated environment.

Program Learning Outcomes:
Upon successful completion of this course, students will be able to:

1. Practise as an Occupational Therapist Assistant or Physical Therapist Assistant in a competent, professional, accountable and ethical manner.
2. Utilize evidence-informed rehabilitation knowledge to perform skills and implement assigned Occupational Therapy or Physical Therapy interventions.
3. Collaborate as a member of an interdisciplinary team within an evolving health care system.
4. Contribute to the development and maintenance of an effective practice environment through direct client care, organization and support of rehabilitation services.
5. Identify and report relevant information regarding the client's status and well-being to the appropriate interdisciplinary team member.
6. Communicate appropriately and effectively, through verbal, nonverbal, written and electronic means, with clients, their families and other interdisciplinary team members.
7. Collect client information and complete client records.
8. Develop and implement strategies to promote professional competence within the role of the Occupational Therapist Assistant and Physical Therapist Assistant.
9. Promote, support and encourage health and wellness for self and others.
Evaluation/Grading System

<table>
<thead>
<tr>
<th>Grading System</th>
<th>Specify if 'Other':</th>
<th>Specify Passing Grade:</th>
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<tbody>
<tr>
<td>Letter Grades</td>
<td></td>
<td>70% or C- in both written and practical components of course</td>
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</table>

Components and Weighting of the Assessment/Evaluation Plan:

<table>
<thead>
<tr>
<th>Type</th>
<th>Percentage</th>
<th>Evaluation Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quizzes/Tests</td>
<td>45%</td>
<td>X 3</td>
</tr>
<tr>
<td>Clinical Examination</td>
<td>45%</td>
<td>X 3 as per evaluation tool</td>
</tr>
<tr>
<td>Lab Work</td>
<td>5%</td>
<td>as per checklists</td>
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<tr>
<td>Participation</td>
<td>5%</td>
<td>as per rubric</td>
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</table>

Total 100

Learning Environment/Type

<table>
<thead>
<tr>
<th>Instruction Type</th>
<th>Hours Per Instruction Type</th>
<th>Comments</th>
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<tbody>
<tr>
<td>B - Lab (Computer, Chemistry...)</td>
<td>60</td>
<td></td>
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<tr>
<td>L - Classroom</td>
<td>60</td>
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Total 120

Resource Material(s):

Resources are items in addition to tuition that the student is responsible for purchasing. Course resource information will be supplied by the department/instructor.
Course Topics:

1. Draping and positioning
2. Body Mechanics
3. Core stability
4. Vital signs
5. Point of care risk assessment
6. Basic wheelchair skills
7. Wheelchair assemble
8. Hospital bed basics
9. Manual transfers
10. Mechanical transfers
11. Introduction to ADL’s
12. Therapeutic exercises
14. Professional behavior

VCC Education and Education Support Policies

There are a number of Education and Education Support policies that govern your educational experience at VCC, please familiarize yourself with them.

The policies are located on the VCC web site at:
http://www.vcc.ca/about/governance--policies/policies/

To find out how this course transfers, visit the BC Transfer Guide at www.bctransferguide.ca.

FOR COMMITTEE USE ONLY

| Approved by Curriculum Committee: | August 15, 2017 | Approved by Education Council: | October 10, 2017 |

VCC-CD-20150901