

# Rehabilitation Careers, Semester B

Credits: 0.5

## Course Overview and Goals

Rehabilitation Careers, Semester B, is the second part of a two-semester course. This course covers careers in the rehabilitation pathway in physical therapy, occupational therapy, athletic training, respiratory therapy, speech therapy, recreational therapy, and alternative therapies. You will learn about health and wellness. You will assess patient care skills needed by professionals in rehabilitation careers. You will examine different health insurance plans and laws and ethics relating to rehabilitative services. You will identify potential hazards in the workplace and examine safety measures to minimize risk to patients and workers. Finally, you will evaluate essential workplace skills. You will also create a career plan.

This course consists of 13 lessons organized into four units, four Unit Activities, and four Discussions. Additionally, there is one Course Activity and one Course Project. Each lesson contains one or more Lesson Activities. You will grade your work in the Lesson Activities by comparing it to sample responses. You will submit the Unit Activities, Course Activity, and Course Project to your teacher for grading.

By the end of this course, you will be able to do the following:

- ❖ Examine the qualifications and skills needed for careers in physical therapy, occupational therapy, athletic training, respiratory therapy, speech therapy, recreational therapy, and alternative therapies.
- ❖ Assess patient care and examination skills needed by professionals in rehabilitation careers.
- ❖ Evaluate laws and ethics relating to rehabilitative services.
- ❖ Evaluate professional skills and qualities needed to succeed in a career in the rehabilitation pathway.

**UNIT 1: TYPES OF THERAPY 1 (DAYS 1 – 23)**

In this unit, you will define physical therapy, occupational therapy, and athletic training. You will describe the history and development of physical therapy, occupational therapy, and athletic training. You will list the techniques, devices, and equipment used in physical therapy, occupational therapy, and athletic training. You will also identify the educational and credentialing requirements for careers in physical therapy, occupational therapy, and athletic training.

| Lesson                                  | Lesson Objective                                                                                                                   |
|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <b>Syllabus and Student Orientation</b> | Review the Student Orientation and Course Syllabus at the beginning of this course.                                                |
| <b>Physical Therapy</b>                 | Assess the role of a physical therapist and examine the qualifications and skills needed for careers in physical therapy.          |
| <b>Occupational Therapy</b>             | Assess the role of an occupational therapist and examine the qualifications and skills needed for careers in occupational therapy. |
| <b>Athletic Training</b>                | Assess the role of an athletic trainer and examine the qualifications and skills needed for careers in athletic training.          |
| <b>Course Project</b>                   | Career Planning                                                                                                                    |

## UNIT 2: TYPES OF THERAPY 2 (DAYS 24 – 45)

In this unit, you will define respiratory therapy, speech therapy, and alternative therapies such as kinesiology, chiropractic treatment, massage, and recreational therapies. You will state the goals, indications, and contraindications in respiratory therapy, speech therapy, and alternative therapies. You will list the techniques, devices, and equipment used in respiratory therapy, speech therapy, and alternative therapies. You will identify the educational and credentialing requirements for careers in respiratory therapy, speech therapy, and alternative therapies.

| Lesson                                         | Lesson Objective                                                                                                                |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>Respiratory Therapy</b>                     | Assess the role of a respiratory therapist and examine the qualifications and skills needed for careers in respiratory therapy. |
| <b>Speech Therapy</b>                          | Assess the role of a speech therapist and examine the qualifications and skills needed for careers in speech therapy.           |
| <b>Alternative Therapies in Rehabilitation</b> | Assess alternative therapies and examine the knowledge and skills needed for careers in these fields.                           |
| <b>Course Activity</b>                         | Rehabilitation Services                                                                                                         |

## UNIT 3: PATIENT CARE (DAYS 46 – 70)

In this unit, you will define health and wellness and identify aspects of a healthy lifestyle. You will explain first aid and CPR procedures. You will assess patient care skills needed by professionals in rehabilitation careers. You will also analyze a patient's medical conditions, disabilities, and injuries, and identify the best professional treatment for the patient. You will assess different health insurance plans and estimate the insurance costs for patients undergoing rehabilitation.

| Lesson                                 | Lesson Objective                                                                                                 |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>Health and Wellness</b>             | Assess the factors that affect health and wellness.                                                              |
| <b>Patient Care Skills</b>             | Assess patient care skills needed by professionals in rehabilitation careers.                                    |
| <b>Patient Evaluation and Handling</b> | Evaluate patients and identify the best treatments based on their condition.                                     |
| <b>Understanding Health Insurance</b>  | Assess different health insurance plans and estimate the insurance costs for patients undergoing rehabilitation. |

## UNIT 4: WORKPLACE KNOWLEDGE AND SKILLS (DAYS 71 – 90)

In this unit, you will identify ethical and legal issues relating to patients using rehabilitative services. You will identify potential health and safety hazards in the rehabilitation environment. You will describe the infection control cycle. You will identify important professional traits, characteristics, and attributes of rehabilitation professionals. You will also create a career plan.

| Lesson                                | Lesson Objective                                                                                                |
|---------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>Ethical and Legal Issues</b>       | Evaluate laws and ethics relating to rehabilitative services.                                                   |
| <b>Safety in the Work Environment</b> | Assess potential hazards in the workplace and examine safety measures to minimize risk to patients and workers. |
| <b>Professional Skills</b>            | Evaluate essential workplace skills.                                                                            |