

**Mercy College of Health Sciences
Physical Therapist Assistant Program**

**Student Competency Plan for Clinical Education
PTA 163: PTA Clinical I**

This course occurs in Semester II. Students must successfully complete all general education and technical education courses prior to starting the clinical course. Refer to PTA Curriculum Overview. The student has completed the academic portion of the curriculum pertaining to:

- Universal precautions
- Patient confidentiality
- Body mechanics
- Bed mobility/positioning
- Transfers
- Basic gait training and fitting of assistive devices
- Beginning documentation skills
- Vital signs including pain scales
- Goniometry
- Manual muscle testing
- Sensory testing
- Postural awareness
- Gait analysis
- Patient instruction
- Introduction to professional, ethical, and legal aspects of physical therapy practice

The skills listed below will initially be presented during the semester. Students will be allowed to perform these during clinical rotations after being evaluated in the classroom setting. The ACCE will advise the CI when students have successfully completed classroom competencies.

- Range of motion: passive, active-assistive, active, and resistive
- Physical agents and mechanical modalities
- Principles of exercise physiology and beginning therapeutic exercise progression (stretching, strengthening, balance, aerobic)

Textbooks:

- Erickson, M., & McKnight, B. (2018). *Documentation basics for the physical therapist assistant (3rd ed.)*. Thorofare, NJ: Slack Incorporated.
- Hislop, H., & Montgomery J. (2014). *Daniels & Worthingham's muscle testing: techniques of manual examination (9th ed.)*. St. Louis, MO: Saunders.

Norkin, C., & White, D. J. (2016). *Measurement of joint motion: a guide to goniometry (5th ed.)*. Philadelphia, PA: F.A. Davis.
Fairchild, S. L. (2013). *Principles and techniques of patient care (5th ed.)*. St. Louis, MO: Saunders.

For a more detailed list of topics covered, refer to the course syllabi.