PROGRAM OVERVIEW

As a student in the Occupational Therapist Assistant and Physiotherapist Assistant Diploma program, you will gain hands on experience to help prepare you to work in both fields of Occupational Therapy and Physiotherapy, under the supervision of an Occupational Therapist and/or a Physiotherapist. In addition you will:

- Learn to assist individuals regain or maintain independent function and mobility
- Participate in introductory fieldwork activities beginning in the first semester and gain valuable training from experienced clinicians in the workplace
- Experience student centred learning in active classrooms and small labs with individualized attention
- Have the opportunity to transfer to other Universities to pursue a degree

Accreditation Status:

The OTA & PTA Program at Sault College has been accredited by the Occupational Therapist Assistant and Physiotherapist Assistant Education Accreditation Program (OTA & PTA EAP) in collaboration with Physiotherapy Education Accreditation Canada (PEAC) and the Canadian Association of Occupational Therapists (CAOT). The status of Accreditation was granted to the program on November 30, 2016 for the period until November 30, 2022.

Mailing Address:

- Occupational Therapist Assistant and Physiotherapist Assistant Education Accreditation Program
- c/o Physiotherapy Education Accreditation Canada
- Suite 26, 509 Commissioners Road West
- London, Ontario N6J 1Y5
- (226) 636-0632
- otapta.ca

Program Mission Statement:

- The Occupational Therapist Assistant and Physiotherapist Assistant Program at Sault College is committed to empowering students to become self-directed lifelong learners in the fields of Occupational Therapy and Physiotherapy. Graduates of the program, as entry-level workers, shall have the knowledge, skills and attitudes that are necessary to perform the duties of an Occupational Therapist Assistant and a Physiotherapist Assistant. Upon successful completion of the program, graduates will receive an Ontario College Diploma.

ADMISSIONS

MINIMUM ACADEMIC REQUIREMENTS

Ontario Secondary School diploma with Grade 12 English (C) ENG4C and Grade 11 Biology (SBI3C), or
mature student status.

ACADEMIC RECOMMENDATIONS

While you consider this program, we encourage you to explore the fields of Physiotherapy and Occupational Therapy with professionals in the field, and where possible, volunteer in a setting where these services are provided.

In addition to admission requirements (English and Biology), the Ontario highschool course Intro to Kinesiology (PSK4U) is recommended as an excellent preparatory course.

Mature students who are in need of upgrading, are advised to take an equivalent to Grade 11 Biology and Grade 12 English. The Academic and Career Entrance (ACE) program is offered at Sault College at no tuition cost.

Students in the Occupational Therapist Assistant and Physiotherapist Assistant program should be in good physical and mental health. Students should demonstrate reliability, accountability, self-direction and good interpersonal communication skills. Any prospective students with concerns regarding their ability to meet the functional demands of the program are advised to discuss this with the program coordinator and their physician.

CAREER PATHS

As a graduate, you may work as an Occupational Therapist Assistant, Physiotherapist Assistant and/or a Rehab Assistant in a variety of settings including: Acute Care Hospitals, Rehabilitation Hospitals, Children’s Rehabilitation Centers, Community Care (Home Care), Convalescent Care Facilities, Private Physiotherapy Clinics, Occupational Therapy Centers, Disability Management Services and Long Term Care Facilities.

In addition graduates have applied their knowledge and skills in other settings including: Health and Rehabilitation Equipment Vendors, Equipment Repairs, Chiropractic Clinics, Consumer Organizations (for example, Brain Injury Association, Arthritis Society of Canada, March of Dimes) and the Alzheimer’s Society.

Graduates of the program may be eligible to pursue further education at Algoma University, Lake Superior State University, Laurentian University, and University of Northampton. All graduates are subject to the transfer and entrance requirements set out by each post-secondary institution.

MANDATORY FEES

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<tr>
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<th>Domestic</th>
<th>International</th>
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<tbody>
<tr>
<td>Tuition</td>
<td>$2,716.50</td>
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<tr>
<td>Ancillary</td>
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These fees are for the 2020-2021 academic year (year 1 of study) and are subject to change. Please visit your Student Portal to view your Schedule of Fees.

DRESS CODE
Dress Code for Fieldwork

As a student in the Occupational Therapist Assistant and Physiotherapist Assistant Program at Sault College, you will develop a professional image and professional behaviours for fieldwork placements. Presenting oneself as a professional is expected by the public served, by the facilities which provide fieldwork opportunities and by the Occupational Therapists and Physiotherapists who will supervise you.

When on fieldwork assignments you will wear school uniforms, which consist of Scrubs with Name and Logo.

Detailed information regarding the purchase and use of the uniform will be provided in class in September, Semester One.

Footwear must consist of casual or athletic shoes (closed heel and toe, non-skid soles).

**CLINICAL/LAB OR FIELD PLACEMENTS**

As a student in the Occupational Therapist Assistant and Physiotherapist Assistant program at Sault College you will begin your first fieldwork in Semester One and continue with fieldwork placements in the following semesters to enhance your clinical knowledge and skills and become familiar with policies and procedures in different health care settings. The Sault College Physiotherapy Clinic on campus provides services to the students and staff at Sault College, and enables Occupational Therapist Assistant and Physiotherapist Assistant students to gain fieldwork placements on campus. The Health Science Simulation Lab will also be part of your fieldwork preparation. You will have the opportunity to work with high fidelity mannequins, learning how to take vital signs like blood pressure and heart rate. You will participate in patient simulations such as total hip replacements, amputations and strokes. In Semesters 2 and 3 you will experience a variety of clinical and community fieldwork placements such as:

Sault College Physiotherapy Clinic, Hospitals, Long Term Care Facilities, Retirement Homes, Physiotherapy and Occupational Therapy Clinics, Children`s Rehabilitation Centres, Community Care Access Centres (Home Care), Schools, Community Agencies such as March of Dimes, Breaking Away and the Sault Ste. Marie Accessibility Centre.

Students will participate in fieldwork during all four semesters of the program. In the latter part of semester four you will complete fieldwork hours on a full-time basis for at least ten weeks, where you will gain valuable work experience and employment references. Students should be prepared to travel outside of Sault Ste. Marie in order to complete the required fieldwork placement hours. Any expenses related to travel and accommodation during fieldwork will be the responsibility of each student.

Applicants will be required to submit documentation of the following fieldwork requirements in September of Semester One in order to be eligible to participate in fieldwork assignments:

**Criminal Record Check with Vulnerable Sector Search**

- This document is mandatory for agencies to grant access to vulnerable persons. You will be given detailed information about obtaining a current Criminal Record Check during the first month of classes or when clinical placements are confirmed. (Note: If a criminal record exists or charges are pending, you are required to disclose this information to the Chair of the Health Programs before the start of your program.)
- Criminal Record Check with Vulnerable Sector Search is a yearly requirement that must be updated annually.

All costs associated to these requirements are the responsibility of the student.
CPR (Level C), WHMIS, and First Aid Certificates: Students are required to provide evidence of current certification for these. Students are responsible for maintaining annual CPR (C Level) certification throughout their program.

N95 Mask Fit Testing Card (renew every 2 years). Successful mask fit testing requires a **clean shaven face** (minimal facial hair) to administer the test.

An Immunization & Health Record Form from the Sault College Health Services office must be completed. As a student of the Occupational Therapist Assistant and Physiotherapist Assistant program at Sault College you will be required to show evidence of the following immunization requirements:

**Required:** Two-step TB test initially, with the One-step repeated yearly; immunity against measles, mumps, and rubella; current tetanus-diphtheria; proof of Hepatitis B vaccine series or Twinrix series (either one is acceptable).

**Note:** Influenza immunization each November of the program. The flu vaccine is not mandatory however in the event that a student refuses the vaccine, the student must follow placement agency policies. This may mean removal from clinical placement for the duration of an influenza outbreak. The vaccine takes two weeks to come into effect and therefore students who do not get it by the established deadline may be removed from clinical. Students can contact their coordinator if they have any questions.

A Statement of Confidentiality will be signed prior to beginning any fieldwork assignments. Due to the physical nature of some of the skills and competencies required for success in the program, a physical demands analysis may be requested by the field placement facility.

In some circumstances students may need to complete their fieldwork hours in the spring semester.

**Notice to International Students:**

- The necessary immunizations for your program can be obtained from your home country and you will need to submit those immunization records along with the College Health Form to the Sault College Health Centre.
- All other requirements (Standard First Aid, CPR, WHMIS, N95 Mask Fit, Criminal Record Check with Vulnerable Sector Search) must be obtained and completed after your arrival in Ontario.
- As per Canadian Immigration policy, all International students completing a program with a practicum (field/clinical placement) component must obtain a Coop/Work Permit from Immigration, Refugees and Citizenship Canada stating that they are permitted to attend practicum as an integral part of their studies. International students will not be able to attend placement without submitting this permit for verification.

For further information regarding clinical and field placement requirements for this program, please contact Lori Zuccato either by email: lori.zuccato@saultcollege.ca or by phone: 705-759-2554 ext. 2693.

**OTHER INFORMATION**

**Who You’ll Meet**

Andrea Scoli, B.Sc.O.T. Andrea is a Registered Occupational Therapist and teaches OT Skills, Interpersonal Skills and other courses in the Occupational Therapist Assistant and Physiotherapist Assistant program. She also provides consultative OT services within the community. She is a graduate of the University of Toronto, Toronto Ontario.
Joanna MacDougall, B.Sc.P.T., M.Sc.P.T. Joanna is a Registered Physiotherapist and teaches PT Skills and other courses in the Occupational Therapist Assistant and Physiotherapist Assistant program. She has initiated the development of the Sault College Physiotherapy Clinic on campus, which provides services to students and staff at Sault College, and enables Occupational Therapist Assistant and Physiotherapist Assistant students to gain fieldwork on campus. Joanna is a graduate of Queen’s University, Kingston Ontario and the University of South Australia, Adelaide, Australia.

Lab Specialist and Fieldwork Liaison: Assists in most labs in the Occupational Therapist and Physiotherapist Assistant program and mentors students on fieldwork placement.

For more information contact Program Coordinator Andrea Sicoli at 705.759.2554, ext 2541 or email andrea.sicoli@saultcollege.ca.

**PROGRAM OF STUDY**

**SEMESTER 1**
CMM115-3 Communications I  
OPA101-3 Fitness & Wellness: Principles and Applications  
OPA103-5 Human Anatomy  
OPA104-4 Human Movement  
OPA116-2 Fieldwork Practicum I  
OPA117-2 Interpersonal Communication in Rehabilitation I  
OPA118-2 The Health Care System and Rehabilitation  
PSY120-3 Lifespan Development

**SEMESTER 2**
OPA107-3 Applied Human Movement  
OPA109-3 Physical Agents  
OPA110-3 Physiotherapy Clinical Skills I  
OPA115-6 Occupational Therapy Principles and Clinical Skills I  
OPA130-3 Clinical Pathology I  
OPA131-5 Fieldwork Practicum II  
GEN100-3 Global Citizenship

**SEMESTER 3**
OPA203-3 Physiotherapy Clinical Skills II  
OPA204-3 Occupational Therapy Clinical Skills II  
OPA214-3 Mental Health Conditions & Psychosocial Issues  
OPA216-3 Clinical Pathology II  
OPA217-5 Fieldwork Practicum III  
OPA218-3 Interpersonal Communication in Rehabilitation II

*Select one of the following:*
GAS101: Rituals, Idols and Controversies in Sports  
GAS103: What in the World is Going On?  
GAS105: Film Appreciation  
GAS109: Music and Pop Culture  
GAS116: Your Two Cents  
GAS120: Canada Eh!  
GAS125: Food and Wine Pairings  
GEN110: Student Selected General Education  
HDG122: Personal and Academic Success Strategies  
REC106: Fitness and Lifestyle Management
**SEMESTER 4**

OPA208-6 Clinical Case Studies
OPA209-2 Documentation Skills for the OTA/PTA
OPA211-1 Professional Topics in Rehabilitation
OPA226-10 Fieldwork Practicum IV
OPA227-10 Fieldwork Practicum V
OPA228-2 Communication Disorders in Rehabilitation

**Course Descriptions**

**Semester 1**

**Communications I (CMM115) (3 credits)**

This course is designed to help students develop the skills necessary to communicate effectively in their programs and at the college level. Students will think critically to capture the meaning messages and respond appropriately; produce coherent, clear paragraphs; and purposively research and responsibly integrate credible sources into their own writing. Emphasis is placed on the writing process, from planning to revising, while providing opportunities to explore various modes of communication.

**Fitness & Wellness: Principles and Applications (OPA101) (3 credits)**

This course considers the impact of the determinants of health on the well-being of individuals. Topics include (but are not limited to): dimensions of wellness, positive lifestyle choices, self-management and behaviour change techniques, exercise prescription, fitness training methods, nutrition, injury prevention and body fat management. Through participation in hands-on learning experiences, the student gains the knowledge and skills necessary to make positive lifestyle changes for themselves and others. The student will gain knowledge and skill in the application of techniques relevant to lifelong health and wellness.

**Human Anatomy (OPA103) (5 credits)**

During this course the student will develop a knowledge base of anatomy and physiology of the human body with special attention to the neurological and musculoskeletal systems, as required for the needs of the Occupational Therapist Assistant and Physiotherapist Assistant. Other systems addressed in this course include the special senses of the eye and ear, as well as the cardiovascular system, respiratory system, digestive system, urinary system and reproductive system. The lab component will focus on developing competence in the identification and palpation of musculoskeletal surface anatomy.

**Human Movement (OPA104) (4 credits)**

This course will provide the student with a foundation in the principles of normal functional human movement. Essential terminology and concepts related to normal human movement, the articular system, components of movement, biomechanics, motor development and skill acquisition will be introduced. In addition, students will develop an understanding of normal growth and motor development, posture, balance, and body mechanics.

**Fieldwork Practicum I (OPA116) (2 credits)**

This course will prepare the student for success in fieldwork placements which are an essential part of their clinical education in the OTA and PTA program. The student will be encouraged and guided towards the expectations of professionalism and competence as an OTA/PTA. The student will become familiar with different health care facilities in Sault Ste. Marie and the Sault College Health Science Simulation Lab as
they prepare for their role as a student during fieldwork placements.

**Interpersonal Communication in Rehabilitation I (OPA117) (2 credits)**

This course will provide the student opportunities to develop increased self-awareness. Determinants of behavior such as personality, attitudes, values and beliefs will be explored. The importance of appropriate and effective verbal and non-verbal communication as an interpersonal skill will be emphasized. Students will recognize the influence of stress on interpersonal skills and discuss strategies to manage stress and improve well-being. Though discussion, role playing and reflective activities, students will understand and demonstrate qualities that establish rapport and enhance a client-centered therapeutic relationship.

**The Health Care System and Rehabilitation (OPA118) (2 credits)**

This course introduces students to the Canadian health care system and Physiotherapy and Occupational Therapy. It promotes an understanding of the diversity of roles and interprofessional relationships of various health professionals. Students explore the roles of professional associations and the regulatory bodies of Occupational Therapists and Physiotherapists. Models of health care delivery and key elements of interprofessional health care teams are discussed. Students will also identify ethical and legal issues that impact rehabilitative medicine.

**Lifespan Development (PSY120) (3 credits)**

The purpose of this lifespan development course is to examine the interrelationship of the biopsychosocial aspects of ages and stages from birth to late adulthood. Developmental psychology is the study of the processes that shape human development. The goals of studying life span development are description, explanation and optimization of human development throughout a persons entire life. Students will study the interaction between cultural, social and historical impacts and biological maturation to gain a holistic understanding of human development. In addition, to studying human development in a systematic way, students will gain a personal understanding of their own lives in the context of lifespan development.

**Semester 2**

**Applied Human Movement (OPA107) (3 credits)**

This course will consolidate and expand the students knowledge base of human anatomy and human movement. Using a regional anatomy approach, students will focus on joint structure and function as well normal and abnormal human movement throughout the lifespan. The student will explore abnormal movement patterns, posture and gait, as well as underlying principles of soft tissue mobility. The course prepares the student for the clinical application of practice considerations of motor learning and skill acquisition.

**Physical Agents (OPA109) (3 credits)**

This purpose of this course is to provide the student with the opportunity to develop the ability required to safely and effectively apply therapeutic modalities used in physiotherapy and occupational therapy. The student will be expected to demonstrate competence in the areas of safety, patient and equipment set up and implementation of specific therapeutic modalities, as well as effective instruction, cuing and providing feedback of the client. The student will also be expected to demonstrate knowledge and accuracy regarding surface anatomy as it relates to the application of therapeutic modalities. The student will demonstrate the ability to perform aspects of documentation of the application of therapeutic modalities within the scope of the OTA and/or PTA.

**Physiotherapy Clinical Skills I (OPA110) (3 credits)**

The purpose of this course is to provide the student with the ability to perform basic skills performed by a
Physiotherapist Assistant. The student is introduced to essential competencies related to handling skills, therapeutic exercise, measurement of joint motion, bed mobility, transfers and assistive ambulation. The student will be expected to demonstrate competence in areas of safety, guarding, handling skills, set up and fit of assistive devices, as well as effective instruction, cuing and providing feedback to the client.

**Occupational Therapy Principles and Clinical Skills I (OPA115) (6 credits)**

The purpose of this course is to provide the student with the opportunity to learn basic skills performed by an Occupational Therapy Assistant. The OT assessment process will be explored. Students will understand the clinical presentation and management of neurological conditions and the appropriate Occupational Therapy interventions. Purposeful activity as a therapeutic intervention will be emphasized. Students will understand training in Activities of Daily Living (ADL) and the use of assistive devices/adaptive equipment to facilitate and encourage safety and increased independence with functioning. The student will be expected to demonstrate competence in the areas of transfers and handling skills. Lab sessions will provide students with an opportunity to practice therapeutic interventions, remedial exercises and training in the use of compensatory aids/strategies. Effective communication during instruction, cuing and when providing feedback to the client will be expected.

**Clinical Pathology I (OPA130) (3 credits)**

The purpose of this course is to introduce the student to the clinical presentation of common disabling conditions which are managed by Occupational Therapy and Physiotherapy. The conditions emphasized will be mainly neurological, cardiorespiratory and/or endocrine in nature. Relevant anatomy/physiology will be reviewed and/or taught prior to the student gaining familiarity with the clinical presentation of the conditions, the associated relevant pathology, and the general goals of intervention of Physiotherapy and/or Occupational Therapy.

**Fieldwork Practicum II (OPA131) (5 credits)**

This course provides the student with their initial fieldwork experience where they practice demonstrating professional behaviours and communication skills required in the workplace. The student will gain experience with various client populations and conditions. Application of skills and concepts is at the discretion of the fieldwork supervisor and dependent on the nature of the fieldwork experience. Through a weekly seminar, the student will a deeper understanding of the role of the OTA/PTA and their present role as a student OTA/PTA.

**Global Citizenship (GEN100) (3 credits)**

The world we are living in is one in which local, national and international issues are interwoven, and the need for us to understand the impact these issues can have on our lives has never been greater! Using a socio-cultural, political and environmental lens, students will view how the world is changing and how to become active agents of change from the local to international level. Important issues such as social injustice, poverty, environmental protection, resource scarcity, sustainability, and health will be addressed. Global citizenship is an opportunity to ‘Be the Change’. This course meets the Civic Life and Social and Cultural Understanding General Education themes.

**Semester 3**

**Physiotherapy Clinical Skills II (OPA203) (3 credits)**

This course will enable the student to develop critical thinking skills required to implement, monitor and progress a treatment plan as prescribed by and under the supervision of a Registered Physiotherapist. Exploring a variety of clinical conditions/cases, the student will develop essential competencies required in the role of a PTA to safely and efficiently support the physiotherapist. Labs will focus on the application of therapeutic exercise, handling skills and facilitation of ambulation, bed mobility, transfers, and the physiotherapy management of respiratory conditions. Students will gain familiarity with standardized tests
including, but not limited to the Berg Balance test, the Timed Up and Go test and the Functional Reach test.

**Occupational Therapy Clinical Skills II (OPA204) (3 credits)**

The purpose of this course is to provide the student with knowledge and skills required by an OTA. The emphasis will be on rehabilitation of musculoskeletal conditions. The student will demonstrate safe handling, positioning and transfer techniques. The use of assistive devices, splints and technology used to maximize independent function will be explored. In addition to joint range of motion and muscle strengthening; joint protection and work simplification will be covered. The student will become familiar with ADL/IADL training, accessibility issues and vocational rehabilitation.

**Mental Health Conditions & Psychosocial Issues (OPA214) (3 credits)**

The purpose of this course is to introduce the student to common mental health conditions and related psychosocial issues. The student will become familiar with pediatric, adolescent and adult conditions addressed by the OT or PT, either as a primary or secondary diagnosis. Medical intervention and rehabilitative strategies and techniques will be discussed. The role of the OTA & PTA in providing therapeutic intervention will be covered. Opportunities for interaction with local community mental health resources and facilities will be provided.

**Clinical Pathology II (OPA216) (3 credits)**

The purpose of this course is to introduce the student to the clinical presentation of common disabling conditions which are managed by Occupational Therapy and Physiotherapy. The conditions emphasized will be mainly musculoskeletal, integumentary and immunological in nature. Relevant anatomy/physiology will be reviewed and/or taught prior to the student gaining familiarity with the conditions, the associated relevant pathology, and the general goals of intervention of Physiotherapy and/or Occupational Therapy.

**Fieldwork Practicum III (OPA217) (5 credits)**

This course will prepare the student to become a skilled practitioner who supports the Registered Occupational Therapist and Physiotherapist in the provision of assigned services. Through participation in fieldwork and reflection activities, the student will consolidate prior learning as well as acquire new knowledge and skills in the workplace. The goals of this experience are to provide the student with the opportunity to practice direct and indirect patient care skills and to develop high standards of professional behaviour. In fieldwork settings and also in the Sault College Health Sciences Simulation Lab, students will begin to develop critical thinking and problem solving skills to enhance their knowledge and clinical competence. A Registered Occupational Therapist or Physiotherapist supports the student during this practicum experience and facilitates a weekly seminar to promote a deeper understanding of the role of the OTA & PTA within the inter-professional health care team.

**Interpersonal Communication in Rehabilitation II (OPA218) (3 credits)**

This course will provide the student opportunities to enhance essential interpersonal skills required to be an effective member of an inter-disciplinary health care team. It will enable the student to integrate and apply concepts covered in Interpersonal Communication in Rehabilitation I. Students will be encouraged to respect diversity and recognize the importance of cultural sensitivity. Strategies to communicate effectively and manage conflict during challenging situations with clients and colleagues will be discussed and practiced. Interpersonal skills necessary for effective group interaction with clients will be explored. Leadership and advocacy skills relevant to the field of rehabilitation will also be explored. The student will practice communication skills necessary to become an effective inter-professional health care team member. Opportunities will be provided through role playing, reflective learning activities and interactions during concurrent fieldwork placements.

**Rituals, Idols and Controversies in Sports (GAS101) (3 credits)**
This course gives students the opportunity to examine the many rituals, idols, and controversies surrounding the world of sports. Students will debate, discuss, and present a variety of popular topics in sports such as athlete salaries, performance-enhancing drugs and athlete product endorsement. This course will explore the impact these issues have on social and cultural aspects of human behaviour.

**What in the World is Going On? (GAS103) (3 credits)**
This course will give you the opportunity to build a strong awareness of current global issues. You will explore various media such as radio, TV, Internet, newspaper, and magazines. Through discussions, debates, and presentations, students will focus on the main international headlines. Students will discover and develop a view of and understanding of the impact of events related to music, entertainment, fashion, sports, politics, economics, world issues, and human-interest stories.

**Film Appreciation (GAS105) (3 credits)**
This introduction to movies will provide an opportunity to understand the importance of visual creativity in human affairs. The students will gain the capacity to recognize and evaluate artistic creativity of film and film production. Through viewing, discussing, and presenting, students will gain an aesthetic appreciation for the arts.

**Music and Pop Culture (GAS109) (3 credits)**
This course will give students the opportunity to think creatively and critically about the influence of popular music. Students will explore different music genres (rock, metal, hip hop, and rap), their development and social significance. Students may explore music in film, commercials, war and protest, social and civil rights movements, and the contributions of specific artists to contemporary culture. The ways in which popular music has contributed to the current culture and, in turn, how culture has shaped popular music will be examined.

**Your Two Cents (GAS116) (3 credits)**
No matter one’s lifestyle, income, or background, each person has experienced and developed practices to how we relate to money. This course explores our relationship and personal understanding with money, and its place and value in our culture and individual lives.

**Canada Eh! (GAS120) (3 credits)**
What does it mean to be Canadian? This course will examine the people of Canada and aspects of life, such as food, music, television, art, language, etc. By examining our diversity, we will come to understand that there is more than one Canadian identity.

**Food and Wine Pairings (GAS125) (3 credits)**
Become a wine enthusiast and decipher the many complexities revealed in wine by developing the ability to pair food and wine in today’s culinary world. Whether planning to entertain in the comfort of one’s home, preparing for a business dinner meeting or developing food and wine menus for restaurants or special events, understanding how to pair food and wine is invaluable and a life skill. This course will explore the significance of food and drink by examining fundamental concepts of wine history, tradition and culture. Students will learn about terroir, wine terminology, production, storage, selection and how wine is properly served.

**Student Selected General Education (GEN110) (3 credits)**
For Transfer Credit Purposes only.

**Personal and Academic Success Strategies (HDG122) (3 credits)**
This course will prepare you for the rigors of academic life and enable you to develop a personal profile for college and career success. The main focus of this course will include accepting personal responsibility, discovering self-motivation, mastering self-management, employing interdependence, gaining
self-awareness, adopting lifelong learning, and developing emotional intelligence. In addition, you will develop and produce a ‘Personal Profile’ that will identify your personal learning style, communication style, and personality style to enable you to achieve success in learning about, understanding, and choosing the courses and careers that will lead to personal and professional satisfaction.

**Fitness and Lifestyle Management** (REC106) (3 credits)
This course deals with the pursuit of wellness with a focus on physical fitness. Topics include: positive lifestyle choices, self-management and behaviour change techniques, exercise prescription, fitness training methods and body fat management. Students are introduced to a variety of fitness activities known to maximize health benefits while providing lifelong appeal.

**Introduction to Aboriginal Peoples of Canada** (SSC102) (3 credits)
This course will provide participants with an introduction to the history and cultural survival of Canada’s Aboriginal people. Aboriginal worldview will be identified and discussed in both historical and modern perspectives. Students will review colonization, government policies and legislation, which provide a foundation for understanding modern Aboriginal life in Canada.

**Semester 4**

**Clinical Case Studies** (OPA208) (6 credits)
This course will provide the student with the opportunity to integrate and consolidate the theory and practice of managing complex patient situations in a problem based learning environment. Various physical, cognitive, psycho-social and cultural issues will be explored. The student will utilize critical thinking skills required to determine a patient’s needs in order to appropriately implement components of a treatment plan as prescribed by and under the supervision of an Occupational Therapist and/or a Physiotherapist. The importance of the interdisciplinary health care team will be explored.

**Documentation Skills for the OTA/PTA** (OPA209) (2 credits)
The purpose of this course is to prepare the student for the documentation responsibilities of the OTA/PTA. It will prepare them for their fieldwork experiences by providing them with the necessary skills to read medical charts and documents and to document appropriately in medical charts/files. Documentation practice takes place in the classroom and during fieldwork experiences.

**Professional Topics in Rehabilitation** (OPA211) (1 credits)
The purpose of this course is to enhance awareness and development of professionalism to prepare for competent entry into the field of rehabilitation. Included is a review of professional topics covered in the first three semesters with application to clinical fieldwork experiences and opportunities. The students will be expected to provide evidence and demonstrate professional behaviours such as dependability, accountability, initiative and organization. Professional issues such as the scope of practice, the use of title (OTA/PTA) and the role of the professional colleges and associations will be reviewed. In addition, the student will demonstrate and reflect on the importance of ethical standards and how individual and professional ethics impact professional behaviours and clinical reasoning skills. Resources and skills required for successful entry into the workplace will be explored, including effective cover letter and resume writing and interviewing skills.

**Fieldwork Practicum IV** (OPA226) (10 credits)
This course will provide the student with a Physiotherapy fieldwork placement which is required as partial fulfillment of the OTAPTA diploma. During fieldwork placement, the student will consolidate prior learning, under the supervision of an Physiotherapist. The student will be encouraged to refine and practice role
enhancing skills and demonstrate effective interpersonal skills, competent clinical skills and professionalism. Reflective practice will be emphasized to enhance the learning opportunity and promote lifelong learning. The goal is to provide the student opportunities to reliably demonstrate the ability to perform within the scope of practice of an entry level Physiotherapist Assistant.

Fieldwork Practicum V (OPA227) (10 credits)

This course will provide the student with an Occupational Therapy fieldwork placement which is required as partial fulfillment of the required fieldwork hours for successful completion of the OTA & PTA Diploma. During fieldwork placement, the student will consolidate prior learning, under the supervision of an Occupational Therapist. The student will be encouraged to refine and practice role enhancing skills and demonstrate effective interpersonal skills, competent clinical skills and professionalism. Reflective practice will be emphasized to enhance the learning opportunity and promote lifelong learning. The goal is to provide the student opportunities to reliably demonstrate the ability to perform within the scope of practice of an entry level Occupational Therapist Assistant.

Communication Disorders in Rehabilitation (OPA228) (2 credits)

This course will provide the student with an understanding role of the Speech Language Pathologist. The management of disorders of communication, speech language and swallowing will be emphasized. It will introduce the student to strategies that will assist them in their role as an OTA/PTA managing individuals with communication disorders and dysphagia. The student will be also be introduced to augmentative/assistive communication devices commonly used as well as appropriate application of these devices.