

**PROGRAM DESCRIPTION:** This program is designed for students interested in the rehabilitation career field of physical therapy. Students will learn skills required to function as a therapy or rehabilitation technician including therapy treatments, communication skills, patient transfers, patient ambulation, patient range of motion, clinic policies and procedures, and professionalism. Students will learn to assist physical therapists and physical therapist assistants in managing patient care in a rehabilitation setting such as outpatient, hospital, and skilled nursing facilities. Students will demonstrate abilities such as evaluating patient range of motion, therapeutic exercise, interpersonal and professional communication skills, and basic and functional human anatomy. Students will participate in clinical observations.



**High School Credit:** CTE credit or elective credit: 2 credits  
**Concurrent Enrollment:** 2 college credits available. Student is responsible to register and pay for concurrent enrollment at UVU. For more information on these classes, see Appendix.  
**Skills Certification:** Utah State Skills Certification Tests  
**Additional Opportunities:** Physical Therapy clinical hours, Utah Skill Physical Therapy Aide Endorsement, Utah Skills Sports Medicine Endorsement, BLS CPR Certification, Concussion Prevention Certification, Heat Illness Prevention Certification, NSCA Certified Personal Trainer (CPT Certification), Compete in HOSA State/National Championships  
**Recommended:** Anatomy, Physiology and Exercise Science

### COURSE DESCRIPTIONS:

**Introduction to Physical Therapy:** This course introduces students to the field of physical therapy through the history, medical terminology, documentation, therapy treatments, and pertinent legal and ethical considerations of the profession. Healthcare for a diverse population begins its thread in this course. Students will participate in clinical observations.

**PES 2400/Exercise Science/Sports Medicine:** This course is designed to introduce the student to the area of physical therapy and athletic training. Students will also learn components of sports medicine including human anatomy and physiology, injury prevention, first aid practices, injury evaluations, healing processes, therapeutic modalities, sports nutrition, performance skills, and career options.

### EDUCATIONAL OPPORTUNITIES:

Students have the opportunity to further their education at a community college for an Associate's Degree in the much needed field of Physical Therapy Assisting. Students can also go on to a Bachelor's Degree in a related field, and then obtain a Doctor of Physical Therapy Degree.

**Costs/Fees for the 2022-2023 school year:** Pending school board approval.

## Career Possibilities:

Rehabilitation Technician  
Physical Therapist Assistant  
Physical Therapist  
Physical Therapy Aide  
Certified Personal Trainer

Physician  
Surgeon  
Athletic Trainer  
Sports Psychologist  
Certified Strength and Conditioning Specialist



*"This class has been the best course decision I have made in all of my high school career. Unlike other classes, we learn hands on and can apply what we learn to a physical therapy or Exercise Science profession". Nichols Berndt*

*"This class is really applicable to the real world. It not only gives you an in depth view of physical therapy, but also an overview of other health professions relating to rehabilitation which helps you know what you want to do in the future". Riley Wood*

*"This class gives you fantastic hands-on experience. The teacher, the curriculum and the experience are all a part of what makes this class so unique and educational". Tristynn Faris*

*"This is a class that you do not want to miss out on. Experiencing physical therapy hands-on, practicing techniques, and how to provide the best care for a potential patient. Every day is something new and fun to participate in". Lexi Walker*

*"I wish I could be in this class all year. I have learned so much from physical therapy. We always do fun activities and always have fun. There is a positive attitude in the class". Hannah McClure*

*"I like that we actually get up and do the exercises and things that we are learning about on ourselves. It is so much more interesting than just sitting taking notes and doing bookwork all class period". Rebekah Oakeson*

