



**PHYSICAL THERAPIST ASSISTANT PROGRAM  
SABER COLLEGE  
3990 WEST FLAGLER STREET SUITE 103  
MIAMI, FL 33134**

SABER College is licensed by the Commission for Independent Education (CIE) and is accredited by the Council on Occupational Education (COE).

The PTA Program at SABER College is accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE), 3030 Potomac Ave., Suite 100, Alexandria, Virginia 22305-3085; telephone: 703-706-3245; email: [accreditation@apta.org](mailto:accreditation@apta.org) ; website: <http://www.capteonline.org>. If needing to contact the program/institution directly, please call 305-443-9170 or email [karocho@sabercollege.edu](mailto:karocho@sabercollege.edu). Complaints about the program may be directed to CAPTE using the above contact information. It is recommended that the college's Grievance Policy and due process procedures have been followed for complaint resolution prior to contacting CAPTE.

Dear Prospective PTA Student,

Thank you for your interest in SABER College's PTA Program. This is an exciting time as you begin to prepare to further your education. This informational packet will provide you with important information about our PTA Program. We encourage an open door policy. Please feel free to contact us with any further questions or concerns you may have throughout your admissions process.

Thank you for considering our PTA Program.

Sincerely,

Karen Arocha, PT, MS  
PTA Program Director  
(305) 443-9170 ext 244  
[karocho@sabercollege.edu](mailto:karocho@sabercollege.edu)

## **About the College**

Spanish American Basic Education & Rehabilitation, Inc. (SABER) was founded in 1972 in Miami, Florida to provide basic skills, language, vocational and career education in high demand occupational areas. SABER College functions under Spanish American Basic Education and Rehabilitation, Inc. (SABER) dba SABER College as a private, not for profit corporation formed under the laws of the State of Florida, and which adheres to IRS regulations as a 501(c)(3) corporation. Under the same executive administration for the past 38 years, SABER College has an excellent reputation in the training and employment of a large segment of our Miami area workforce. The college was established to offer training through non-degree, vocational and degree programs to meet the workforce needs of the community.

## **SABER Mission**

SABER College identifies as its primary responsibility the preparation of individuals to become productive members of this society by helping them in their growth to attain educational goals and their development of ethical responsibilities.

## **SABER Philosophy**

The philosophy of the school is to act as a vehicle to provide basic skills, language, vocational and career education in various high demand occupational areas.

It is the purpose of SABER College to contribute to the economic growth and development of the local community through training programs and activities that help improve job skills, secure/retain/create better vocational and career opportunities for its residents, as well as generate new vocational and career opportunities for those students who apply themselves. SABER College's goal is to improve the quality of life of the students in the community and to facilitate career opportunities in the market place and industry.

## **Non Discrimination Statement**

SABER does not discriminate on the basis of age, color, disability, national or ethnic origin, race, sex, or any other characteristic protected by law in the administration of its educational, admission or registration policies, scholarships, loan programs, employment practices, or any of SABER administered programs.

SABER offers equal opportunity in its employment, admissions and educational programs and activities in compliance with Title VI and VII of the Civil Right Act of 1964, as amended, Section 504, of the Rehabilitation Act of 1973, as amended, and the American with Disabilities Act of 1990.

It is the policy of SABER to provide equal opportunity to all people and to promote the full realization of that policy through a positive, continuing program to be known as the SABER AFFIRMATIVE ACTION PLAN.

SABER is fully committed to assuring equal employment opportunity and equal consideration to all applicants, employees and participants regarding training, promotion, salaries and other compensation, transfer and layoff or termination. In the implementation of this policy, it will aggressively seek personnel for all staff job levels by upgrading and promoting its members and also by recruiting minority group individuals.

SABER shall likewise assure equal opportunity to any handicapped person who is an applicant, employee or client unless the disability involved prevents satisfactory performance of the work involved.

## **THE PHYSICAL THERAPIST ASSISTANT**

According to the American Physical Therapy Association (APTA), Physical Therapy is a health profession whose primary purpose is the promotion of optimal human health and function. This purpose is accomplished through the application of scientific principles to the process of examination, evaluation, diagnosis, prognosis, and intervention to prevent or remediate impairments, functional limitations, and disabilities as related to movement and health. Physical Therapy encompasses areas of specialized competence and includes the

development of new principles and applications to effectively meet existing and emerging health needs. Other professional activities that serve the purpose of physical therapy are research, education, consultation and administration.

The Physical Therapist Assistant (PTA) is a technically educated health care provider who assists the physical therapist in provision of physical therapy. The PTA is a graduate of a physical therapist assistant associate degree program accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE).

The Physical Therapist Assistant (PTA) provides physical therapy services under the direction and supervision of a physical therapist. PTA's help people of all ages who have medical problems, or other health related conditions that limit their ability to move and perform functional activities in their daily lives. PTA's work in a variety of settings including, hospitals, private practices, outpatient clinics, home health, nursing homes, schools, sports facilities, and more. PTA's must complete a 2 year associate's degree and are licensed, certified, or registered in most states. Care provided by a PTA may include teaching patients/clients exercises for mobility, strength and coordination, training for activities such as walking with crutches, canes or walkers, massage, and the use of physical agents and electrotherapy such as ultrasound and electrical stimulation.

## Program Admissions

Important Deadlines:

Applications are due January 31, 2023

Applicants will be notified of acceptance by March 17, 2023

Mandatory Orientation for accepted program applicants will be on April 24, 2023

\* Application submissions past the deadline date may be considered on a case-by-case basis if projected enrollment is under the maximum of 24

In order to be accepted into the Physical Therapist Assistant Program, an applicant must meet the following requirements:

- Applicant must submit a SABER college application including a writing sample
- Applicant must submit a High School Diploma (or equivalent in their country of origin) or GED.
- Applicant must be 18 years of age or over
- Applicant must score at the 11.0 level in mathematics, language and reading on the TABE Test. (Students with AA or higher degree of education are exempt)
- Applicant must submit official school transcripts documenting any previous academic work, with a minimum GPA of 2.0 average or better on a 4.0 scale, from an educational institution accredited by an agency that is recognized by the US Department of Education. This will include applicants requesting credit for general education courses previously taken at the associate degree level or higher.
- Applicant must successfully complete a personal oral interview with the Program Director and or an administrative representative of the program in order to evaluate the applicant's ability to communicate satisfactorily as required by the health care delivery system. The interviewer must recommend applicant for admission.
- Applicant must submit three letters of recommendation either from a Physical Therapist, Physical Therapist Assistant, previous instructor, or from a current/past employer. Letters must have contact information of person writing recommendation, such as name, signature, phone number and address.

- Perform a minimum of 20 observation hours in a Physical Therapy setting (signed by the supervising PT or PTA) and submit SABER College's Clinic Observation Form in a sealed envelope.
- Once accepted into the program, applicant must undergo a criminal background check and drug screen. The level 2 criminal background check (VECHS) may be done at Fingerprint Technologies located at 5200 SW 8 Street Suite 204-B Coral Gables, FL 33134. SABER College's VECHS Entity number is V13040526. Please give this number during your background check so we may receive the results. The drug screening may be ordered by the health care provider completing your Health Record Form. It is the student's responsibility to pay for these screenings. Applicant must have clearance of both background check and drug screen prior to beginning the PTA Program.

**Please be aware:**

1. Completion of all application requirements does not guarantee acceptance into the PTA program. You will be notified in writing by the Program whether you are, or are not, accepted or if you are placed on a waiting list. Maximum enrollment for each cohort is capped at 24 students. The program has an average acceptance rate of 90% and matriculation rate of 92%.
2. Enrollment into the program is limited and competitive. Please refer to the ADMISSIONS POINT SYSTEM TO PTA PROGRAM at the end of the packet. This form shows you how the admissions process is scored per applicant. Final selection for the program is determined by the SABER College PTA Program Director and Admissions Committee based on consideration of all components of the application process including GPA and academic history, TABE score, Clinical Observation Form, and oral interview. Students must achieve a minimum of 77 points on the Admissions Point System to be considered for acceptance to the program.
3. If the criminal background check reveals a felony conviction, you will not be accepted into the program because you will be unable to complete the clinical education portion of the program.

4. The clinical education portion of the program requires the student be able to provide their own transportation to and from clinical sites which may be outside of Miami Dade County.

### **Program Costs**

1. Specific cost per credit hour will be provided by the Financial Aid office at the time of college application and is published in the SABER College Catalog. Additional fees include Nonrefundable Registration Fee \$100, Nonrefundable Application Fee \$50, Entrance Exam Testing Fee \$40, Skills Lab Fees \$500, Materials and Supplies \$300, and Other Costs Fee (Liability Insurance, ID's, health totes) \$300.
2. Textbooks: Medical textbooks are expensive but you will use your textbooks throughout the program, clinical education, and after graduation in your work as a PTA. The approximate cost of textbooks for the entire program is \$ 827.00. Specific required textbooks are provided on each course syllabus.
3. You are required to provide your own transportation to and from clinical education facilities.
4. A SABER College uniform must be worn throughout the PTA Program. Students must purchase navy blue scrubs at any uniform store (\$14.95, prices may vary) and then take it to a T-shirts Plus Color located at 4156 SW 74<sup>th</sup> Court for the PTA Program approved embroidery (\$4 per uniform). Students must wear any color sneakers.
5. Students are required to adhere to the dress code regulations at clinical education facilities.
6. A Criminal background check and drug screen will be required for students entering the PTA Program. Students are responsible for the cost of the screenings. The cost of the VECHS level 2 background check is \$53 and may be done at Fingerprint Technologies located at 5200 SW 8 Street Suite 204-B Coral Gables, FL 33134. SABER College's VECHS Entity number is 13040526. Please give this number during your background check so we receive the results of your level 2 background check. The approximate cost of the drug screening is \$40.

## Transfer Credits

- SABER College may accept transfer students from other educational institutions and will grant credit for general education courses in SABER College's curriculum provided they meet requirements as stipulated in the Admission Requirements of the program and the educational institution is accredited by an agency recognized by the US Department of Education .
- Anatomy and Physiology Courses must have been completed within the past 5 years to receive transfer credits.
- An applicant must submit official school transcript documenting any previous work, with a minimum GPA of 2.0 (C) for each course, when requesting credit for general education courses previously taken at the associate degree level or higher. A student whose scores are below a 2.0 must take the course at SABER College.
- Prior credits for PTA Core Courses including previous clinical experience taken at other institutions will not be granted for the purpose of accepting transfer students.
- The only time credits will be given for PTA Core Courses is if the student took the course at SABER College and passed the course within the previous year.
- SABER College may accept transfers within the institution for Associate Degree Programs provided student meets admission requirements of new program of study and transfer has been reviewed and approved by the program director and dean of academic affairs. The student will be given a tuition reduction/adjustment on a pro-rata basis based on the courses to be taken.
- Applicants requesting general education credit from foreign countries must submit an evaluation from Josef Silny & Associates, Inc. which specifies the academic content of the course to be waived. SABER will only waive courses that have the same academic content as the ones offered at this institution.
- SABER College does not have articulation agreements with other institutions for the purpose of transferability of credits to other institutions. Transferability of credits to



other institutions is at the discretion of the accepting institution, and it is the student's responsibility to confirm whether or not credits from SABER College will be accepted by another institution of the student's choice.

## **Health Requirements**

A physical examination and form signed by a physician or Nurse Practitioner, immunization records and background checks meeting hospital standards must be completed once accepted into the program. Students will be asked to sign the Informed Consent Disclosure form during the admissions process where the student is notified of the essential functions of the PTA. Should any of these essential functions be impossible for the student to perform, the student will be urged to consider another program of study. In the case when special equipment exists to compensate for student's inability to perform essential functions, it will be the responsibility of the student to purchase the necessary equipment.

The following specific documentation is required prior to beginning the PTA Program and ensures you are ready to begin the clinical education component. The following documentation shall be kept in the PTA student file in the PTA office as well as a second copy which the student will keep with them at all Clinical Education Experiences.

- Immunizations including:
  - Tetanus – verify within 10 years, 5 yrs. if injured.
  - MMR – Measles, Mumps, Rubella – written verification of Rubella immunization after 1968, or a positive titer to show immunity.
  - Varicella (Chickenpox). Written verification of Varicella immunization, or a positive titer to show immunity.
  - PPD – Two PPD skin tests must be completed and read as negative prior to any clinical experience. PPD results cannot be accepted if over 12 months from the day of admission.

- Hepatitis B - written verification of Hepatitis immunization, or a positive titer to show immunity, or Declination Form.
  - Influenza vaccine
  - If documentation is not available, re-immunization will be necessary.
- Drug Screening – Students must demonstrate a negative drug test for admission into the PTA Program. Students may be required to undergo a more in depth drug screen for participation in clinical education.
- Valid CPR Certification - During the first semester of the PTA program, you are required to show proof of a valid American Heart Association Healthcare Provider CPR card. **No other card will be accepted.** Students will be responsible to maintain their CPR certification current throughout the program. CPR classes are offered throughout the year and at various locations. Please provide a copy of your current CPR card to the PTA program director.
- Criminal Background Check - Clinical placements are a mandatory component of the curriculum and will require clearance of a criminal background check. Students who do not clear agency requirements are not eligible for clinical placement and will, consequently, be ineligible to continue in the program. If there is any concern regarding clearance of a criminal background check, please contact the PTA Program Director. This must be completed prior to admissions into the PTA Program.

## Requirements for Graduation

Requirements for graduation from the PTA Program will include the following:

- Completion of all courses with a minimum of 77% overall average for each course.
- Successful completion of all laboratory practical exams with a passing grade of 77% ensuring passing of all safety components.
- Satisfactorily pass all 3 clinical education experience courses with rating at “entry level” for all applicable criteria on the Clinical Performance Instrument at the final evaluation.

- Method of evaluation of coursework, lab, and clinical experience will be based on course syllabi.
- Completion of required program hours.
- Take an NPTE for the PTA practice exam.
- Fulfillment of all monetary obligations to the school.

## **Essential Functions of the PTA**

### **Work Hours and Environment**

- Able to work up to 8-10 hours per day up to 40 hours per week at clinical sites.
- Exposure to hazardous material and blood borne pathogens requiring safety equipment such as masks, head coverings, glasses, rubber and latex gloves, etc.
- Must be able to meet clinical and academic performance standards.
- Must travel to and from training site; this may require long distances or relocation.

### **Cognitive Abilities**

- Understand and work from written and verbal orders.
- Possess effective verbal and written communication skills.
- Understand and implement related regulations and clinical policies and procedures.
- Possess technical competency in patient care and related areas.
- Perform presentations to individuals and small groups.
- Conduct patient assessments and counsel patients and families.
- Assess changes in vital signs and measurements.

### **Physical Abilities**

- Standing and/or walking up to seven hours throughout an eight and/or twelve hour shift.
- Bending, crouching, or stooping several times per hour.
- Lifting and carrying a minimum of 30 pounds several times per hour.
- Lifting and moving up to a 300 lb. patient in a 2-3 person transfer.

- Reaching overhead, above the shoulder at 90 degrees.
- Pushing and/or pulling objects and equipment weighing up to 300 lbs.
- Utilizing eyesight to observe patients, manipulate equipment and accessories.
- Hearing to communicate with the patient and health care team.
- Utilizing sufficient verbal and written skills to effectively and promptly communicate in English with the patient and healthcare team.
- Manipulating medical equipment and accessories, including but not limited to switches, knobs, buttons, and keyboards, utilizing fine and gross motor skills.
- Performing the assigned training related tasks/skills responsibilities with the intellectual and emotional function necessary to ensure patient safety and exercise independent judgment and discretion.
- Utilizing the above standards/functions to respond promptly to the patient needs and/or emergency

## **ABOUT THE PROGRAM**

### **PROGRAM DESCRIPTION**

The Physical Therapist Assistant Program is comprised of 76 credit hours. The PTA program curriculum is designed to provide a combination of theory, skills, and clinical based training for students to develop entry level competency as a physical therapist assistant (PTA). The curriculum includes in-depth study of anatomy, kinesiology, pathophysiology, patient data collection, therapeutic interventions, and patient care. Interwoven in the program design is a clinical education component that provides students with real life learning opportunities in a variety of physical therapy work settings. Upon completion of the program, students are eligible to sit for the National Physical Therapy Examination for PTA and will be prepared to provide care as physical therapist assistant under the supervision of licensed physical therapists.

The PTA program has developed its mission, goals, and objectives to be in synchrony with the mission of SABER College and specific to the professional community that it serves. The program and curriculum are dynamic in order to meet the changing needs of the community and physical therapy profession.

## **PROGRAM MISSION STATEMENT**

To provide quality education that prepares entry-level physical therapist assistants capable of providing safe, ethical, and effective physical therapy services under the direction and supervision of a physical therapist to help meet the healthcare needs of the community in a variety of clinical settings.

## **Program Goals**

1. Graduate competent, entry-level physical therapist assistants who successfully pass the required national licensure examination
2. To provide the medical community with PTAs qualified to perform physical therapy interventions and execute physical therapy treatment plans under the direction of a licensed physical therapist.
3. To instill in students an understanding of the importance of academic and clinical excellence through lifelong learning.
4. To provide excellent educational experiences designed to prepare students for entering a career as PTAs.

## **Program Student Learning Outcomes**

At the end of the program the graduate will:

Define scope of practice for PTs and PTAs

Describe basic concepts related to the health care delivery system including the role of other health care providers and facilities.

Identify principles of levels of authority and responsibility.

Demonstrate an understanding of and apply wellness and disease concepts

Recognize and respond to emergency situations

Demonstrate knowledge of blood borne diseases, including AIDS

Demonstrate knowledge of disease processes and health conditions commonly encountered in physical therapy practice

Describe anatomical structure, function and dysfunction of the human body related to the practice of physical therapy

Assist the physical therapist with patient data collection

Assist the physical therapist with therapeutic procedural interventions

Interpret and apply a physical therapist's plan of care

Demonstrate use of assistive/supportive devices and specialized equipment

Demonstrate competent patient progression within the physical therapist's plan of care

Demonstrate competency in appropriate documentation of physical therapy treatment

Demonstrate ethical and legal practice as a physical therapist assistant

Demonstrate appropriate communication skills with patients, families, and other healthcare staff

Demonstrate cultural competency in verbal and non-verbal communication

Respond to patient's needs as reflected in the Patient's Bill of Rights

Teach other health care providers, patients and families to perform selected treatment procedures and functional activities

Identify and respond to barriers to a patient's participation in their life role.

Demonstrate commitment to lifelong learning and career development.

## **PTA Program Philosophy**

The following statements represent the program philosophy of the PTA faculty and Advisory Committee:

- The physical therapist assistant is an integral part of the health care team and provides direct patient care under the direction and supervision of a licensed physical therapist. The physical therapist assistant may be employed in a variety of settings in which his/her role is to actively assist the physical therapist in the treatment of patients with various impairments and functional limitations. The physical therapist assistant is involved in promoting awareness of the profession and an interdisciplinary approach to health through education of the patient, family and community.
- A physical therapist assistant adheres to the Standards of Ethical Conduct of the Physical Therapist Assistant, Guide for Conduct of the Physical Therapist Assistant, and Direction and Supervision of the Physical Therapist Assistant set forth by the American Physical Therapy Association and abides by the laws governing practice. The program is committed to instilling in its students a sense of professionalism and clinical excellence.
- Learning is a life-long process, resulting in changes in knowledge, behavior, values, and attitudes. Learning takes place most readily when concepts are covered in a logical sequence and progress in difficulty from simple to complex. The ability to learn is influenced by individual life experiences and one's potential.
- Education provides opportunities for the acquisition of theoretical knowledge, the development of psychomotor skills, and the refinement of values and attitudes in support of SABER College's workforce productivity effort. The student and the instructor are partners in the learning process. The instructor facilitates learning by constructing experiences to promote the achievement of course/program outcomes. The student acquires significant learning through responsible and active participation. Learning should result in the ability to problem solve and think critically. Student educational achievement is evaluated by measurement of the attainment of course and program outcomes.

- Learning is more likely to occur in an atmosphere in which students feel respected and accepted. Positive feedback and success build confidence in the learner and encourage further learning.
- Physical therapist assistant education responds to the changes in healthcare and incorporates those changes into its curriculum, allowing the graduate to meet the needs of the healthcare consumer. In response to changing health-care patterns, physical therapist assistant education and community agencies collaborate to form partnerships for the education of the entry-level PTA.
- Physical therapist assistant education should provide a curriculum which is broad based, both enriching life and serving as a basis for further study. A scientifically based curriculum coupled with a strong clinical component and emphasizing the humanistic aspects of physical therapy is necessary to give the students the foundation they require to provide quality health care and thereby fulfill the needs of the community. Individuals who meet the educational requirements of the program will be eligible to take the National Physical Therapist Assistant Examination (NPTAE) for Physical Therapist Assistants upon graduation and will be prepared to competently provide interventions within a plan of care at the entry level.
- The Physical Therapist Assistant Program is dedicated to utilizing community resources and values active input from the community it serves. The clinical component of the program will provide a variety of clinical experiences that will broaden vocational options and enhance the students' personal, social, cultural, and intellectual growth.



**SABER College**  
**PTA Program**  
**Curriculum Plan with Course Descriptions**

**1<sup>st</sup> Semester – Summer 2022: 5/2/2022- 8/19/2022 (Semester Credit Hours 16, Clock Hours 255)**

**ENG 1001 English I** (Credit Hours 3, Clock Hours 45)

In this course, through a variety of writing projects the student develops competence in writing clear, correct, and effective English prose.

**MAT 1001 Applied Mathematics** (Credit Hours 3, Clock Hours 45)

This course develops student's ability to think logically and quantitatively. Some of the topics included are: set theory, algebra, number theory, geometry, measurements, graphs, probability theory and statistics.

**PSY 1000 Introduction to Psychology** (Credit Hours 3, Clock Hours 45)

This course studies the mental processes and behaviors

**BSC 1001 Human Anatomy and Physiology I** (Credit Hours 3, Clock Hours 45)

This course provides a basic understanding of the human body, its systems and their functions.

**BSC 1002 Human Anatomy and Physiology I Lab** (Credit Hours 1, Clock Hours 30)

This course consists of the laboratory for **BSC 1001**.

**HSM 1015 Applied Medical and Healthcare Terminology** (Credit Hours 3, Clock Hours 45)

Concepts and vocabulary of health disease, disability, causation, prevention treatment and classification.

**2<sup>nd</sup> Semester –Fall 2022: 8/29/2022-12/16/2022 (Semester Credit Hours 14, Clock Hours 285)**

**ENG 1011 English II** (Credit Hours 3, Clock Hours 45)

In this course, the student will continue to learn and practice the skills of clear, correct and effective English, by means of writings, conversations, and reading of essays, short stories, and poems.

**BSC 1011 Human Anatomy and Physiology II** (Credit Hours 3, Clock Hours 45)

This course is a continuation of **BSC 1001**

**BSC 1012 Human Anatomy and Physiology II Lab** (Credit Hours 1, Clock Hours 30)

This course is the laboratory for **BSC 1011**

**PTA 1001 Introduction to Physical Therapist Assistant with Lab** (Credit Hours 5, Clock Hours 105)

**Course Description**

This course introduces students to the historical background, philosophy and goals of physical therapy as a profession. It incorporates discussion on legal and ethical issues, educational requirements, supervisory relationships between the Physical Therapist and the Physical Therapist Assistant, the role and scope of practice of the Physical Therapist Assistant, and current developments related to physical therapy. Students gain knowledge and develop competency in basic physical therapy skills such as communication, documentation, taking

vital signs, infection control, patient positioning and transfers, and safe wheelchair and gait training.

**PTA 1401 Applied Anatomy and Kinesiology with Lab** (Credit Hours 4, Clock Hours 75)

Course Description:

This course is designed as part of a continuum in the application of clinical anatomy and kinesiology to facilitate analysis of functional movements including normal and abnormal posture and gait. The focus is on the relationship between joint and muscle structure and function. Students will gain knowledge and develop competency in assessment of body landmarks, palpation, Performance of PROM, AAROM and AROM joint motions, muscle actions, posture, and gait.

**3<sup>rd</sup> Semester – Spring 2023: 1/9/2023 – 4/28/2023 (Semester Credit Hours 14, Clock Hours 270)**

**PSY 1001 Developmental Psychology** (Credit Hours 3, Clock Hours 45)

This course focuses on the nature of human behavior as a dynamic developmental phenomenon.

**PTA 1501 Test and Measurements with Lab** (Credit Hours 5, Clock Hours 105)

Course Description:

This course focuses on the fundamental examination skills in physical therapy practice. Students are introduced to data collection and the performance of objective tests and measures for the musculoskeletal, neuromuscular, cardiopulmonary, and integumentary systems. Students develop competency in goniometry, manual muscle testing, sensory testing, upper motor neuron tests, balance and coordination tests, and integumentary, cardiopulmonary, and neurological assessments related to the supervising physical therapist's plan of care.

**PTA 1201 Therapeutic Procedures I with Lab** (Credit Hours 5, Clock Hours 105)

Course Description:

This course introduces the student to the theories and practical application of physical therapy modalities. The course explains important concepts including inflammation and healing, pain, muscle tone, lymphatic and vascular system and motion restrictions which are the primary reasons for the use of modalities. The physiological effects, indications, contraindications, precautions, types, and parameters of patient care interventions discussed in this course are presented. The course discusses pathologies commonly treated by therapeutic modalities, including pharmacological treatment discussed in this course with emphasis of the different systems. Students develop competency in commonly used modalities in physical therapy practice such as: superficial heat modalities, cryotherapy, traction, compression, hydrotherapy, and ultrasound and the stages of wound healing. This course explains important concepts of

wound care including wound types, burns and stages of healing. Applications of wound care techniques are included.

**PTA 1601 Pathophysiology** (Credit Hours 3, Clock Hours 45)

Course Description:

This course reviews signs, symptoms and complications of the most common disease processes encountered in physical therapy practice. The essential nature of diseases and abnormalities of body structure and function are covered. Body systems emphasized include endocrine, cardiovascular, respiratory, musculoskeletal, neurological, and genetic disorders. Lifespan considerations in the medical management of covered conditions are presented. The role of physical therapy and the interaction between the medical, therapy, and family members of the health care team in the lifespan management of patient populations is emphasized. The implications of laboratory lab values, medical equipment and lines, and diagnostic testing in modification and progression of physical therapy is explained. Special considerations regarding physical therapy of the critical patient in acute care is discussed. This course also introduces the student to basic pharmacology providing instructions about medications and their effects on different body systems and conditions. It introduces basic concepts of medications including history, drug nomenclature, sources of drug information, federal drug laws and standards, classifications of medications, and variables affecting medication actions and adverse effects of medications.

**4<sup>th</sup> Semester – Summer 2023: 5/1/2023-8/18/2023 (Semester Credit Hours 15, Clock Hours 375)**

**PTA 1301 Therapeutic Exercise with Lab** (Credit Hours 5, Clock Hours 105)

Course Description:

This course introduces the student to therapeutic exercise as applied to the physical therapy plan of care for patients with various musculoskeletal and cardiovascular diagnoses. Content includes principles of exercise interventions, cardiac rehabilitation, aquatic therapy, women's health, and management of lymphatic disorders. The course reinforces concepts of posture, kinesiology, and application of data collection skills to the progression of exercise programs. Students develop competency in stretching and strengthening exercises, orthopedic protocols, aerobic conditioning and reconditioning, and balance and coordination exercises.

**PTA 1210 Therapeutic Procedures II with Lab** (Credit Hours 5, Clock Hours 105)

Course Description:

This course continues the study of theories and practical application of physical therapy modalities. The physiological effects, indications, contraindications, precautions, types and parameters of patient care interventions are discussed in this course. Students develop competency in commonly used modalities in physical therapy practice such as: electrotherapy, NMES, TENS, laser and light therapy, biofeedback, soft tissue massage, and pulmonary techniques.

**PTA 1901 Clinical Experience I (Credit Hours 3, Clock Hours 160)**

Course Description:

Clinical Experience I is the first of three clinical experiences in a physical therapy setting. This is a 4 week full time clinical experience, approximately 160 hours, in an outpatient orthopedic setting under the direct supervision of a clinical instructor (licensed Physical Therapist or Physical Therapist Assistant). The purpose of this initial experience is to introduce the student to the operations of a PT facility/department including equipment used for treatment, patient flow, and roles and responsibilities of the healthcare team. The focus is on further development of learned skills through application of physical therapy treatment to patients under the direct supervision of a licensed PT and/or PTA. Basic patient care skills, therapeutic exercise, selected data collection techniques, and treatment modalities are emphasized.

**5<sup>th</sup> Semester – Fall 2023: 8/28/2023- 12/19/2023 (Semester Credit Hours 15, Clock Hours 560)**

**PTA 1701 Rehabilitation with Lab (Credit Hours 5, Clock Hours 105)**

Course Description:

Rehabilitation integrates previously learned and new skills/techniques into the comprehensive rehabilitation of selected conditions implementing a physical therapist's plan of care. Patient conditions covered include but are not limited to traumatic brain injury, spinal cord injury, cerebral palsy, genetic disorders, developmental disorders, vestibular disorders, burns, and amputations. This course is designed to develop skill in, and understanding of, the underlying principles of complex physical therapy plans of care including motor learning principles. This course includes techniques in therapeutic exercise programs for the covered conditions and neuro-rehabilitation techniques such as proprioceptive neuromuscular facilitation (PNF) and neurodevelopmental treatment (NDT). Topics in prosthetic and orthotic management as well as general methods of facilitating rehabilitation of the patient are presented and discussed. Students develop competency in developmental activities, functional mobility training with neurological patients, prosthetics and orthotics training, use of gravity assisted devices, and balance and coordination exercises.

**PTA 1902 Clinical Experience II (Credit Hours 4, Clock Hours 200)**

Course Description:

Clinical Experience II is the second of three clinical experiences in a physical therapy setting. This is a 5 week full time clinical experience, approximately 200 hours, under the direct supervision of a clinical instructor (licensed Physical Therapist or Physical Therapist Assistant). The purpose of this experience is to integrate and competently apply all previously learned clinical skills through application of physical therapy treatment to patients. The focus is on progression of clinical skills treating patients with varying conditions at the intermediate level based on the Clinical Performance Instrument (CPI). Implementation of rehabilitation techniques for more complex patients within an established plan of care is emphasized.

**PTA 1903 Clinical Experience III (Credit Hours 5, Clock Hours 240)**

**Course Description:**

Clinical Experience III is the final clinical experience in a physical therapy setting. This is a 6 week full time clinical experience, approximately 240 hours, under the direct supervision of a clinical instructor (licensed Physical Therapist or Physical Therapist Assistant). The purpose of this experience is to integrate and competently apply all previously learned clinical skills through application of physical therapy treatment to patients under the supervision of a licensed PT and/or PTA at entry-level. The emphasis of this experience is to integrate special topics, clinical management and current health care issues into the delivery of a comprehensive physical therapy treatment program.

**PTA 2000 Review Course for NPTAE (Credit Hour 1, Clock Hours 15)****Course Description:**

This course is designed to prepare program graduates for the National Physical Therapy Assistant Examination. It will serve as a review of essential and important physical therapy concepts. Students will take practice examinations and learn test taking skills. Job preparation skills such as resume development, interview skills, professionalism in the workplace, and the requirements for life-long learning are also included.

**Program Summary of Credit/Clock Hour Allocation:**

Total Credits:76 credits

Total Clock Hours:1785 clock hours

General Education: 15 credits,225 clock hours

Core Courses:11 credits, 195 clock hours

PTA Technical Education:50 credits, 1365 clock hours

PTA Lecture Instruction:25 credits,375 clock hours

PTA Laboratory Instruction:13 credits, 390 clock hours

Clinical Education:12 credits, 600 clock hours

\* Clinical Education courses Clinical Experience I (PTA 1901), Clinical Experience II (PTA 1902), and Clinical Experience III (PTA 1903) are based on a 40 hours a week schedule for the assigned number of weeks. Clinical Experience I will be 4 weeks, Clinical Experience II will be 5 weeks, and Clinical Experience III will be 6 weeks. Students are responsible for their own transportation and housing as needed

**Student Name:** \_\_\_\_\_

**ADMISSIONS POINT SYSTEM TO PTA PROGRAM**

Section 1: For all applicants

A. TABE: 10% (exempt if AA degree or higher)

12.9-12.5= 10 Points

12.4 – 12.0= 9 Points

11.9-11.5= 8 Points

11.4- 11.0 = 7 Points

AA degree or higher = 10 Points

\_\_\_\_\_ Points

B. OBSERVATION HOURS FORM: 20%

\_\_\_\_\_ Points

C. ORAL INTERVIEW: 20%

\_\_\_\_\_ Points

Section 2: GPA/GED Percentile

A. APPLICANTS WITH PREVIOUS COLLEGE EXPERIENCE:

GPA: 50 %

4.00 -3.79=50 points

3.78 -3.50=45 points

3.49-3.00= 40 points

2.99 -2.50 = 35 points

2.49 -2.00 = 30 points

\_\_\_\_\_ Points

B. HIGH SCHOOL STUDENTS:

GPA: 50 %

4.00 -3.79=50 points

3.78 -3.50=45 points

3.49-3.00= 40 points

2.99 -2.50 = 35 points

2.49 -2.00 = 30 points

\_\_\_\_\_ Points

C. STUDENTS WITH GED:

There are five sections on the GED. Points are awarded based on the applicant's score in each section.

GED: 50 %

75th percentile: 2 points per section

80th percentile: 4 points per section

85th percentile: 6 points per section

90th percentile: 8 points per section

95th percentile: 10 points per section

\_\_\_\_\_ Points

Section 3: Additional Points

ADDITIONAL POINTS AWARDED TO:

Greater than 40 observation hours in various Physical Therapy settings: 2 Points

Personal fitness trainers, massage therapists, exercise physiologists, LPN: 1 Point

Works as a PT Aide for more than 6 months: 1 Point

RN, Foreign Doctors, Athletic trainers: 2 Points

Associates Degree: 1 Point

Bachelors Degree: 2 Points

Advanced Degree: 3 Points

Additional points for A/B grade on math/science course awarded only if A/B was earned on first attempt taking course. (1 point per course, maximum of 4 points)

\*All additional points given for degrees from foreign countries must show proof of equivalent degree from US.

\_\_\_\_\_ Points

Total Points: \_\_\_\_\_



**SABER College Physical Therapist Assistant Program  
Clinical Observation Form**

**CLINIC OBSERVATION FORM FOR APPLICATION TO PTA PROGRAM**

As part of the requirements for application to the SABER College Physical Therapist Assistant Program, prospective students are required to spend a minimum of 20 hours of observation time in physical therapy practices. The student may complete the hours in more than one setting. However, the student must complete at least a minimum of 10 hours in each practice setting. Scoring will be based on an average of the scores received from the Clinic Observation Forms. Students are instructed to call the physical therapy clinic to request permission to observe and to request a specific time that is acceptable for their observation time. The 20 required clinic observation hours must be completed within 1 year prior to the application deadline. Additional hours over 1 year will be considered for additional points. All documentation of observation time must arrive at the school by the application deadline. It is the student's responsibility to make sure the college has received this documentation.

The following two pages are considered the "Clinic Observation Form." This form should be used to document the applicant's observation/volunteer time in a physical therapy clinic. All observation time reported must be documented on the observation form provided. Other forms of documentation are not acceptable. The information on this form is considered confidential. Therefore, the observation form must be in a sealed envelope with stamped closure or supervisor's signature written across the seal. Sealed envelope must be returned to the prospective student to submit as part of the application.

**SABER College Physical Therapist Assistant Program  
Clinic Observation Form**

Student Name: \_\_\_\_\_

I hereby give permission for a member of the SABER College PTA Program Admission Committee to contact this physical therapy department regarding details of my observation that may be in question.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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**(Supervising PT/PTA completes this portion of the form)**

**Facility Name:** \_\_\_\_\_

**Facility Type:** \_\_\_\_\_

**Facility Address:** \_\_\_\_\_

**Facility Phone:** \_\_\_\_\_

**Name and position of person supervising student's observation:** \_\_\_\_\_

As part of the requirements for application to the SABER College Physical Therapist Assistant Program, prospective students are required to spend a minimum of 20 hours of observation time in physical therapy practices. The student may complete the hours in more than one setting. However, the student must complete at least a minimum of 10 hours in each practice setting. Students are instructed to call the physical therapy clinic to request permission to observe and to request a specific time that is acceptable for their observation time. The physical therapist or physical therapist assistant who supervises the student's observation time should complete the form and sign the form. This form serves as documentation of observation time and as a reference if the person completing the form supervised the applicant's observation time. The information on this form is considered confidential. This observation form must be in a sealed envelope with stamped closure or supervisor's signature written across the seal. The sealed envelope must be returned to the prospective student to submit with application to the PTA Program. The information that you provide will be used to assist the PTA faculty in determining the candidate's qualifications for admission into the PTA program. No phone calls will be accepted. Thank you for assisting this student in gaining knowledge about the profession of physical therapy.

1. Did this student handle setting up this observation time appropriately?

( ) exceptional ( ) adequate ( ) inadequate

2. Was the student prompt and dependable during their time with you?

( ) exceptional ( ) adequate ( ) inadequate

3. Did the student demonstrate the ability to establish communication with you and the staff?

exceptional  adequate  inadequate

4. Did the student demonstrate the ability to establish communication with patients and their families?

exceptional  adequate  inadequate

5. Did the student appear interested and ask appropriate questions?

exceptional  adequate  inadequate

6. Did the student demonstrate the ability to assume appropriate responsibility?

exceptional  adequate  inadequate

7. Was the student's appearance appropriate for the practice setting?

exceptional  adequate  inadequate

8. Did the student demonstrate understanding of the roles of the PT/PTA and the practice setting they observed?

exceptional  adequate  inadequate

9. Did the student demonstrate ability to follow verbal and/or written instructions?

exceptional  adequate  inadequate

10. Based on the student's behavior in your practice, please rank the student as:

An excellent candidate for the PTA program

Should be considered for the PTA program

A poor candidate for the PTA program

Comments:

**Number of total hours the student observed at this practice:** \_\_\_\_\_

**Printed Name of PT or PTA that supervised student's observation:** \_\_\_\_\_

**Signature of PT or PTA that supervised student's observation** \_\_\_\_\_

**License Number of supervising PT or PTA:** \_\_\_\_\_

**Date (Required)** \_\_\_\_\_

## Grading Rubric for Clinic Observation Form

20 Maximum Points

Inadequate 0 points

Adequate 1 Point

Exceptional 2 points

1. \_\_\_\_\_ Points

2. \_\_\_\_\_ Points

3. \_\_\_\_\_ Points

4. \_\_\_\_\_ Points

5. \_\_\_\_\_ Points

6. \_\_\_\_\_ Points

7. \_\_\_\_\_ Points

8. \_\_\_\_\_ Points

9. \_\_\_\_\_ Points

10. \_\_\_\_\_ Points

Total Points: \_\_\_\_\_/20 points

## PTA Program Oral Interview

All PTA Program applicants who meet entrance requirements are required to participate in a formal oral interview process. The interview is a panel interview with the Program's Admissions Committee. The purpose of the interview is to evaluate the applicant's affective skills including communication, professionalism, and attitude. It will also assess the applicant's knowledge of the profession. The intent is to improve student retention by admitting students who exhibit a good knowledge base of the profession and key characteristics vital to success in the field of physical therapy. All students will receive the same questions and will be scored based upon the content of their responses. Questions will include the following content:

1. The applicant's general knowledge of the profession of physical therapy including work settings, challenges of the profession, and role of the APTA.
2. The applicant's understanding of the roles of the physical therapist and physical therapist assistant and their professional relationships.
3. The applicant's rationale for the selection of physical therapy as their profession of choice.
4. The applicant's knowledge of the PTA Program's curriculum and requirements associated with clinical and didactic experiences.
5. Other areas related to the professional and to the applicant's personal successes and challenges.

Applicants who are selected for the interview process should review information available in the Prospective Student Informational Packet available on the SABER College website [www.sabercollege.edu](http://www.sabercollege.edu) and visit the American Physical Therapy Association's website at [www.apta.org](http://www.apta.org) to learn more about the profession prior to the interview.

### Grading Rubric for Oral Interview

#### Question 1: Professionalism

• Poor (0 Points)	• Fair (1 Point)	• Good (2 Points)
<ul style="list-style-type: none"> <li>• Unprofessional and inappropriate business attire.</li> <li>• Use of improper social skills and body language</li> <li>• More than 15 minutes late</li> </ul>	<ul style="list-style-type: none"> <li>• Professional attire but comes in jeans, sneakers, exercise clothes, etc.</li> <li>• Use of good manners and body language</li> <li>• Less than 15 min late</li> </ul>	<ul style="list-style-type: none"> <li>• Professional attire including business dress, slacks, etc.</li> <li>• Use of appropriate social skills and body language</li> </ul>

#### Questions 2-10:

Poor (0 Points)	Fair (1 Point)	Good (2 Points)
<ul style="list-style-type: none"> <li>• Unable to accurately answer questions</li> <li>• Nervousness impedes answering questions</li> <li>• No eye contact</li> <li>• Use of negative words to describe self and negative attitude towards experiences related to physical therapy</li> <li>• Use of rude comments</li> <li>• Answers demonstrate lack of commitment to program</li> <li>• Answers do not support choice of profession</li> </ul>	<ul style="list-style-type: none"> <li>• Accurately answers questions but incomplete</li> <li>• Nervousness impedes answering questions completely and thoroughly</li> <li>• Decreased eye contact</li> <li>• Long pauses when answering questions</li> <li>• Short quick responses</li> <li>• Answers demonstrate commitment to program and choice of profession</li> </ul>	<ul style="list-style-type: none"> <li>• Accurately answers questions</li> <li>• Maintains eye contact</li> <li>• Nervousness does not impede answering questions thoroughly and completely</li> <li>• Use of details and supportive comments to answer questions</li> <li>• Use of positive words to describe self and experiences</li> <li>• Answers demonstrate commitment to program</li> <li>• Answers support choice of profession</li> </ul>