



## COURSE OUTLINE: OPA203 - PT CLINICAL SKILLS 2

Prepared: Joanna MacDougall

Approved: Rebecca Keown - Dean

<b>Course Code: Title</b>	OPA203: PHYSIOTHERAPY CLINICAL SKILLS II
<b>Program Number: Name</b>	3022: OCCUP/PHYSIO/ASSIST
<b>Department:</b>	OTA/PTA ASSISTANT
<b>Academic Year:</b>	2025-2026
<b>Course Description:</b>	This course prepares students to implement, monitor, and advance physiotherapy treatment plans under the supervision of a Registered Physiotherapist. Through the study of various clinical cases, students will build key competencies needed to safely and effectively support physiotherapists in practice. Lab sessions focus on developing the practical skills and clinical reasoning required to safely support physiotherapy interventions across a range of functional and therapeutic contexts.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	42
<b>Prerequisites:</b>	OPA110, OPA122, OPA124, OPA131, PNG111, PNG121
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>This course is a pre-requisite for:</b>	OPA208, OPA211, OPA226, OPA227
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>3022 - OCCUP/PHYSIO/ASSIST</b>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	VLO 1 Communicate appropriately and effectively, through verbal, nonverbal, written and electronic means, with clients, their significant others, occupational therapists, physiotherapists, and members of the interdisciplinary health care team and others.
	VLO 3 Establish, develop, maintain, and conclude client-centred, therapeutic relationships.
	VLO 4 Promote a safe environment that prevents or minimizes potential physical or mental harm to the client, therapist assistant and others.
	VLO 5 Practice in a legal, ethical, and professional manner within the role of a therapist assistant.
	VLO 6 Document client records in a thorough, objective, accurate, and timely manner within the role of the therapist assistant.
	VLO 8 Perform the roles and responsibilities of the therapist assistant effectively through the application of relevant knowledge of health sciences, psychosocial sciences, health conditions, resource management, and clinical procedures.
	VLO 9 Contribute to the occupational therapist's or physiotherapist's assessment of the client and the development, implementation and modification of intervention/treatment plans.
	VLO 11 Maximize the client's physical function by accurately and safely implementing the interventions, and related tasks under the direction and supervision of the



	physiotherapist.								
<b>Essential Employability Skills (EES) addressed in this course:</b>	<p>EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 3 Execute mathematical operations accurately.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>								
<b>Course Evaluation:</b>	<p>Passing Grade: 60%, C</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>								
<b>Other Course Evaluation &amp; Assessment Requirements:</b>	The overall passing grade, C or 60%, is required for subsequent courses for which this is a prerequisite. In addition, a minimum of 60% is required for each category of performance in Performance Based Evaluations. (refer to the OTA/PTA Student Success Guide for further clarification)								
<b>Books and Required Resources:</b>	OER Provided by Professor Goniometer and Incentive Spirometer								
<b>Course Outcomes and Learning Objectives:</b>	<table border="1"> <thead> <tr> <th>Course Outcome 1</th> <th>Learning Objectives for Course Outcome 1</th> </tr> </thead> <tbody> <tr> <td>1. Describe the clinical presentation of common disabling conditions managed in a physiotherapy setting.</td> <td>1.1 Describe common signs and symptoms, mobility issues and other impairments addressed by Physiotherapy.</td> </tr> <tr> <th>Course Outcome 2</th> <th>Learning Objectives for Course Outcome 2</th> </tr> <tr> <td>2. Contribute to the development, implementation, and modification of therapeutic exercise and mobility programs as identified in the PT intervention/treatment plan.</td> <td>2.1 Integrate knowledge of the distinct types of exercise programs with knowledge of different conditions to contribute to the development, implementation, and modification of therapeutic exercise and mobility programs as identified in the intervention/treatment plan. 2.2 Describe how to implement, monitor and progress physiotherapy interventions that address (but are not limited to) range of motion, aerobic conditioning, muscle performance</td> </tr> </tbody> </table>	Course Outcome 1	Learning Objectives for Course Outcome 1	1. Describe the clinical presentation of common disabling conditions managed in a physiotherapy setting.	1.1 Describe common signs and symptoms, mobility issues and other impairments addressed by Physiotherapy.	Course Outcome 2	Learning Objectives for Course Outcome 2	2. Contribute to the development, implementation, and modification of therapeutic exercise and mobility programs as identified in the PT intervention/treatment plan.	2.1 Integrate knowledge of the distinct types of exercise programs with knowledge of different conditions to contribute to the development, implementation, and modification of therapeutic exercise and mobility programs as identified in the intervention/treatment plan. 2.2 Describe how to implement, monitor and progress physiotherapy interventions that address (but are not limited to) range of motion, aerobic conditioning, muscle performance
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	(strength, power, endurance), flexibility, balance, relaxation, respiration/coughing and task-specific functional training. 2.3 Design and construct patient handouts, both handwritten and with the use of computer software and the internet to communicate with clients and their families. 2.4 Recognize signs of distress and apply knowledge of precautions/contraindications to monitor, modify and/or stop an exercise program, and report to the physiotherapist.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Contribute to the development, implementation and modifications of intervention/treatment plans under the supervision of and in collaboration with a Registered Physiotherapist.	3.1 Analyze the Roles and Responsibilities: Describe the respective roles of the Physiotherapist and the Physiotherapist Assistant throughout the rehabilitation process, including assessment, treatment planning, implementation, monitoring, and documentation. 3.2 Support Assessment and Measurement - Assist with neuromuscular examinations and use of standardized assessment tools, measure and document joint range of motion and recall normal movement ranges and end-feel concepts. 3.3 Contribute to Intervention and Progress Monitoring - Apply appropriate intervention techniques (functional training, impairment-focused strategies), observe patient performance, and report changes to support plan modification. Execute respiratory techniques and explain their role in the Physiotherapy management of cardio-respiratory conditions.
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Perform important communication skills of the PTA to observe and interact with the client, the Physiotherapist and other members of the interprofessional health care team.	4.1 Report effectively, both in verbal and written form, to monitor progress and record clinical observations. 4.2 Communicate effectively to help reinforce the Physiotherapist's instructions (alternate ways of teaching the same exercise, motivating patients).
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
5. Execute safe and appropriate handling skills in common disabling conditions.	5.1 Perform safe transfers, and bed mobility accommodating different impairments and levels of assistance required. 5.2 Perform safe handling and positioning related to common neuromusculoskeletal disabling conditions. 5.3 Apply principles of safety during selection, fit and instruction of assistive devices used to optimize physical function.

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Performance Based Evaluation	30%
Term Project	30%
Theory Quizzes	20%



	Written Tests (2)	20%
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<b>Date:</b>	August 13, 2025
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<b>Addendum:</b>	Please refer to the course outline addendum on the Learning Management System for further information.
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