



TIDEWATER COMMUNITY COLLEGE
From here, go anywhere.™

VIRGINIA BEACH CAMPUS

Dear Applicant:

Thank you for your interest in the Physical Therapist Assistant (PTA) Program. This packet includes information on the profession, admission requirements and procedures, and the PTA curriculum.

The PTA program is offered on a full-time basis during daytime hours, and it is five semesters in length. The first semester is a prerequisite semester and consists of all general education classes. The remaining general education classes are spread throughout the second, fourth, and fifth semesters. You can take the general education classes in the order outlined in the curriculum guide sheet, or you can take them all ahead of time depending on your individual needs.

Students are admitted into the program once per year in the fall during semester two. **The application deadline is April 1.** Applications will be reviewed during the month of April, and notification letters will be sent out during the third week in May.

Positions in the program are limited, thus applicants will be awarded points based on their completion of the requirements as outlined in this packet. Admissions decisions will be made based on each applicant's total point ranking. It is strongly recommended that you apply early, fulfill all requirements for admission, and make sure that you have received transfer credit from all attended colleges to better your chance for admission.

Admission to the program requires that students complete a TCC application and a Health Professions Program application. These applications are available in the Admissions Center, Princess Anne Building of the Virginia Beach Campus, or by calling the Information Center at (757) 822-1122.

To receive transfer credit for classes taken at colleges other than TCC, students must have their official transcripts sent to the Central Records Office, Tidewater Community College, PO Box 9000, Norfolk, VA 23509-9000. Students must also submit an "Evaluation of Previous Educational Experiences" form available on-line at <http://www.tcc.edu/secure/forms/evaluationrequest.php> to the Central Records Office. This form gives the Central Records Office permission to evaluate your transcripts and award transfer credit. You may also print and send the form to the Central Records Office. You can verify receipt of your transcripts by calling (757) 822-2150.

Prior to the application deadline date, students are encouraged to contact Gloria Singleton in the Domicile Health Professions and Records Office at (757) 822-7340 to verify receipt of your application.

Prior to graduation from the program, students must demonstrate computer competency in word processing, spreadsheet, database, and internet/e-mail. You can either take ITE 115-Introduction to Computer Applications and Concepts, or call the Counseling Center at (757) 822-7211 to schedule to take a computer competency test. It is best to do this early in the program.

CHESAPEAKE

NORFOLK

PORTSMOUTH

SUFFOLK

VIRGINIA BEACH

1700 College Crescent

Virginia Beach

Virginia 23453

Telephone: 757-822-7100

www.tcc.edu

The Financial Aid Office can be reached by calling (757) 822-7292 for information about grants, loans, and scholarships. To inquire about Veterans educational benefits, the Veterans Affairs Office can be reached at (757) 822-7235.

The Physical Therapist Assistant Program holds an Open House on the **third** Thursday of each month (There is no Open House in December.) at the Virginia Beach Campus. You may come to Room E-106 in the Lynnhaven Building between the hours of 4:00 p.m. and 5:00 p.m. to hear an overview of the admission process.

The Physical Therapist Assistant Program is accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE) of the American Physical Therapy Association, 1111 N. Fairfax Street, Alexandria, VA 22314. They can be reached by calling (703) 706-3245.

Graduation, licensure and employment rates for 2007 program graduates are as follows:

Graduation: 81% Licensure: (ultimate pass rate) 100% Employment: 100%

PLEASE NOTE:

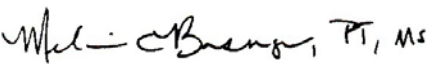
Information in this packet is subject to change. Students should check periodically to see if materials have been updated.

Prospective students are hereby notified that certain medical facilities require both criminal/sex offender background checks as well as drug screens prior to being authorized to attend clinicals. The cost of the background check is the responsibility of the student. Also, please note that there will be a criminal background check for all individuals applying for license to practice as a Physical Therapist Assistant in the Commonwealth of Virginia, and that no one with a felony conviction will be issued a license.

Tidewater Community College maintains and promotes equal opportunity without regard to ethnicity, color, gender, age (except where gender or age is a bona fide occupational qualification), religion, handicap, national origin, or other non-merit factors. Disclosure of social security number, age, gender, and ethnicity is optional.

Once again, thank you for your interest in our program. Please contact me with any further questions or concerns at (757) 822-7251, or the e-mail address listed below.

Sincerely,


Melanie C. Basinger, PT, MS
Program Director
Physical Therapist Assistant Program
<http://www.tcc.edu/healthprofessions>
mmaneval@tcc.edu

PTApkt 1/09st

WHAT IS PHYSICAL THERAPY?

Physical Therapy is the care and service provided by or under the supervision of a physical therapist to individuals in pain or to those with impaired mobility after disease, illness, injury, or surgery. Physical Therapy clinicians work with individuals of all ages including, but not limited to, those who have suffered stroke, head injury, Cerebral Palsy, Multiple Sclerosis, Parkinson's disease, amputation, spinal cord injury, knee surgery, or shoulder injury.

WHAT DOES A PHYSICAL THERAPIST ASSISTANT DO?

A Physical Therapist Assistant (PTA) works under the direct supervision of a Physical Therapist providing care to individuals of all ages who have been injured or disabled due to accident or disease. PTA's are employed in many practice settings including hospitals, rehabilitation centers, nursing homes, home health agencies, outpatient clinics, sports medicine clinics, private practice, industry, and school systems.

WHAT TASKS COULD A PHYSICAL THERAPIS ASSISTANT PERFORM DURING A TYPICAL WORKDAY?

Depending on the setting in which you work, a typical day for a Physical Therapist Assistant may include:

- Assisting patients after surgery or following a disease in basic skills such as: getting in and out of bed, getting in and out of a chair, and walking.
- Teaching exercises to strengthen and stretch weak and tight muscles.
- Teaching balance and coordination exercises.
- Teaching patients to walk again with an artificial leg.
- Performing modalities such as ultrasound, traction, hydrotherapy, and electrical stimulation.
- Promoting health and wellness in fitness centers and schools.
- Consulting with employers and employees about preventing injury in the workplace.
- Working with children of all ages on gaining independence for everyday activities such as sitting, eating, walking, and going to school.

WHAT IS THE DIFFERENCE BETWEEN A PHYSICAL THERAPIST AND A PHYSICAL THERAPIST ASSISTANT?

A Physical Therapist holds a bachelor's degree, master's degree, or doctorate degree depending on how long they have been practicing. Physical Therapists entering the field today have earned doctorate degrees. They are responsible for performing initial evaluations for new patients, higher-level skills such as joint mobilization, and supervising Physical Therapist Assistants.

A Physical Therapist Assistant holds an associate's degree in applied science. They perform the majority of direct patient care once the Physical Therapist has evaluated the patient and the treatment plan has been established. A Physical Therapist Assistant practices under the supervision of a Physical Therapist.

WHAT IS THE DIFFERENCE BETWEEN PHYSICAL THERAPY AND OCCUPATIONAL THERAPY?

Physical Therapists and Occupational Therapists often work together as members of the health care team. Physical Therapy treatment focuses on assisting individuals regain or improve movement and mobility. Occupational Therapy treatment focuses on assisting individuals regain or improve self-care skills, work skills, and leisure skills.

WHAT IS THE JOB OUTLOOK FOR THE FIELD OF PHYSICAL THERAPY?

Employment opportunities for Physical Therapist Assistants are growing. Over the past two years, all graduates from this program who have wanted to work have found employment either during their final clinical rotation or shortly after graduation.

As the cost of delivering healthcare continues to rise, employers are hiring more Physical Therapist Assistants to provide direct patient care under the supervision of a Physical Therapist. Physical therapy treatments previously provided by Physical Therapists are now being delegated to Physical Therapist Assistants.

CAN A PHYSICAL THERAPIST ASSISTANT BECOME A PHYSICAL THERAPIST?

A Physical Therapist Assistant can become a Physical Therapist. You must complete a Bachelor's Degree in a related field such as Exercise Science or Biology. Then you apply to the Physical Therapist program, which awards the successful candidate an entry-level doctorate degree.

WHAT PRE-REQUISITES WILL I NEED WHEN APPLYING TO TCC'S PHYSICAL THERAPIST ASSISTANT PROGRAM?

- BIO 141 (Human Anatomy and Physiology I)*
- PHY 100 (Elements of Physics)*
- ENG 111 (College Composition I)*
- PSY 230 (Developmental Psychology)
- SDV 101 (Orientation to Healthcare)
- HLT 105 (Cardiopulmonary Resuscitation) or HLT 130 (Nutrition and Diet Therapy)
- Twenty hours of documented observation or work hours under the supervision of a physical therapist or physical therapist assistant in each of two different physical therapy practice settings such as:
 - Outpatient
 - Acute care
 - Rehab
 - Home health and/or
 - A skilled nursing facility for a total of forty (40) hours.
- Two recommendation forms from employers, clinicians, or professors.
- **Recommend** completion of BIO 142 (Human Anatomy and Physiology II), Humanities elective, and Social Sciences elective.

*BIO 141 may require that you first take BIO 1 (Foundations of Biology) or BIO 100 (Basic Human Biology), CHM 1 (Chemistry I), or HLT 143 (Medical Terminology I) if you have never taken, or have not recently taken high school or college biology or chemistry. If you are unsure you need to take one of these classes, speak to the Counseling Center by calling (757) 822-7211.

ADMISSION PRIORITIES

Due to the large number of applicants and limited enrollment, the Physical Therapist Assistant Program strictly follows the admission priorities established by the College:

When enrollments must be limited for any curriculum or course, priority shall be given to all qualified applicants who are residents of the political subdivisions* supporting the college and to Virginia residents not having access to a given program at their local community college, provided such applicants apply for admission to the program prior to registration or by a deadline established by the college. In addition, residents of localities with which the college has clinical-site or other agreements may receive equal consideration for admission. The priority list is as follows:

- (1) residents of the political subdivisions supporting the College,
- (2) other Virginia residents,
- (3) out-of-state residents, and
- (4) foreign students.

* Political subdivisions include:

Virginia Beach	York County
Portsmouth	Emporia City
Chesapeake	South Boston City (partial)
Norfolk	Brunswick County
Franklin City	Buckingham County (partial)
Isle of Wight County	Charlotte County
Suffolk City	Cumberland County
Southampton County	Greensville County
Hampton	Halifax County (partial)
Newport News	Lunenburg County
Poquoson	Mecklenburg County
Williamsburg	Nottoway County
James City County	Prince Edward County

NOTE: Applicants to all Health Professions programs must be categorized in priority jurisdictions by the program application deadline date.

PTA PROGRAM TECHNICAL STANDARDS

To ensure patient safety and treatment effectiveness, the Physical Therapist Assistant Program at Tidewater Community College has established qualifications, which must be met by the students admitted or enrolled in the program. These qualifications include:

- Satisfactory **verbal, reading, and written** skills to effectively and promptly communicate in English.
- Sufficient **eyesight** to read paper or computer generated medical records; read instrument panels; apply therapeutic modalities such as ice, heat, and electrical stimulation; monitor patients for adverse reactions to treatment; adjust assistive devices; and make visual observations regarding posture and functional abilities (bed mobility, transfers, and ambulation).
- Sufficient **hearing** to communicate with patients and other members of the healthcare team, monitor patients by hearing instrument signals and alarms.
- Sufficient **smell** to assess patient status and maintain a safe practice environment.
- Sufficient **fine touch discrimination** to palpate pathologic changes in soft tissue.
- Sufficient **fine and gross motor coordination** to manipulate/operate equipment controls and to perform manual treatment/assessment techniques including, but not limited to, massage; ultrasound; electrical stimulation; stretching; neuromuscular re-education; goniometry; and manual muscle testing.
- Satisfactory **physical strength** to transport, move or lift patient requiring all levels of assistance and to perform prolonged periods of standing, walking, sitting, bending, crawling, reaching, pushing, and pulling.
- Satisfactory **intellectual, emotional, and interpersonal skills** to ensure patient safety; exercise independent judgment and discretion in the performance of assigned responsibilities, and interact with patients, families, and other health care workers.

APPLICATION PROCEDURE/CHECKLIST

The following steps **must be completed by April 1** to be eligible for fall admission:

- _____ 1. Submit a TCC Application to the Admissions Center (Virginia Beach Campus), Princess Anne Building, Room A-111, Tidewater Community College, 1700 College Crescent, Virginia Beach, VA 23453.
- _____ 2. Complete a Health Professions Program Application indicating Physical Therapist Assistant as your program choice. Submit the application to the Domicile Health Professions and Records Office (Virginia Beach Campus), Princess Anne Building, Room A-100A, Tidewater Community College, 1700 College Crescent, Virginia Beach, VA 23453.
- _____ 3. If you would like to receive transfer credit from previous colleges attended, you must contact the Registrar at each college you attended and have them send official transcripts directly to the Tidewater Community College, Central Records Office, PO Box 9000, Norfolk, VA 23509-9000.
- _____ 4. Complete the on-line "Request for Evaluation of Previous Higher Educational Experiences" form, or you can print and send it to the Central Records Office, Tidewater Community College, PO Box 9000, Norfolk, VA 23509-9000. This form must be received by the Central Records Office in order to evaluate your transcripts and assign transfer credit. Verify receipt of all transcripts by calling (757) 822-2150.
- _____ 5. If you have not yet successfully completed a college-level English or math class, you will need to take placement tests. These tests determine the appropriate English and math developmental classes a student must take before enrolling in the general education requirements of ENG 111 and PHY 100. Contact the Counseling Center (Virginia Beach Campus) at (757) 822-7211 regarding your need to take these tests, and for the dates and times these are given.
- _____ 6. If you have never taken or have not recently taken high school or college biology or chemistry, you may be required to take either BIO 1 or BIO 100, CHM 1, or HLT 143 as a refresher course prior to enrolling in BIO 141. Call the Counseling Center at (757) 822-7211 to find out which of these classes you will need to take.
- _____ 7. Contact the Counseling Center at (757) 822-7211 to schedule computer competency testing, or plan to enroll in ITE 115 to satisfy computer competency requirements of graduation.
- _____ 8. Twenty hours of documented observation or work hours in each of two different physical therapy practice settings (i.e., outpatient and acute care, skilled nursing facility and outpatient, etc.) under the supervision of a Physical Therapist or Physical Therapist Assistant totaling forty (40) hours is a required prerequisite.
- _____ 9. Two recommendation forms from employers, professional associates, clinicians, or professors.

Name: _____ Date Entered TCC: _____

Empl ID: _____ Counselor: _____

Physical Therapy Assistant (180)
 Associate of Applied Science Degree: Physical Therapist Assistant

SEMESTER 1 – SPRING (Prerequisites taken prior to admission.)

Prerequisites	Course No	Course Title	Credits	When Taken	Grade
HLT 143 BIO 101	BIO 141	Human Anatomy and Physiology I ¹	4	_____	()
Placement test	ENG 111	College Composition I ¹	3	_____	()
MTH 3 or Equivalent	PHY 100	Elements of Physics ²	4	_____	()
_____	PSY 230	Developmental Psychology	3	_____	()
_____	SDV 101	Orientation to Health Care	1	_____	()
_____	HLT 105 or HLT 130	Cardiopulmonary Resuscitation Diet and Nutrition Therapy	1	_____	()
Semester Total			16		

SEMESTER 2 - FALL – (Based on a Fall Semester start)

Prerequisites	Course No	Course Title	Credits	When Taken	Grade
BIO 141	BIO 142	Human Anatomy and Physiology II	4	_____	()
Instructor Permission	PTH 105	Introduction to Physical Therapist Assisting	3	_____	()
Instructor Permission	PTH 121	Therapeutic Procedures I	5	_____	()
Instructor Permission	PTH 151	Musculoskeletal Structure and Function	5	_____	()
Semester Total			17		

SEMESTER 3 - SPRING - PTA Courses

Prerequisites	Course No	Course Title	Credits	When Taken	Grade
Instructor Permission	PTH 110	Medical Reporting	1	_____	()
Instructor Permission	PTH 115	Kinesiology for the Physical Therapist Assistant	4	_____	()
Instructor Permission	PTH 122	Therapeutic Procedures II	5	_____	()
Instructor Permission	PTH 131	Clinical Education	2	_____	()
Semester Total			12		

Name: _____ Date Entered TCC: _____

Empl ID: _____ Counselor: _____

SEMESTER 4 - FALL

Prerequisites	Course No	Course Title	Credits	When Taken	Grade
Instructor Permission	PTH 210	Psychological Aspects of Therapy	2	_____	()
Instructor Permission	PTH 226	Therapeutic Exercise	4	_____	()
Instructor Permission	PTH 251	Clinical Practicum I	3	_____	()
_____	_____	Humanities Elective ³	3	_____	()
Semester Total			12		

SEMESTER 5 - SPRING - PTA & General Education Courses

Prerequisites	Course No	Course Title	Credits	When Taken	Grade
Instructor Permission	PTH 225	Rehabilitation Procedures	5	_____	()
Instructor Permission	PTH 252	Clinical Practicum II	4	_____	()
Instructor Permission	PTH 255	Seminar in Physical Therapy	2	_____	()
_____	_____	Social Science Elective ³	3	_____	()
Semester Total			14		
Total Program Credits			71		

¹ Placement test or prerequisite required.

² Any college level physics may be substituted.

³ Eligible courses are listed on 64 of the 2008-2009 catalog. See your academic advisor or counselor to choose the appropriate course(s).

NOTES:

- Program requirements may change in accordance with federal, state, or industry standards. Call (757) 822-7257 or (757) 822-7251 for the most current information.
- In order to graduate with the associate's degree, you must meet the college's computer competency requirement see page 44 of the 2008-2009 catalog, or consult your academic advisor or counselor to determine how to satisfy this requirement.

Tidewater Community College is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award the Associate Degree.

TIDEWATER COMMUNITY COLLEGE
VIRGINIA BEACH CAMPUS
PHYSICAL THERAPIST ASSISTANT PROGRAM

PRE-ADMISSION CLINICAL EXPERIENCE FORM

Each student must complete a minimum of **20 hours** of observation or work hours under the supervision of a physical therapist or physical therapist assistant **before** he or she will be considered for admission to the Physical Therapist Assistant program in each of **two (2) different physical therapy practice settings** (i.e., outpatient and acute care, skilled nursing facility and outpatient, etc.) A minimum of 40 hours is required although a maximum of 200 hours may be applied towards admission

Please remember that the physical therapy clinician's first responsibility is to the patients, therefore, there may be some delay in scheduling your hours. You should begin contacting clinics as soon as possible to avoid problems in completing the required number of hours. Some clinics may have a requirement for a minimum number of volunteer hours that may be greater than admissions requirements. You will need to abide by the facility's policies for minimum hours, even though this program only requires 20 hours in any single practice setting.

A copy of this form must be completed **for each clinic** you visit, including the signature of the Physical Therapist or Physical Therapist Assistant who supervised the visit(s), and be **submitted with your application** before your application will be considered for admission.

NAME OF STUDENT (please print): _____

NAME OF PHYSICAL THERAPY CLINIC: _____

Address

City State Zip Code

Telephone

NAME OF PHYSICAL THERAPY CLINICIAN: _____

HOURS OF CLINICAL EXPERIENCE: _____

TYPE OF PHYSICAL THERAPY SETTING-
(AC, OP, SNF, etc.) _____

P.T/P.T.A. COMMENTS:(Optional) _____

Student Signature & Date

P.T/P.T.A. Signature & Date

**TIDEWATER COMMUNITY COLLEGE
VIRGINIA BEACH CAMPUS
PHYSICAL THERAPIST ASSISTANT PROGRAM**

PTA APPLICANT RECOMMENDATION FORM

Student Name: _____

Student Address: _____

The above student has applied for admission to the Physical Therapist Assistant Program. Please assist us in making our student selections by providing the following information. Thank you for your time.

Assessment Area	Excellent	Good	Average	Below Average
Communication Skills				
Punctuality				
Initiative				
Flexibility				
Work Ethic				
Professional Attitude				

Overall Rating

(please circle one)

Excellent

Good

Average

Below Average

How long have you known applicant? _____

In what capacity? _____

Evaluators Name: _____

Please print

Signature

Evaluator=s Address: _____

Phone Number: _____

Comments: In the space below (and on back if needed), please discuss what qualities or characteristics of this applicant would facilitate their success in a demanding educational program.