

## OPTIONAL ACTIVITY IN PLACE OF OBSERVATION HOURS

**\*Important:** The assignment must be completed in its entirety and included in the application

Purpose: To help potential students research the world of physical therapy and expose them to reliable websites, prior to starting the program. The applicant will earn 1 incentive point for correct completion of this document towards their admission total.

1. Please visit the following website: <https://www.choosept.com/aboutptsptas/default.aspx>.
  - a. Please type out the 11 practice areas which a PT and/or PTA can practice.
  - b. Pick a practice area above that is unfamiliar to you and summarize (in your own words) about 2 things that you learned from that practice area.
2. Which of the following do you feel are **NOT** within the scope of practice of a PTA?  
Underline all that apply.
  - a. Soft tissue/Deep Tissue mobilization
  - b. Gait training
  - c. Changing the plan of care on the initial evaluation
  - d. Pain management
  - e. Strengthening of muscles
  - f. Administration of medicine
  - g. Stretching of muscles
  - h. Joint mobilizations
  - i. Performing interventions outside the plan of care
3. Refer to Physical Therapist Assistants (titled Physical Therapist Assistants and Aides) in the Occupational Outlook Handbook (OOH) under the *U.S. Bureau of labor statistics* website. <https://www.bls.gov/OOH/healthcare/physical-therapist-assistants-and-aides.htm#tab-1>
  - a. Please watch the video on the summary tab.
  - b. According to the quick facts, what is the median pay for a PTA, per year and per hour?
  - c. As far as the job outlook, what is the expected percentage of growth through 2028?
  - d. What are the typical hours of work for a physical therapist assistant?
4. Some students may confuse physical therapist assistants (PTA) with athletic training or personal training. This section will help you tease out the differences.
  - a. Utilizing the following website, <https://www.bls.gov/OOH/healthcare/athletic-trainers.htm...>
    - i. Where do Athletic trainers work?
    - ii. What is the typical entry-level education?
    - iii. According what athletic trainers do, who do they work with as far as patients?
    - iv. Who are they supervised by?
    - v. What are the typical hours of work for an athletic trainer?
  - b. Utilizing the following website, <https://www.bls.gov/OOH/personal-care-and-service/fitness-trainers-and-instructors.htm...>
    - i. Where do fitness trainers and instructors work?
    - ii. What is typical entry-level education?
    - iii. What are the typical hours of work for a fitness instruction trainer or instructor?
5. Some students also may feel as though we are similar to nursing. While that is semi-true, we want to make sure you understand there are some differences. Please utilize the following website for this section: <https://www.bls.gov/OOH/healthcare/registered-nurses.htm#tab-1>. Please place an X under the appropriate heading.

Criteria	PTA	RN	Both
Administers medication			
Uses needles to draw blood and insert fluids			
Takes vitals			
Educates patient			

Focuses on mobility, such as walking			
Focuses highly on lab values			
Focus on strengthening through exercise			
Focuses on <i>technique</i> with daily activities			
Assisting patients with toileting activities			
Communicates with other healthcare professionals			