GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 11/29/2022

Approved by GCCCD Governing Board:12/13/2022

OCCUPATIONAL THERAPY ASSISTANT 101 – FUNDAMENTALS OF ACTIVITY/THERAPEUTIC MEDIA

1. Course Number Course Title Semester Units

OTA 101 Fundamentals of Activity/Therapeutic Media 2

Semester Hours

1 hour lecture (16-18 hours); 3 hours laboratory (48-54 hours); 32-36 outside-of-class hours for lecture;

96-108 total hours

2. Course Prerequisites

None

Corequisite

OTA 100 and 110 and 111

Recommended Preparation

None

3. Catalog Description

Through experiential learning, students will explore and develop skills in performing processes required in minor crafts, gross motor activities, games and simple work tasks. The focus of OT in daily life activities is reviewed. Emphasis is on activity analysis and adaptation from the perspective of work and play/leisure tasks throughout the life span, and addresses physical, psychosocial and cognitive needs. Safety in the use of therapeutic activities is emphasized. Students will learn to teach techniques in applying therapeutic media to a group.

4. Course Objectives

The students will:

1. Describe occupation, activity, and purposeful activity through the lifespan considering diverse populations.
2. Describe and apply the process of activity analysis relative to performance areas, performance components, performance contexts, activity demands and client factors.
3. Identify elements of the Occupational Therapy Practice Framework Process.
4. Analyze and apply a variety of activities that are used in occupational therapy, modifying components to address specific patient deficits including physical, psychosocial, cognitive and cultural needs.
5. State the importance of the balance of performance areas to the achievement of health and wellness.
6. Demonstrate the following task skills when using therapeutic media: punctuality, task completion, initiative, and ability to follow directions, safety, appropriate tool and equipment usage and cleanliness.
7. Analyze therapeutic media with regard to age, interest, cultural preferences and the play/work continuum.
8. Compare and contrast a wide range of activities with regard to patient strengths and limitations.
9. Select, adapt, grade, and sequence relevant occupations and purposeful activities that support the intervention goals and plan in selected case studies. The occupations and purposeful activities shall be directly related to performance areas, performance components, and performance contexts. They shall be meaningful to the client, maximizing participation and independence.
10. Design and teach therapeutic activities to simulated patient care groups and develop a lifelong learning plan to maintain competence in OT.
11. State steps to implement and promote new groups in various settings and identify community service opportunities that will promote occupational therapy.
12. Describe differences in approach to activities with various age ranges throughout the life span.
13. Compare and contrast methods of instruction and management in various environmental situations.

5. Instructional Facilities

1. OTA open space classroom
2. OTA Mock Apartment
3. Standard Classroom
4. OTA lab prep area
5. Outdoor open space

6. Special Materials Required of Student

Clothing appropriate for the laboratory

7. Course Content

1. Role of occupation, purposeful activity, and activity in occupational therapy and details guidelines on how activities are modified and adapted to meet specific patient needs.
2. Specific techniques for various media: Crafts, gross motor activities, games and simple work tasks.
3. Theory to support the use of therapeutic activities.
4. Activity analysis and adaptation from the perspective of work and play/leisure through the life span.
5. Safety in the use of therapeutic activities.
6. Teaching methods for individual and group instruction.
7. Techniques to foster a therapeutic and culturally sensitive environment.

8. Method of Instruction

1. Lecture
2. Small groups with discussion
3. Multimedia presentations
4. Guest speakers
5. Case studies
6. Discussion of reading assignments

9. Methods of Evaluating Student Performance

1. Completion of activities, with end product.
2. Completion of notebook/file.
3. Activity analysis: Copper tooling, macramé, Wii, Game, Sport and Exercise.
4. Oral presentation on $3 project and cultural booth project.
5. Written midterm and final examination.
6. Participation in activity featuring cultural awareness.

10. Outside Class Assignments

1. Reading assignments from the text: Complete group presentation packet and cultural booth project after reading textbook chapters.
2. Written exercises: activity analyses, Guess Item Worksheets, OTPF Project, Wii Worksheet, Game/Sport Worksheet and Activity Disk Assignment.

11. Representative Texts

1. Representative Text(s):
2. Keough, Jeremy L., et al. *Kinesiology for the Occupational Therapy* *Assistant: Essential Components of Function and Movement*. 2nd ed., Slack, 2017.
3. Thomas, Heather. *Occupation-Based Activity Analysis*. 2nd ed., Thorofare, NJ: Slack, 2015.
4. Vicino, Christine. *OTA Student Handbook*. 2022.
5. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Complete the activity analysis process on various mediums utilized in occupational therapy interventions.