

CAREER EXPLORATION WORKSHEET

Applicants Name: _____ Date: _____

Purpose: To assist potential PTA students research the world of physical therapy and expose them to reliable websites, prior to starting the program. The applicant is awarded one point in the selection process when the completed worksheet is uploaded on the check list page of the PTA application.

Please visit the follow website: [Choose PT](#)

a. List the 11 practice areas which a PT and/or a PTA can practice:

- i. _____
- ii. _____
- iii. _____
- iv. _____
- v. _____
- vi. _____
- vii. _____
- viii. _____
- ix. _____
- x. _____
- xi. _____

b. Explore one of the practice areas above that are unfamiliar to you and summarize (in your own words) about 2 things that you learned from researching the practice area.

2. Which of the following do you feel are **NOT** within the scope of practice of a PTA? Circle 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 mobilization
- 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 Statics OOH PTAs](#) website:
 - a. Please watch the video on 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 2032?

 - d. What are the typical hours of work for a physical therapist assistant?

4. Refer to the [APTA](#) website: (Fill in the blanks below)
 - a. Physical Therapist Assistants (PTAs) provide physical therapy services _____ of the physical therapist. PTAs implement, components of patient care(treatment), _____ related to the interventions provided, and _____ with the PT to modify car as necessary.
 - b. PTAs assist the physical therapist in the treatment of individuals of all ages, from newborns to people at the end of life. Many patients have _____, _____ or other _____ that need treatment. But PTAs also care for _____.
 - c. The _____ is responsible for the services provided by the PTA. Physical Therapists (PTs) will _____ each individual and develop a treatment plan to improve their ability to _____, _____, or _____ pain, restore _____ and prevent _____.
 - d. PTAs can have a profound effect on people’s lives. They help people _____, _____, and _____.

5. According to the [Maryland Board of Physical Examiners](#) the scope of practice of a PTA (Chapter 3, .2 Standard of Practice, section B) includes: (Fill in the blanks below)
 - a. Treat not more than an average of _____ patients per clinical treatment hour per calendar day excluding group therapy.
 - b. Is the PTA able to supervise a student by themselves without a PT present? YES or NO
 - c. Does a supervising PT need to be assigned to the PTA? YES or NO

6. According to the [Cecil College PTA Program](#) website:
 - a. What is the approximate cost of the two-year PTA program?
 - i. Tuition and Fees: \$ _____
 - ii. Course Fees: \$ _____
 - iii. Lab equipment: \$ _____
 - iv. Books: \$ _____
 - v. Uniform: \$ _____

7. Some students may confuse physical therapy with athletic training or personal training. This section will assist you with understanding the differences.
 - a. Utilizing the [U.S. Bureau of Labor Statics OOH Athletic Trainers](#)
 - i. Where do athletic trainers work? _____
 - ii. What is the typical entry level education? _____
 - iii. According to 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 [U.S. Bureau of Labor Statics OOH Fitness Trainers](#)
 - i. Where do fitness trainer and instructors work?

 - ii. What is the typical entry level education? _____
 - iii. Personal Fitness trainers design and carry out _____ specific to the needs of their _____. They may work with individual clients or teach group classes. In larger facilities, personal trainers often _____. They start by evaluating their clients' current fitness level, personal goals, and skills. Then they _____ for their clients to follow, and they monitor the clients' progress.
 - iv. What are the typical hours of work for a fitness instruction trainer or instructor?

8. Some students also feel as though we are similar to nursing. While that is semi-true, we want to make sure you understand the differences. Please utilize [U.S. Bureau of Labor Statics OOH Registered Nurses](#) to complete the table below. 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 | | | |