

REHABILITATION AIDE/SPORTS MED.



Instructor	Rachel Moss, COTA/L
E-mail	rmoss@wactc.net
Phone	(724) 746-2890 Ext. 154
CIP Code	51.2604

COURSE OBJECTIVE

The primary objective of the Sports Medicine/Rehab Aide program at Western Area Career and Technology Center is to equip students with the essential skills and knowledge needed for entry-level positions in healthcare or fitness settings. Additionally, the program aims to prepare students to successfully earn the various certifications offered, thereby enhancing their qualifications and employability in the healthcare industry.

COURSE DESCRIPTION

The Sports Medicine/Rehab Aide program at Western Area Career and Technology Center thoroughly prepares students for the healthcare industry by offering a balanced curriculum that integrates hands-on training with theoretical knowledge. In the classroom, students delve into essential subjects such as anatomy and physiology, medical terminology, and basic athletic training skills, building a solid foundation of clinical application. This knowledge is then reinforced through practical, hands-on experiences in real-world healthcare settings, such as hospitals and nursing homes, where students apply what they've learned in a supervised, professional environment. This dual approach ensures that graduates are not only well-versed in the necessary medical concepts but also proficient in the practical skills required for employment. By combining academic study with immersive clinical practice, the program equips students with the comprehensive skill set needed to excel in the healthcare industry, whether they pursue immediate employment or choose to further their education.

COURSE TOPICS

The students cover essential topics to prepare for entry-level positions in healthcare and fitness. This includes learning kinesiology, general nutrition, anatomy and physiology, medical terminology, and infection control procedures. Students develop skills in taping and wrapping techniques, vital signs measurement, and performing procedures like therapeutic modalities and crutch fitting. They also receive training in CPR and basic life support, along with mandated reporting, concussion in sports, and many other certifications as applicable throughout the program. Documentation and effective communication are emphasized, along with specialized patient care areas like geriatrics and pediatrics. Overall, the program equips

REQUIRED SUPPLIES

Scrub Set(s), Pants and Top
Sneakers (White or Black Leather) or Nurse's Shoes (White or Black) | Watch with Second Hand

TEXTBOOKS/WORKBOOKS

Introduction to Sports Medicine and Athletic Training 3rd Edition- Robert Francee
DHO Health Science 9th edition- Louise Simmers

COOPERATING COMPANIES

Allegheny Health Network

Canonsburg Hospital

Concordia

Premier Washington Rehab and Nursing Center

Presbyterian Senior Care

St. Clair Hospital

Pathways of Southwestern PA

Country Meadows

Friendship Village

Cameron Wellness Center

Washington Hospital and Medical Center

SPECIALIZED SHOP EQUIPMENT

Treatment Tables | Taping Tables | Flexible Human Spine Model | 1/3 Life Size Human Muscle Model | Muscle Arm Model

CLINICAL EXPERIENCE

Seniors are given shadowing opportunities to observe rehabilitation professionals in a variety of settings.

CERTIFICATIONS

American Heart Association: CPR, HeartSaver/First Aide

Healthcare Bloodborne and Airborne Pathogens – National Safety Council

OSHA Certification – National Safety Council

ARTICULATION AGREEMENTS

LaRoche University

Laurel Business Institute

Waynesburg University

POST-SECONDARY TRAINING OPTIONS

LaRoche University – Exercise and Sport Science; Health Science

Laurel Business Institute – Clinical Medical Asst.; Massage Therapy; Respiratory Therapy

Waynesburg University – Exercise Science; Pre-Athletic Training, Pre-Physical Therapy

POTENTIAL CAREERS

Rehabilitation Aide | Physical Therapist | Occupational Therapist | Athletic Coach, Sports Medicine

Personal Trainer | Physical Therapy Aide | Physical Therapy Assistant | Massage Therapy

REHABILITATION AIDE SKILLS

Active Listening — Giving full attention to what other people are saying, taking time to understand the points being made, asking questions as appropriate and not interrupting at inappropriate times.

Reading Comprehension — Understanding written sentences and paragraphs in work related documents.

Critical Thinking — Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems.

Instructing — Teaching others how to do something.

Speaking — Talking to others to convey information effectively.

Time Management — Managing ones' own time and the time of others.

Service Orientation — Actively looking for ways to help people.

Monitoring — Monitoring/Assessing performance of yourself, other individuals, or organizations to make improvements or take corrective action.

Social Perceptiveness — Being aware of others' reactions and understanding why they react as they do.

Writing — Communicating effectively in writing as appropriate for the needs of the audience.

WAGES AND EMPLOYMENT TRENDS FOR REHABILITATION AIDE IN US

Median Wages (2021)	\$23.64 Hourly, \$49,180 Annually
Number of Jobs (2021)	140,500 Employees
Job Outlook 2020-2030)	32% (Much Faster Than Average)
Employment Change (2020-30)	44,900