Maryland CTE Programs of Study

Physical Rehabilitation I (2025)

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INTRODUCTION 2

A Career and Technical Education (CTE) instruction provides content aligned with challenging academic standards and relevant technical knowledge and skills for students to further their education and succeed in current or emerging professions. 2.A

B The Health and Human Services Career Cluster promotes whole health in individuals and communities through diverse services. This sector includes technical, mental, and therapeutic services and personal care supported by medical and social sciences. By addressing social determinants of health and leveraging health data and science, this Cluster aims to enhance the overall health and resilience of individuals, families, and communities. 2.B

C The Physical Rehabilitation Program of Study prepares high school students for careers in physical therapy, occupational therapy, athletic training, and related healthcare fields. This comprehensive pathway integrates classroom learning, hands-on skill development, and real-world experiences through internships and apprenticeships. Students earn industry certifications such as Basic First Aid, CPR, AED, NSPA Certified Personal Trainer, and AMCA Physical Therapy Aide to enhance employability and career readiness. The program equips students with the skills needed for post-secondary education and entry-level healthcare roles by focusing on diagnostic and therapeutic practices, workplace professionalism, and critical thinking. Graduates are prepared for advanced studies and careers in physical therapy, occupational therapy, and other physical rehabilitation fields. 2.C

D Physical Rehabilitation I course introduces students to the foundational knowledge and skills required to pursue a career in healthcare. Students will gain an understanding of healthcare systems, patient care practices, medical terminology, and safety protocols. Through classroom instruction and hands-on practice, students will learn to measure vital signs, provide basic patient care, and understand the principles of infection control. Emphasis is placed on developing professionalism, communication, and ethical decision-making. Upon completion,

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students will earn certification in First Aid, CPR, and AED, preparing them for more advanced coursework in the pathway. 2.D

E **Students will participate in at least two Career-Connected Education and Work-Based Learning experiences in this course, which might include informational interviews or job shadowing relevant to the program of study.** 2.E

F **Students are encouraged to participate in extended learning experiences through aligned Career and Technical Student Organizations (CTSOs). CTSOs are a co-curricular requirement in the Carl D. Perkins Act, and alignment to CTSO activities is an expectation for CTE programs in the state of Maryland.** 2.F

KNOWLEDGE AND SKILLS 3

A **The student demonstrates the necessary skills for career development, maintenance of employability, and successful completion of course outcomes. The student is expected to:** 3.A

1. Identify and demonstrate positive work behaviors that enhance employability and job advancement, such as regular attendance, promptness, proper attire, maintenance of a clean and safe work environment, and pride in work. 3.A.1
2. Demonstrate positive personal qualities such as flexibility, open-mindedness, initiative, active listening, and a willingness to learn. 3.A.2
3. Employ effective reading, writing, and technical documentation skills. 3.A.3
4. Solve problems using critical thinking techniques and structured troubleshooting methodologies. 3.A.4
5. Demonstrate leadership skills and collaborate effectively as a team member. 3.A.5
6. Implement safety procedures, including proper use of software and following privacy guidelines. 3.A.6
7. Exhibit an understanding of legal and ethical responsibilities in the healthcare field, following copyright laws and regulations. 3.A.7
8. Demonstrate time-management skills and the ability to prioritize tasks in a technical setting. 3.A.8

B **The student identifies various career pathways in the healthcare field. The student is expected to:** 3.B

1. Develop a career plan that includes the necessary education, certifications, job skills, and experience for specific roles in healthcare. 3.B.1
2. Create a professional resume and portfolio that reflects skills, projects, certifications, and recommendations. 3.B.2
3. Demonstrate effective interview skills for roles in healthcare fields. 3.B.3

C **The student develops technology and digital literacy skills. The student is expected to:** 3.C

1. Use technology as a tool for research, organization, communication, and problem-solving. 3.C.1

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2 Use digital tools, including computers, mobile devices, collaboration platforms, and cloud services, to access, manage, and create information. 3.C.2

3 Demonstrate proficiency in using emerging and industry-standard technologies. 3.C.3

4 Understand ethical and legal considerations for technology use, including the principles of data protection, copyright, and responsible technology use. 3.C.4

D The student integrates core academic skills into healthcare practices. The student is expected to: 3.D

1 Demonstrate the use of clear communication techniques, both written and verbal, that are consistent with industry standards. 3.D.1

2 Apply English concepts such as writing informative texts when documenting patient notes, procedures, and articulating goals. 3.D.2

3 Use mathematical concepts for measurement and conversion (Fahrenheit vs. Celsius), ratios and proportions as well as fraction and decimal conversions. 3.D.3

E The student demonstrates foundational knowledge of healthcare systems and careers in the Health and Biosciences Cluster. The student is expected to: 3.E

1 Identify the therapeutic, diagnostic, environmental, and informational systems of the healthcare industry. 3.E.1

2 Evaluate career pathways in the Health and Biosciences Cluster, including entry-level and advanced roles in healthcare. 3.E.2

3 Examine the history, economics, and current trends in the healthcare industry, including their impact on healthcare delivery. 3.E.3

4 Investigate professional and personal qualities essential for success in healthcare careers. 3.E.4

F The student demonstrates knowledge of human anatomy, physiology, and pathophysiology as it relates to patient care. The student is expected to: 3.F

1 Explain the basic structure and functions of major human body systems in health and illness. 3.F.1

2 Identify the signs, symptoms, and care considerations for common diseases and disorders. 3.F.2

3 Apply concepts of anatomy and physiology to real-world scenarios, including patient assessments and care planning. 3.F.3

4 Use medical terminology accurately to describe human anatomy, conditions, and procedures. 3.F.4

G The student demonstrates the ability to provide safe and effective care in a healthcare environment. The student is expected to: 3.G

1 Maintain a safe environment for patients, healthcare providers, and visitors by following safety and emergency protocols. 3.G.1

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2 Perform techniques related to infection control, including proper hand hygiene, use of personal protective equipment (PPE), and waste disposal. 3.G.2

3 Identify various pathogenic microorganisms, modes of transmission, and strategies for preventing healthcare-associated infections (HAIs). 3.G.3

4 Demonstrate basic first aid skills and obtain first aid certification from a recognized organization, such as the American Heart Association. 3.G.4

H The student demonstrates proficiency in technical procedures used in healthcare settings. The student is expected to: 3.H

1 Accurately measure and record vital signs, including temperature, pulse, respiration, and blood pressure. 3.H.1

2 Analyze healthcare data and patient information to evaluate outcomes and inform rehabilitation practices. 3.H.2

3 Use emerging technologies to simulate and practice rehabilitative techniques. 3.H.3

I The student demonstrates knowledge of ethical and legal responsibilities in healthcare. The student is expected to: 3.I

1 Analyze ethical considerations in healthcare, including patient confidentiality, autonomy, and informed consent. 3.I.1

2 Demonstrate knowledge of legal responsibilities, including adherence to scope of practice, reporting requirements, and healthcare laws such as HIPAA. 3.I.2

3 Evaluate case studies to make informed decisions regarding ethical and legal challenges in healthcare. 3.I.3

J The student demonstrates readiness to apply healthcare concepts to real-world patient care scenarios. The student is expected to: 3.J

1 Apply science concepts in the assessment and delivery of medical and healthcare services. 3.J.1

2 Engage in clinical decision-making by analyzing patient conditions and identifying appropriate interventions. 3.J.2

3 Integrate academic and technical skills to address scenarios involving therapeutic, diagnostic, and preventive healthcare services. 3.J.3