Maryland CTE Programs of Study

Physical Rehabilitation II (2025)

GENERAL REQUIREMENTS. This course is recommended for students in Grades 10-12 and Physical Rehabilitation I is the prerequisite. 1

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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 II builds on the foundational skills introduced in Physical Rehabilitation I, emphasizing advanced therapeutic practices, injury prevention, and rehabilitation strategies. Students deepen their understanding of musculoskeletal, neuromuscular, and cardiopulmonary systems and explore the use of therapeutic modalities such as taping, therapeutic heat and cold applications, and mobility support techniques. Students also engage in career**

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exploration and job readiness activities, developing skills in professional communication and workplace ethics. By the end of the course, students are prepared to sit for the NSPA Certified Personal Trainer and/or AMCA Physical Therapy Aide certifications. This course provides a strong foundation for students pursuing post-secondary education and careers in physical therapy, athletic training, and related healthcare fields. 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 cocurricular 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

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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
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 and advanced communication skills in physical rehabilitation. The student is expected to:** 3.E

1. Demonstrate effective oral and written communication skills to interact with patients, colleagues, and healthcare professionals in therapeutic settings, including the correct use of medical terminology. 3.E.1
2. Accurately document patient care and rehabilitation progress using professional healthcare communication standards. 3.E.2
3. Read, understand, evaluate, and interpret healthcare-related information, including research reports and patient records. 3.E.3

F **The student explores career opportunities and prepares for employment in physical rehabilitation. The student is expected to:** 3.F

1. Research a variety of physical rehabilitation careers, including Physical Therapy Assistants, Athletic Trainers, and Physical Therapists, to identify roles and responsibilities. 3.F.1
2. Develop job-seeking skills, such as resume writing, interviewing, and professional networking, relevant to healthcare careers. 3.F.2

G **The student applies infection control and safety standards in therapeutic healthcare practices. The student is expected to:** 3.G

1. Demonstrate proper infection control techniques using standard precautions to ensure patient and practitioner safety. 3.G.1

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2 Identify and mitigate safety risks in physical rehabilitation settings to create a safe therapeutic environment 3.G.2

H The student demonstrates advanced therapeutic practices in physical rehabilitation. The student is expected to: 3.H

1 Safely assist patients with transfers, mobility, and positioning using appropriate techniques for diverse patient needs. 3.H.1

2 Detect abnormal structures, functions, and common injuries of the human body and determine appropriate interventions or referrals. 3.H.2

3 Identify strengths and weaknesses of alternative solutions, conclusions, or approaches to basic therapeutic care problems using logic and reasoning. 3.H.3

4 Generate and implement comprehensive rehabilitation programs tailored to address basic therapeutic needs and patient goals. 3.H.4

5 Demonstrate techniques for supporting patients in physical rehabilitation, such as mobility assistance and therapeutic exercises. 3.H.5

I The student applies diagnostic and therapeutic devices and skills. The student is expected to: 3.I

1 Utilize basic diagnostic, protective, and injury preventive devices such as taping, therapeutic heat, and cold applications effectively under the supervision of a practitioner. 3.I.1

2 Assist with and describe the application of therapeutic modalities, including electrical stimulation, ultrasound therapy, and range-of-motion exercises under the supervision of a practitioner. 3.I.2

J The student knowledge of anatomy, physiology, and related healthcare practices. The student is expected to: 3.J

1 Demonstrate an understanding of human anatomy and physiology, clinical anatomy, and kinesiology, including how it relates to injury prevention, rehabilitation, and therapy. 3.J.1

2 Evaluate the impact of risky behaviors on the human body and develop strategies to promote optimal wellness and physical fitness in patients. 3.J.2

K The student demonstrates ethical, legal, and professional standards in physical rehabilitation. The student is expected to: 3.K

1 Apply ethical, legal, and safety practices relevant to therapeutic healthcare settings, ensuring compliance with industry standards. 3.K.1

2 Practice professional behavior, including empathy, cultural competence, and patient confidentiality, in all interactions. 3.K.2

L The student demonstrates accurate data collection and clinical skills. The student is expected to: 3.L

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Use precise data collection methods to document patient conditions, progress, and outcomes effectively. 3.L.1

2 Earn clinical setting hours by participating in hands-on experiences that prepare students for college programs in Physical Therapy, Physical Therapy Assistant, Athletic Training, Occupational Therapy, or Occupational Therapy Assistant programs. 3.L.2

3 Use diagnostic and therapeutic technologies accurately, including imaging systems, laboratory tests, and monitoring devices. 3.L.3

4 Interpret diagnostic reports and medical records using relevant medical terminology 3.L.4

M The student develops skills for certification and career readiness in physical rehabilitation. The student is expected to: 3.M

1 Prepare for the NSPA Certified Personal Trainer and AMCA Physical Therapy Aide 3.M.1

2 certification exams by mastering the required competencies. 3.M.2

3 Explore the integration of healthcare technologies, such as electronic health records and telemedicine tools, in physical rehabilitation practices. 3.M.3

N The student demonstrates understanding and application of healthcare technologies and resources. The student is expected to: 3.N

1 Use medical technologies and electronic health records (EHR) to document patient care and access healthcare information. 3.N.1

2 Evaluate research reports, media, and scientific studies related to healthcare issues and advancements. 3.N.2

3 Explore the role of health data and evidence-based practices in improving patient outcomes and healthcare delivery. 3.N.3