

CURRICULUM OVERVIEW

Therapeutics: The Art of Restoring and Maintaining Wellness

Career and Technical Education Series



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Therapeutics: The Art of Restoring and Maintaining Wellness Course Overview

This course focuses on careers that help restore and maintain mobility and physical and mental health, such as physical therapists, physical therapy assistants, occupational therapists, athletic trainers, massage therapists, dietitians and dietetic technicians, art therapist, neurotherapists, vocational rehabilitation counselors, and registered dental hygienists.

Each career is explored in depth, examining typical job duties, educational and licensure requirements, working conditions, average salary, and job outlook. Key concepts and specific skill sets are introduced in the lessons, allowing students to apply what they have learned to health careers.

This course is important because skilled health care workers are in high demand and expected to remain so for the foreseeable future. The unprecedented growth in this field is due to an aging population with more chronic conditions, new technology that has saved and lengthened lives, and increased demand for high-tech services.

Students who take this course will come away with a broad perspective of the myriad career opportunities in health care today. They will understand how people in different health care professions interact with each other, and how significant expected growth in the industry can give them flexibility, good pay, and high job satisfaction.

- **Physical Therapy, Biomechanics, and Athletic Training:** This unit introduces the concept of physiotherapy and biomechanics, and then explains somewhat the careers of physical therapist, physical therapy assistant, and athletic trainer. It describes the anatomy and physiology of skeletal muscle and the theory of muscle contraction. The physics of movement are represented by the lever system, in which different types of joints are classified as first-, second-, or third-class levers. It also explores the biomechanical approach to studying the body and movement in which the body is viewed as a machine with many component parts. Finally, it explores athletic training as a related profession.
- **Occupational Therapy, Audiology, and Related Careers:** This unit continues on the theme of wellness and rehabilitation. It covers occupational therapy, vocational rehabilitation counselor, recreational therapist, and audiologist.
- **Dietetics and Nutrition:** This unit explores the effect of nutrition on health and well-being. Professionals who help people eat healthier are called registered dietitians and nutritional therapists. In nutritional therapy, food is viewed not just as a lifestyle, but also as a conscious protocol for the treatment of specific conditions. This unit goes in depth to examine the global obesity epidemic and factors contributing to it, such as sedentary lifestyles, ready access to inexpensive and high-fat foods such as fast food, prolonged sitting in front of computers or video gaming consoles, and increased time spent indoors.
- **Speech-language Pathologist, Art Therapist, Massage Therapist, and Animal-Assisted Therapist:** This unit examines speech-language pathology, art therapy, massage therapy, and animal-assisted therapy and their role in improving the lives of patients. Common speech pathologies, such as dysfluency and dysarthria, were described along with their treatments.
- **Dental Support Careers, Biofeedback, and Neurotherapy:** Students will explore careers for registered dental hygienists and dental assistants, as well as dental laboratory technicians. The unit also explores the concept and practice of biofeedback and neurotherapy in the treatment and prevention of disease.

Unit 1: Physical Therapy (Physiotherapy) and Biomechanics**Assignments**

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|---|---|
| 1. Course Overview | 9. Physical Therapist |
| 2. Biomechanics and Physical Therapy | 10. Physical Therapy Assistant |
| 3. Project: Analyzing Requirements for Physical Therapy | 11. Project: Patient Scenarios |
| 4. History of Physical Therapy | 12. Athletic Trainer |
| 5. Project: History of Physical Therapy | 13. Project: Patient Case Studies |
| 6. Physical Therapy and Wellness | 14. Quiz 2: Professions in Physical Therapy |
| 7. Project: Evaluating Yourself on Prochaska's Scale | 15. Special Project |
| 8. Quiz 1: The Field of Physical Therapy and Biomechanics | 16. Test |
| | 17. Course Project Part - 1: Concussions |
| | 18. Glossary and Credits |

Unit 2: Occupational Therapy and Related Careers**Assignments**

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| 1. What is Occupational Therapy? | 8. Recreational Therapist |
| 2. Project: Occupational Therapist Hypothetical Scenario | 9. Project: Designing a Recreational Activity |
| 3. A Career as an Occupational Therapist | 10. Audiologist |
| 4. Project: Looking from a Different Perspective | 11. Project: Hearing Loss Prevention |
| 5. A Career as an Occupational Therapy Assistant or Aide | 12. Quiz 2: Related Careers |
| 6. Quiz 1: The Field of Occupational Therapy | 13. Special Project* |
| 7. Vocational Rehabilitation Counselor | 14. Test |
| | 15. Course Project Part - 2: TBI* |
| | 16. Glossary and Credits |

Unit 3: Dietetics and Nutrition: Dietitian and Dietetic Technician**Assignments**

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| 1. What is Nutritional Therapy? | 9. Project: Food Safety |
| 2. Project: Creating a Diet | 10. Public Health Nutritionist |
| 3. History of Dietetics and Nutrition | 11. Project: Analyzing Sodium Content |
| 4. Nutrition Science | 12. Quiz 2: Occupations in Nutrition and Dietetics |
| 5. Project: Obesity and Youth | 13. Special Project* |
| 6. Quiz 1: The Field of Dietetics and Nutrition | 14. Test |
| 7. Registered Dietitian | 15. Course Project Part - 3: The Olympics* |
| 8. Dietetic Technician Registered | 16. Glossary and Credits |

UNIT 4: SPEECH-LANGUAGE PATHOLOGIST, ART THERAPISTS, MASSAGE THERAPISTS**Assignments**

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|---|--|
| 1. What is Nutritional Therapy? | 9. Project: Food Safety |
| 2. Project: Creating a Diet | 10. Public Health Nutritionist |
| 3. History of Dietetics and Nutrition | 11. Project: Analyzing Sodium Content |
| 4. Nutrition Science | 12. Quiz 2: Occupations in Nutrition and Dietetics |
| 5. Project: Obesity and Youth | 13. Special Project* |
| 6. Quiz 1: The Field of Dietetics and Nutrition | 14. Test |
| 7. Registered Dietitian | 15. Course Project Part - 3: The Olympics* |
| 8. Dietetic Technician Registered | 16. Glossary and Credits |

Unit 5: Support Careers, Biofeedback and Psychotherapy			
Assignments			
1.	Registered Dental Hygienist	10.	Project: Exploring a Career Path
2.	Dental Assistant	11.	Exploring Your Career Opportunities in Therapeutics
3.	Project: Dentures	12.	Project: Career Explorations in Therapeutics
4.	Dental Laboratory Technician	13.	Quiz 2: Biofeedback and Neurotherapy
5.	Project: Creation of Dentures	14.	Special Project*
6.	Quiz 1: Dental Health	15.	Test
7.	Biofeedback	16.	Course Project Part - 5: TMJ*
8.	Project: Operant Conditioning	17.	Glossary and Credits
9.	NeuroTherapy		

Unit 6: Course Review and Exam			
Assignments			
1.	Course Project Part - 6: Your Favorite Sport *	2.	Review
		3.	Exam

(*) Indicates alternative assignment