

**Mendocino College**  
**Physical Therapist Assistant Program**  
**Essential Functions for Physical Therapist Assistant Students**

There are several important factors for you to consider when you are determining your future career directions. To be successful in the PTA classroom and in your job following graduation, you should be able to meet all of the following expectations:

- Regularly participate in distance education courses and attend lab approximately 10-15 hours a week or perform 40 hours a week of clinical education, depending on the stage of the program curriculum
- Computer literacy is required due to the distance education courses within the program
- Complete all assignments on time
- Participate in online classroom and laboratory discussions
- Perform or instruct others in the following procedures (learned in class) in a timely manner: transfers, gait training, physical agents, activities of daily living, therapeutic exercises or activities, and data collection procedures
- Use sound judgment and safety precautions (exposure to blood- borne pathogens and/or infectious disease may occur as part of the educational experience). Students are trained in safety/infection control and are expected to follow these guidelines to avoid contracting or transmitting disease
- Meet class standards for successful course completion
- Use critical thinking when making decisions
- Follow standards stated in PTA Program Policy and Procedure Manual and the PTA Program Clinical Education Handbook
- Address problems or questions to the appropriate person at the appropriate time.
- Maintain classroom, work area, equipment, supplies, personal appearance and hygiene conducive to a professional setting as appropriate
- Behave in a competent, professional manner

Physical requirements for the PTA Program include the need to occasionally, frequently, or continually:

- Use a computer/electronic device to complete distance education coursework
- Stand 1-6 hours with lab time blocks up to 4.5 hours
- Lift up to 60 pounds
- Push/pull up to 50 pounds of force exerted at waist level
- Squat or stoop
- Use auditory, tactile, and visual senses to assess physiological status of an Individual
- Demonstrate good standing and unsupported sitting balance
- Demonstrate good finger dexterity
- Coordinate verbal and manual instructions

- Communicate effectively with a variety of people through written verbal, and nonverbal methods
- Use hands repetitively
- Shift weight in sitting or standing
- Demonstrate the ability to use a firm grasp while using physical therapy equipment and while performing physical therapy interventions
- Reach above shoulder level
- Kneel, kneel-stand, and half kneel
- Use equipment that emits electrical, ultrasonic, and thermal energy
- Physically move and transfer patients

Students who have concerns about the ability to perform any of these functions should contact the PTA Program Director at (707) 467-1062. Individuals with disabilities may request reasonable accommodations or information by calling the Mendocino College Disability Resource Center at (707) 468-3031.

#### **Statement of Nondiscrimination**

Unlawful discrimination in the workplace and in all programs and activities of the Mendocino-Lake Community College District is prohibited.

Neither the District, nor any individual who represents the District, shall engage in unlawful discrimination in employment, or in educational access or educational programs, or in the conduct of official District activities.

Unlawful discrimination is defined as discrimination on the basis of race, ethnic group identification, color, religion, sex (including sexual harassment), gender, gender identity, gender expression, ancestry, marital status, national origin, age, physical or mental disability, medical condition, genetic information, sexual orientation, or Vietnam-era Veteran status. No person shall be subjected to discrimination on the basis of one or more of these characteristics or on the basis of these perceived characteristics, or based on association with a person or group with one or more of these actual or perceived characteristics. This policy also includes as improper discrimination and retaliation against an individual for filing a discrimination complaint, an individual participating in the investigation of a discrimination complaint, or any witnesses.