

**Common Course Outline**  
**OCTA 211**  
**Therapeutic Activities**  
**3 Semester Hours**

**The Community College of Baltimore County**

**Description**

**OCTA 211-3 Credits-Therapeutic Activities** enables students to develop activity analysis skills to provide treatment in the performance areas of occupation. Covers adaptive devices, therapeutic activities, cultural implication to activities selected, gradation, and positioning.

**3 credits: 2 lecture hours per week; 2 laboratory hours per week.**

**Prerequisites: OCTA 201 and OCTA 206 with a “C” or better**

**Overall Course Objectives**

Upon completion of this course the student will be able to:

1. articulate the difference between activity, occupation, and purposeful activity;
2. understand where the activity analysis fits with the practice framework;
3. analyze occupations of a client in relation to performance skills, context, activity demands, and client factors;
4. demonstrate a thorough understanding of the activity analysis process via the completion of four/five activity analyses using traditional therapeutic media;
5. integrate the activity analysis in a performance area of occupation via a completed activity analysis in either an ADL, IADL, or BADL;
6. demonstrate adaptation techniques via lab scenarios;
7. demonstrate gradation techniques via lab scenarios;
8. integrate the concepts of a “culturally competent” practitioner in a oral presentation;
9. incorporate cultural sensitivity into the treatment planning via lab scenarios;
10. demonstrate understanding of motivational factors that impede or facilitate a client’s compliance with treatment via vignettes and scenarios discussed in class; and
11. demonstrate an understanding of the basic principles of seating via construction of an adaptive seating device.

**Major Topics**

- I. History and philosophy of the use of therapeutic activities and occupations
- II. Process of the activity analysis against the backdrop of the practice framework

- A. Analysis of the performance areas of occupation
- B. Analysis of performance skills and patterns
- C. Incorporation of context
- D. Evaluation of activity demands
- E. Consideration of client factors
- III. Application of the activity analysis process using traditional therapeutic media
  - A. Leather
  - B. Tile
  - C. Wood
  - D. Copper Tooling
- IV. Application of the activity analysis process with areas of occupation
  - A. Self care skills (ADL, IADL, and BADL)
  - B. Education
  - C. Work
  - D. Leisure
  - E. Play
  - F. Social
  - G. Communication
- V. Culture and the health care practitioner and patient
  - A. Why culture is important
  - B. Cultural impact on disease and disability
  - C. Cultural influence on roles and occupations
  - D. Principles of a culturally competent therapist
- VI. Adaptative equipment commonly used by occupational therapy
  - A. Dressing equipment
  - B. Personal hygiene equipment
  - C. Equipment for meal preparation
- VII. Principles of Seating
  - A. Common types of wheelchairs
  - B. Reasons to position
  - C. Measuring for seating devices
  - D. Adaptations to seating
  - E. Construction of adaptations for seating inserts

### **Course Requirements**

**Grading/exams:** Grading procedures will be determined by the individual faculty member but will include the following:

- I. Tests (2)
- II. Final comprehensive examination
- III. Five completed activity analyses with project
- IV. Oral presentation of a culturally relevant project
- V. Lead class in construction of a project with an attached activity analysis
- VI. Participation in the construction and presentation of the seating device
- VII. Class participation

Rubrics have been constructed for use in grading the activity analyses.

**Other Course Information**

This course is required in the Occupational Therapy Assistant program. It is taken in the second semester of this program building upon information from the first semester courses.

Date Revised: 03/2011