

# Nursing & Physical Therapy Assistant





# Inspire Center: Kenosha Campus

3520 30th Ave, Kenosha, WI 53144

**Nursing Assistant**  
**Technical Diploma**

**Nursing**  
**Associate Degree**

**Physical Therapist**  
**Assistant**  
**Associate Degree**



# How do I become a nurse?

## Work Experience

- **Youth Apprenticeship**
  - Gain a job in the health field as a caregiver
  - Learn while you are working
- Earn your Nursing Assistant Technical Diploma and start working as a CNA

## Technical Diploma

- **Nursing Assistant**
- **Medical Assistant**
- Technical skills

## Associate Degree

- **Associate Degree in Nursing**
- Technical Skills classes
- General Education Classes

# How do I become a Physical Therapy Assistant?

## Work Experience

- **Youth Apprenticeship**
  - Gain a job in the health field as a caregiver
  - Learn while you are working
- Earn your Nursing Assistant Technical Diploma and start working as a CNA

## Technical Diploma

- **Nursing Assistant**
- **Medical Assistant**
- Technical skills

## Associate Degree

- **Associate Degree in Physical Therapy Assistant**
- Technical Skills classes
- General Education Classes

# Did you know?

- There are nearly 3 million nurses in the US
- Nurses walk an average of 5 miles per shift
- There are many types of physical therapy, including aquatic
- Some evidence of physical therapy can be dated back to 460 BC



# CAREER PATHWAY

GATEWAY TECHNICAL COLLEGE

## Nursing

### Previous Credit

There are many opportunities, both in high school and through previous college, work, and/or military experience, to earn credit at Gateway.

For more information about earning credit in high school and opportunities for credit for prior learning, please see reverse side.

### Technical Diploma

#### Nursing Assistant (3 Credits)

Potential Jobs:  
 - Certified Nursing Assistant (CNA)  
 - Nursing Aide  
 - Patient Care Assistant  
 - Home Health Aide

Median Income:  
 \$13.38 per hour  
 \$27,830 annually

Students who complete this program are prepared to earn industry-recognized certifications, including:  
 - Certified Nursing Assistant

NOTE: Successful completion of this program is an admission requirement for the Nursing-Associate Degree program.

### Associate Degree

#### Nursing - Associate Degree (65 Credits)

Potential Jobs:  
 - Registered Nurse  
 - Hospital Staff Nurse  
 - Clinic Nurse  
 - Home Health Nurse  
 - Hospice Nurse

Median Income\*:  
 \$32.93 per hour  
 \$68,474 annually

Students who complete this program are prepared to earn industry-recognized certifications, including:  
 - Registered Nurse

NOTE: Students who complete the first year of coursework are eligible to earn the Licensed Practical Nurse internal certificate and take the NCLEX PN exam to become an LPN in the State of Wisconsin.

### Career

Students are prepared to enter their career field at any point along the pathway and advance as they complete higher-level credentials.

### Bachelor's Degree

Transfer up to 65 credits via existing articulation agreements with colleges such as:

- Alverno College\*
  - Cardinal Stritch University\*
  - Carroll University\*
  - George Williams College of Aurora University\*
  - Grand Canyon University\*
  - Marian University\*
  - Purdue University Northwest-Hammond\*
- \*A to B agreement available

# What will you learn?

## Nursing Assistant (30-543-1) Technical Diploma Effective 2020/2021

*The course sequence shown on this sheet is the recommended path to completion. Courses will be scheduled in the terms indicated here.  
 All courses should be taken in the order shown to help you stay on track and graduate according to your academic plan.*

**K-D = Kenosha/days, K-E = Kenosha/evenings, R-D = Racine/days, R-E = Racine/evenings, E-D = Elkhorn/days, E-E = Elkhorn/evenings,  
 F=Fall, S=Spring, SU=Summer**

Term	Course #	Cr.	Course Title	Requisites (prereq- before/ coreq-with)	K-D	K-E	R-D	R-E	E-D	E-E
1	543-300	3	Nursing Assistant	Prereq: Program Admission; 838-105 OR 831-107	F/S/SU	F/S/SU	F/S/SU	F/S/SU	F/S/SU	F/S/SU

**Minimum Program Total Credits Required: 3**



# What will you learn?

## Nursing – Associate Degree (10-543-1) Associate of Applied Science Effective 2020/2021

The course sequence shown on this sheet is the recommended path to completion. Courses will be scheduled in the terms indicated here. All courses should be taken in the order shown to help you stay on track and graduate according to your academic plan.

K-D = Kenosha/days, K-E = Kenosha/evenings, B-D = Burlington Center/days, F=Fall, S=Spring, SU=Summer

Term	Course #	Cr.	Course Title	Requisites (prereq: before/ coreq:with)	K-D	K-E	B-D
1	890-155	1	Gateway to Success (G2S)		F/S/SU	F/S/SU	F/S/SU
1	*806-177	4	General Anatomy and Physiology <sup>2,10</sup>		F/S/SU	F/S/SU	F/S/SU
1	§801-136	3	English Composition I <sup>2,10</sup>	Prereq: 831-103 OR 831-107	F/S/SU	F/S/SU	F/S/SU
1	§809-188	3	Psychology, Developmental <sup>2</sup>	Prereq: 838-105 OR 831-107	F/S/SU	F/S/SU	F/S/SU
1	§801-198	3	Speech		F/S/SU	F/S/SU	F/S/SU
2	§543-101	2	Nursing Fundamentals <sup>1,4,18</sup>	Prereq: Program Admission; Advisor Consent, 806-177; Coreq: 801-136	F/S/SU	F/S	F/S
2	§543-102	3	Nursing Skills <sup>1,4,18</sup>	Prereq: Program Admission; Advisor Consent, 806-177	F/S/SU	F/S	F/S
2	§543-103	2	Nursing Pharmacology <sup>1,4,18</sup>	Prereq: Program Admission; Advisor Consent, 806-177	F/S/SU	F/S	F/S
2	§543-104	2	Nsg: Intro Clinical Practice <sup>1,4,18</sup>	Prereq: Program Admission; Advisor Consent, 806-177; Coreq: 543-101; 543-102; 543-103	F/S/SU	F/S	F/S
2	§806-179	4	Anatomy & Physiology, Adv. <sup>10</sup>	Prereq: 806-177	F/S/SU	F/S	F/S
3	§543-105	3	Nursing Health Alterations <sup>18</sup>	Prereq: Program Admission; 543-101; 543-102; 543-103; 543-104; 801-136	F/S/SU	S/F	S/F
3	§543-106	3	Nursing Health Promotion <sup>18</sup>	Prereq: Program Admission; 543-101; 543-102; 543-103; 543-104; 809-188; 801-136	F/S/SU	S/F	S/F
3	§543-107	2	Nsg: Clin Care Across Lifespan <sup>18</sup>	Prereq: Program Admission; 543-101; 543-102; 543-103; 543-104; Coreq: 543-106	F/S/SU	S/F	S/F
3	§543-108	2	Nsg: Intro Clinical Care Mgt. <sup>10</sup>	Prereq: Program Admission; 543-101; 543-102; 543-103; 543-104; Coreq: 543-105	F/S/SU	S/F	S/F
3	809-198	3	Psychology, Introduction to <sup>2,7,18</sup>	Prereq: 838-105 OR 831-107	F/S/SU	S/F	S/F
4	*543-109	3	Nursing Complx Health Alter I <sup>9</sup>	Prereq: Program Admission; 543-105; 543-106; 543-107; 543-108; 806-179; Coreq: 806-197	F/S/SU	F/S	F/S
4	*543-110	2	Nursing Mental Health Comm <sup>8</sup>	Prereq: Program Admission; 543-105; 543-106; 543-107; 543-108; 806-179; Coreq: 809-198	F/S/SU	F/S	F/S
4	*543-111	3	Nursing Intrmdt Clinical <sup>9</sup>	Prereq: Program Admission; 543-105; 543-106; 543-107; 543-108; Coreq: 543-109; 543-110; 543-112	F/S/SU	F/S	F/S
4	*543-112	1	Nursing Advanced Skills <sup>8</sup>	Prereq: Program Admission; 543-105; 543-106; 543-107; 543-108; 806-179	F/S/SU	F/S	F/S
4	§806-197	4	Microbiology <sup>2,8</sup>	Prereq: 806-177 OR 806-105	F/S/SU	F/S	F/S
5	*543-113	3	Nursing Complx Health Alter II	Prereq: Program Admission; 543-109; 543-110; 543-111; 543-112; 806-197	F/S/SU	S/F	S/F
5	*543-114	2	Nursing Management Concepts	Prereq: Program Admission; 543-109; 543-110; 543-111; 543-112	F/S/SU	S/F	S/F
5	*543-115	3	Nursing Advanced Clinical	Prereq: Program Admission; 543-109; 543-110; 543-111; 543-112; Coreq: 543-113; 543-114	F/S/SU	S/F	S/F
5	*543-116	2	Nursing Clinical Trans.	Prereq: Program Admission; 543-109; 543-110; 543-111; 543-112; Coreq: 543-113; 543-114; 543-115	F/S/SU	S/F	S/F
5	809-196	3	Sociology, Introduction to <sup>2,7,10</sup>	Prereq: 838-105 OR 831-107	F/S/SU	S/F	S/F

Minimum Program Total Credits Required: 66

# What will you learn?

## Physical Therapist Assistant (10-524-1)

Associate of Applied Science

Effective 2020/2021

The course sequence shown on this sheet is the recommended path to completion. Courses will be scheduled in the terms indicated here. All courses should be taken in the order shown to help you stay on track and graduate according to your academic plan.

K-D = Kenosha/days, F=Fall, S=Spring, SU=Summer

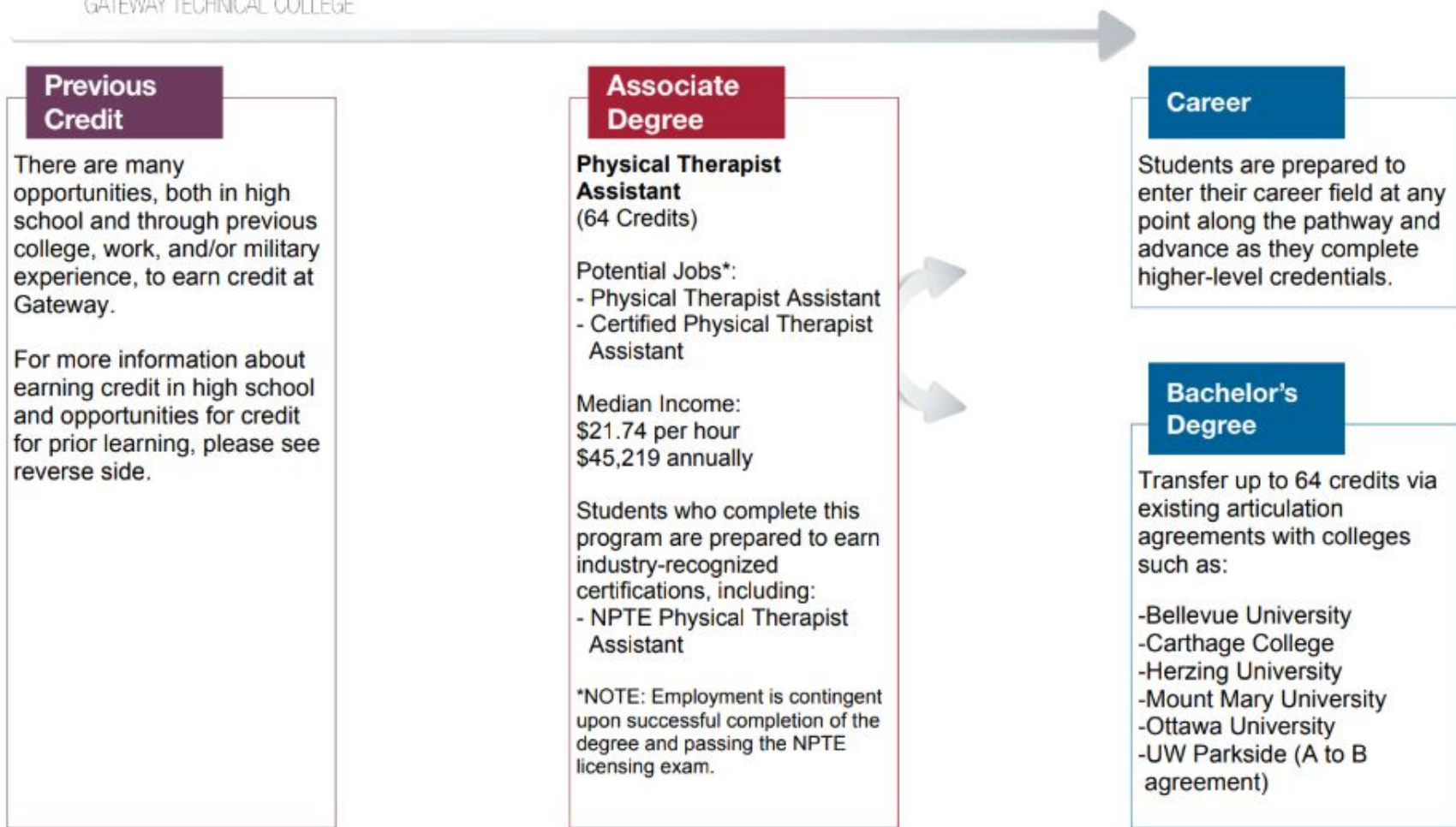
Term	Course #	Cr.	Course Title	Requisites (prereq- before/ coreq-with)	K-D
1	890-155	1	📍 Gateway to Success (G2S)		F/S/SU
1	*806-177	4	📖 General Anatomy & Physiology <sup>7,8</sup>		F/S/SU
1	801-136	3	English Composition <sup>12,7,9</sup>	Prereq: 831-103 OR 831-107	F/S/SU
1	801-196	3	Oral/Interpersonal Communication <sup>9</sup>		F/S/SU
1	809-198	3	Psychology, Introduction to <sup>2,5,7,9</sup>	Prereq: 838-105 OR 831-107	F/S/SU
2	*524-156	4	📖 PTA Applied Kinesiology <sup>13,7</sup>	Prereq: Instructor Consent; 801-136	F
2	*524-139	4	PTA Patient Interventions <sup>3,7</sup>	Prereq: Instructor Consent	F
2	*524-140	2	PTA Professional Issues <sup>13,7</sup>	Prereq: Instructor Consent	F
2	*524-143	4	PTA Therapeutic Modalities <sup>3,7</sup>	Prereq: Instructor Consent	F
3	*524-157	3	PTA Applied Kinesiology <sup>27</sup>	Prereq: 524-156	S
3	*524-147	2	PTA Clinical Practice <sup>16,7</sup>	Coreq: 524-143; 524-157	S
3	*524-142	3	PTA Therapeutic Exerc.	Prereq: 806-177; Coreq: 524-156	S
3	*524-145	4	PTA Principles of Musculoskeletal Rehab. <sup>9</sup>	Prereq: 524-139; Coreq: 524-142; 524-157	S
4	*524-144	4	PTA Princ of Neuro Rehab.	Prereq: 524-139; 524-142; 524-157	F
4	*524-146	3	PTA Cardio & Integ Mgmt <sup>7</sup>	Prereq: 524-139; 524-142; 524-157	F
4	*524-148	3	PTA Clinical Practice <sup>26,7</sup>	Prereq: 524-147	F
4	809-188	3	Psychology, Developmental <sup>2</sup>	Prereq: 838-105 OR 831-107	F
5	*524-149	2	PTA Rehabilitation Across the Lifespan	Prereq: 524-144; 524-145; 524-148 Coreq: 524-146	S
5	*524-150	2	PTA Professional Issues 2	Prereq: 524-140; Coreq: 524-148	S
5	*524-151	5	PTA Clinical Practice <sup>36</sup>	Prereq: 524-144; 524-145; 524-146; 524-148	S
5	809-172	3	Diversity Studies, Introduction to <sup>2,5,9</sup>	Prereq: 838-105 OR 831-107	S

Minimum Program Total Credits Required: 65

# CAREER PATHWAY

GATEWAY TECHNICAL COLLEGE

## Physical Therapist Assistant



### Previous Credit

There are many opportunities, both in high school and through previous college, work, and/or military experience, to earn credit at Gateway.

For more information about earning credit in high school and opportunities for credit for prior learning, please see reverse side.

### Associate Degree

**Physical Therapist Assistant**  
(64 Credits)

Potential Jobs\*:  
 - Physical Therapist Assistant  
 - Certified Physical Therapist Assistant

Median Income:  
 \$21.74 per hour  
 \$45,219 annually

Students who complete this program are prepared to earn industry-recognized certifications, including:  
 - NPTE Physical Therapist Assistant

\*NOTE: Employment is contingent upon successful completion of the degree and passing the NPTE licensing exam.

### Career

Students are prepared to enter their career field at any point along the pathway and advance as they complete higher-level credentials.

### Bachelor's Degree

Transfer up to 64 credits via existing articulation agreements with colleges such as:

- Bellevue University
- Carthage College
- Herzing University
- Mount Mary University
- Ottawa University
- UW Parkside (A to B agreement)

# Interested in Getting Started Now?

## Nursing in High School...

- Youth Apprenticeship
- Summer Camps
- Gateway Classes
  - Nursing Assistant
  - Medical Terminology
  - Anatomy & Physiology

## PTA in High School...

- Summer Camps
- Gateway Classes
  - Medical Terminology
  - Anatomy & Physiology

# Interested in Getting Started Now?

## SCIENCE IMMERSION Summer Camp

The Science Immersion Camp will introduce middle school students to the field of natural sciences. Students will learn about career options in the sciences, be introduced to lab sciences and safety, and have the opportunity to perform hands-on science experiments led by college faculty.

This is a day-long science immersion camp that will consist of an introduction to science and laboratory safety. Biology, chemistry, plant biology, microbiology, and anatomy and physiology lab experiences.

Dates: June 29

Time: 9:00-2:00pm

Price: \$50

Location: Racine

Register at [Summer Camps](#)



# EXPLORE!



# Ready, set, explore bone anatomy

## Directions

- You will be learning the names of the major human bones and their characteristics
- Label bones in skeleton worksheet
- Explore the Virtual Bone Lab to learn more

## Resources / Supplies

- Print the skeleton worksheet if you can

<https://askbiologist.asu.edu/bone-lab>

[https://askbiologist.asu.edu/sites/default/files/resources/coloring\\_pages/pdf/aab\\_human\\_skeleton\\_anatomy\\_activity.pdf](https://askbiologist.asu.edu/sites/default/files/resources/coloring_pages/pdf/aab_human_skeleton_anatomy_activity.pdf)

**EXPLORE!**



# Ready Set...Help a Patient with Physical Therapy Exercises

In this activity, you will...

- See what it feels like to have arthritis, so you can relate to your patient's challenges
- Help your patient learn Physical Therapy exercises she can do at home

# Ready Set...Help a Patient with Physical Therapy Exercises

## Directions

- Tape your fingers together at your knuckles on both hands. You can tape your middle knuckles and your
- Now try these activities:
  - Grab a piece of paper and try writing your name with a pencil or pen
  - Open a jar
  - Tie your shoelaces

## Supplies

- Tape
- Paper
- Pencil or pen
- Container with a twist top (food jars)
- Shoes with laces

**How difficult was it to do these everyday activities now that it is hard to move your fingers due to your arthritis?**

# Ready Set...Help a Patient with Physical Therapy Exercises

## Directions

- You will act as the Physical Therapy Assistant and help teach the patient exercises
- Ask a parent or sibling if they would like to be the patient

## Patient Info

Your patient has arthritis in both hands and needs exercises they can do at home to help the pain. Help your patient learn how to do the Hand Arthritis exercises on the next slide



# Hand Care for Chiropractors & Physical Therapists

Do each exercise 5X every day



**STRETCH FINGERS**



**FLEX WRIST**



**EXTEND WRIST**



**ROTATE HANDS**



**STRETCH WRISTS**



**STRETCH PALMS**



**SHAKE HANDS**



**FLEX FINGERS**



**STRETCH THUMBS**



**STRETCH EACH FINGER**

