OCCUPATIONAL THERAPY, A.S. (UNIVERSITY COLLEGE)

Begin Campus: DuBois, Mont Alto, Shenango
End Campus: DuBois, Mont Alto, Shenango

Program Description
The Associate in Science in Occupational Therapy Assistant Program prepares students to work in numerous practice settings, guided by the supervision of occupational therapists. Across the lifespan, individuals engage in meaningful occupations. Learning, playing, working, resting, and caring for self and others are among the occupations of life. A physical or psychological challenge may hinder an individual, group, and/or community from participating fully in meaningful occupations. Occupational therapy makes it possible for people to maintain or reclaim independence; thereby positively engaging in Living Life to its Fullest™. Upon successful graduation from the program, students must sit for and successfully pass the National Board for Certification in Occupational Therapy (NBCOT) national certification examination to practice. Most states also require licensure as a condition for employment. A felony conviction may affect a graduate’s ability to sit for the NBCOT certification examination and obtain licensure. NBCOT may be contacted at:

NBCOT
One Bank Street
Suite 300
Gaithersburg, MD 20878
301-990-7979
www.NBCOT.org (http://www.NBCOT.org)

To enter this major, students must have a high school diploma or its equivalent. To be admitted to degree candidacy, the applicant must have completed educational background requirements called Carnegie Units or Secondary School Units. Students are responsible for proof of liability insurance and other requirements specified by the facility providing supervised field experience.

The size of each entering class is limited so that optimal clinical experiences and practical application situations can be maintained. Students are expected to progress through the program in the prescribed manner. Fieldwork affiliations are maintained within a specified geographical area. Students may be required to make special housing and transportation arrangements during the fieldwork phase. Students must complete all Level II fieldwork within eighteen months of successful completion of OTA didactic course work. The 2OTCC and 2OTBL curricula are delivered in five semesters.

What is Occupational Therapy?
Occupational therapy is a practice informed by physical, psychological, and occupational science. It is with these skills and knowledge; occupational therapy assistants employ intervention plans that engage people in maintaining or reclaiming independence. A physical or psychological challenge may hinder an individual, group, and/or community from participating fully in meaningful occupations. When this occurs an occupational therapy assistant works with the client(s) to design a plan to Live Life to its Fullest™. As a certified occupational therapy assistant, you will work in numerous practice settings, guided by the supervision of occupational therapists. Most importantly, by choosing a career in occupational therapy, you will be at the forefront in making a difference in people’s lives by way of therapeutic use of self and an intentional relationship.

You Might Like This Program If...
You want to work in a variety of practice settings with individuals and groups across the lifespan. Physical, mental health, emotional, and other challenges prevent people from participating fully in the job of living. Occupational therapy makes it possible for people to regain independence and to enjoy life. By choosing a career in occupational therapy, you will make a difference in lives of people and groups in your community.

Entrance to Major
Students must request a Dean’s review to change to this Associate degree after admission to the University.

Additional Information
Students are responsible for proof of liability insurance and other requirements, including criminal background checks and health information specified by the facility providing supervised field experience.

A felony conviction on record may impact a student’s ability to sit for the certification examination administered by NBCOT after graduation; this can subsequently impact a graduate’s ability to attain state licensure. Before applying to the OTA program, students can contact NBCOT for information on their early determination program to assess examination eligibility. Contact NBCOT at https://www.nbcot.org/ for more information.

Degree Requirements
For the Associate in Science degree in Occupational Therapy, a minimum of 69 credits is required:

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Education</td>
<td>21</td>
</tr>
<tr>
<td>Requirements for the Major</td>
<td>60</td>
</tr>
</tbody>
</table>

12 of the 21 credits for General Education are included in the Requirements for the Major. This includes: 3 credits of GWS courses; 6 credits of GS courses; 3 credits of GN courses.

General Education
Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (http://bulletins.psu.edu/undergraduate/general-education/associate-degree-general-education-program) section of the Bulletin and consult your academic adviser.

Foundations (grade of C or better is required.)
- Quantification (GQ): 3 credits
- Writing and Speaking (GWS): 3 credits
Knowledge Domains
- Arts (GA): 3 credits
- Humanities (GH): 3 credits
- Social and Behavioral Sciences (GS): 3 credits
- Natural Sciences (GN): 3 credits

Foundations or Knowledge Domains
- A General Education course selected from GWS, GQ, GN, GA, GH, or GS, and may include Integrative Studies (Inter-domain or Linked) courses: 3 credits

The keystone symbol appears next to the title of any course that is designated as a General Education course. Program requirements may also satisfy General Education requirements and vary for each program.

University Degree Requirements
Cultures Requirement
3 credits of United States (US) or International (IL) cultures coursework are required and may satisfy other requirements

Writing Across the Curriculum
3 credits required from the college of graduation and likely prescribed as part of major requirements.

Total Minimum Credits
A minimum of 60 degree credits must be earned for a associates degree. The requirements for some programs may exceed 60 credits. Students should consult with their college or department adviser for information on specific credit requirements.

Quality of Work
Candidates must complete the degree requirements for their major and earn at least a 2.00 grade-point average for all courses completed within their degree program.

Limitations on Source and Time for Credit Acquisition
Credit used toward degree programs may need to be earned from a particular source or within time constraints (see Senate Policy 83-80 (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#83-80)). For more information, check the Suggested Academic Plan for your intended program.

Requirements for the Major
A grade of C or better is required for all courses in the major. To graduate, a student enrolled in the major must earn at least a C grade in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44).

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BIOL 161</td>
<td>Human Anatomy and Physiology I - Lecture</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 162</td>
<td>Human Anatomy and Physiology I - Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 163</td>
<td>Human Anatomy and Physiology II - Lecture</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 164</td>
<td>Human Anatomy and Physiology II - Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>ENGL 15</td>
<td>Rhetoric and Composition</td>
<td>3</td>
</tr>
<tr>
<td>KINES 13</td>
<td>First Aid, Personal Safety, and CPR</td>
<td>1</td>
</tr>
<tr>
<td>OT 100</td>
<td>Structural Foundations of Occupational Therapy</td>
<td>1</td>
</tr>
</tbody>
</table>

OT 101 Conceptual Foundations of Occupational Therapy Practice 2
OT 103 Occupational Performance Across the Life Span 3
OT 195E Fieldwork Level I Experience in Occupational Therapy 1
OT 205 Group Process Across The Lifespan 3
OT 207 Assistive Technologies and Methods of Adaptation 3
OT 209 Management, Leadership and Ethics in Occupational Therapy 3
OT 210W Clinical Reasoning and Documentation in Occupational Therapy 3
OT 212 Occupational Therapy for Child & Adolescent Health 3
OT 214 Occupational Therapy for Psychosocial and Behavioral Health 3
OT 216 Occupational Therapy for Physical Health and Rehabilitation 4
OT 295E Fieldwork Level I Experience in Occupational Therapy 1
OT 395A Fieldwork Level II Experience in Occupational Therapy 6
OT 395B Fieldwork Level II Experience in Occupational Therapy 6
PSYCH 100 Introductory Psychology 3

Additional Courses: Require a grade of C or better
HDFS 129 Introduction to Human Development and Family Studies 3
or PSYCH 212 Introduction to Developmental Psychology

Academic Advising
The objectives of the university’s academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee’s unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy)

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### Mont Alto

**Angela Hissong**  
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University College, Professor-in-Charge  
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anh1@psu.edu

### Shenango

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147 Shenango Avenue  
104 Chadderton Lab  
Sharon, PA 16146  
724-983-2973  
tsd13@psu.edu

### Berks

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Tulpehocken Road, PO Box 7009  
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610-396-6425  
dck12@psu.edu

## Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2019-20 academic year. To access previous years’ suggested academic plans, please visit the archive (http://bulletins.psu.edu/undergraduate/archive) to view the appropriate Undergraduate Bulletin edition (Note: the archive only contain suggested academic plans beginning with the 2018-19 edition of the Undergraduate Bulletin).

### DuBois Campus

The course series listed below provides only one of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an Academic Requirements or What If report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

### First Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
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<tbody>
<tr>
<td>OT 100 (Seminar course)*</td>
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<td>PSYCH 212 or HDFS 129</td>
<td>3</td>
</tr>
<tr>
<td>OT 101†</td>
<td>2</td>
<td>OT 103†</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 161†</td>
<td>3</td>
<td>BIOL 163†</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 162†</td>
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<td>BIOL 164†</td>
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<tr>
<td>ENGL 15†</td>
<td>3</td>
<td>General Education Course; Humanities or Arts†</td>
<td>3</td>
</tr>
</tbody>
</table>

### Second Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
<th>Summer</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>OT 105†</td>
<td>3</td>
<td>OT 195B†</td>
<td>1 OT 295A†</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>OT 107†</td>
<td>3</td>
<td>OT 201†</td>
<td>3 OT 295B†</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>OT 109†</td>
<td>3</td>
<td>OT 202†</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OT 195A†</td>
<td>1</td>
<td>OT 204†</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Education: Quantitative‡</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

| General Education: Humanities or Arts† | 3 |

| Total Credits | 69 |

* Course requires a grade of C or better for the major  
† Course requires a grade of C or better for General Education  
‡ Course satisfies General Education and degree requirement  
§ General Education: Quantitative can be completed in either the third or fourth semester.

### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy University Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

GWS, GQ, GN, GA, GH, and GS are abbreviations used to identify General Education program courses. General Education includes Foundations (GWS and GQ) and Knowledge Domains (GN, GA, GH, and GS). Foundations courses (GWS and GQ) require a grade of ‘C’ or better.

### Mont Alto Campus

The course series listed below provides only one of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an Academic Requirements or What If report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

### First Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>OT 100*</td>
<td>1</td>
<td>OT 103*</td>
<td>2</td>
</tr>
<tr>
<td>BIOL 161†</td>
<td>3</td>
<td>BIOL 163†</td>
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<td>BIOL 162†</td>
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<td>BIOL 164†</td>
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<tr>
<td>ENGL 15†</td>
<td>3</td>
<td>General Education Course; Humanities or Arts†</td>
<td>3</td>
</tr>
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</table>

### Second Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
<th>Summer</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>OT 105†</td>
<td>3</td>
<td>OT 195B†</td>
<td>1 OT 295A†</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>OT 107†</td>
<td>3</td>
<td>OT 201†</td>
<td>3 OT 295B†</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>OT 109†</td>
<td>3</td>
<td>OT 202†</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OT 195A†</td>
<td>1</td>
<td>OT 204†</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Education: Quantitative‡</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| General Education: Humanities or Arts† | 3 |

| Total Credits | 69 |

* Course requires a grade of C or better for the major  
† Course requires a grade of C or better for General Education  
‡ Course satisfies General Education and degree requirement  
§ General Education: Quantitative can be completed in either the third or fourth semester.
Successful completion of each segment of the OTA Program requires the following:

- Student must earn a C or better in the OTA major coursework:
  - OT Courses, BIOL 161, BIOL 162, BIOL 163, BIOL 164, HDFS 129 or
    PSYCH 212, PSYCH 100 & KINES 13.
- As per Penn State policy, student must earn C or better in Foundation
  Courses: ENGL 15 (GWS) & MATH (GQ).
- OT course must be taken in the semester designated on this
  Suggested Academic Plan for OTA.
- Student must pass BIOL 161, BIOL 162, BIOL 163 & BIOL 164 prior to
  entering 3rd semester.
- Student must pass ENGL 15, PSYCH 100, and HDFS 129 or
  PSYCH 212 prior to entering the 3rd semester.
- Student may not progress to next semester if they fail an OT course,
  therefore, the student must meet with advisor to discuss options of
  progression in the program.
- Student must maintain 2.0 GPA, to engage in OT 195E or OT 295E:
  Level I Fieldwork Experience.
- Courses meeting the GQ, GH, or GA requirements must be completed
  by the end of 4th semester.
- All didactic degree requirements must be completed with a 2.0 GPA or
  better prior to enrolling in OT 395A/OT 395B.
- OT 195E, OT 295E, OT 395A, and OT 395B date & site of experience
  will be scheduled by the Academic Fieldwork Coordinator.

In order to graduate with an Associate in Science in Occupational Therapy degree:

- Student must maintain a 2.0 GPA per Academic Progress Policy 54-00,
  "To graduate, a degree candidate must complete the requirements for
  the candidate’s major and earn at least a C (2.0) average for all courses
  taken at this University as stated in 82-40, subject to the conditions of
  51-00."
- Student must complete OT 395A & OT 395B within 18 months of
  completing the didactic requirements.
- A felony conviction on your record, may affect your ability to sit for
  the certification examination administered by NBCOT® after you
  graduate; this can subsequently affect your ability to attain state
  licensure. Before applying for the OTA program, you can contact
  NBCOT® for information on their early determination program to
  assess examination eligibility. Go to NBCOT and read the “Early
  Review” section for details (https://www.nbcot.org/en/Students/
  Services/#EarlyDetermination).

### Shenango Campus

The course series listed below provides only one of the many possible
ways to move through this curriculum. The University may make changes
in policies, procedures, educational offerings, and requirements at any
time. This plan should be used in conjunction with your degree audit
(accessible in LionPATH as either an Academic Requirements or What If
report). Please consult with a Penn State academic adviser on a regular
basis to develop and refine an academic plan that is appropriate for you.

#### First Year

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>OT 100</td>
<td>1 OT 103³</td>
<td>3</td>
</tr>
<tr>
<td>OT 101</td>
<td>2 PSYCH 212 or HDFS 129†</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 15†</td>
<td>3 Art Elective (GA)</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 161*</td>
<td>3 BIOL 163³</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 162</td>
<td>1 BIOL 164*</td>
<td>1</td>
</tr>
<tr>
<td>PSYCH 100†</td>
<td>3 KINES 13</td>
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</tr>
<tr>
<td><strong>Total Credits</strong></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
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#### Second Year

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits Spring</th>
<th>Credits Summer</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>OT 205*</td>
<td>3 OT 210W</td>
<td>3 OT 395A*</td>
<td>6</td>
</tr>
<tr>
<td>OT 207*</td>
<td>3 OT 212</td>
<td>3 OT 395B*</td>
<td>6</td>
</tr>
<tr>
<td>OT 209*</td>
<td>3 OT 214</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>OT 195E*</td>
<td>1 OT 216*</td>
<td><strong>4</strong></td>
<td></td>
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</tbody>
</table>
Occupational Therapy, A.S. (University College)

<table>
<thead>
<tr>
<th>humanity elective (GH)</th>
<th>3 OT 295E*</th>
<th>1</th>
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<tbody>
<tr>
<td>quantification elective (GQ)‡</td>
<td>3</td>
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<td></td>
<td>16</td>
<td>14</td>
</tr>
<tr>
<td>total credits</td>
<td>69</td>
<td></td>
</tr>
</tbody>
</table>

* Course requires a grade of C or better for the major
‡ Course requires a grade of C or better for General Education
# Course is an Entrance to Major requirement
† Course satisfies General Education and degree requirement

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy University Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

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Program Notes

Students must complete a 3-credit course in "United States Cultures (US)" or a 3-credit course in "International Cultures (IL)."

Career Paths

Certified Occupational Therapy Assistants (COTA’s) work in numerous practice settings. Across the lifespan, individuals engage in meaningful occupations. Learning, playing, working, resting, and caring for self and others are among the occupations of life. A physical or psychological challenge may hinder an individual, group, and/or community from participating fully in meaningful occupations. Occupational therapy makes it possible for people to maintain or reclaim independence. Following graduation from the nationally accredited program, students are eligible to take the National Board for Certification in Occupational Therapy (NBCOT) exam.

Careers

A Certified Occupational Therapy Assistant (COTA) supports individuals of all ages develop, recover, improve, or maintain the skills necessary for daily living, leisure, play, and work. COTA’s work in public and private schools, early intervention programs, general, psychiatric, and pediatric hospitals, day treatment centers, hospices and home health agencies, rehabilitation hospitals and centers, skilled and intermediate care facilities, community living programs, community wellness centers, and/or hand therapy clinics.

More information about potential career options for graduates of the occupational therapy program (https://www.bls.gov/ooh/healthcare/mobile/occupational-therapy-assistants-and-aides.htm)

Opportunities for Graduate Studies

Once a Certified Occupational Therapy Assistant (COTA) has completed the associate in science in occupational therapy degree, they may decide to further studies by obtaining a baccalaureate degree. Common degrees include biology, psychology, occupational science, biobehavioral health, integrated social sciences, and other health related degrees.

Many COTA’s decide to complete a baccalaureate degree secondary to the benefits of advancing their education as applied to occupational therapy and/or as part of positive progression of employment. Additionally, some COTA’s complete a baccalaureate degree to prepare for graduate studies at the master’s or doctoral degree entry-level to become occupational therapists.

More information about opportunities for graduate studies (https://www.aota.org/Education-Careers/Find-School.aspx)

Professional Resources

• American Occupational Therapy Association, Inc. (AOTA) (http://www.aota.org)
• Accreditation Council for Occupational Therapy Education (ACOTE) (http://www.acoteonline.org)
• National Board for the Certification of Occupational Therapy, Inc. (NBCOT) (http://www.nbcot.org)

Accreditation

The Penn State Occupational Therapy Assistant program is fully accredited by ACOTE, which can be reached at:

Accreditation Council for Occupational Therapy Education
4720 Montgomery Lane
Bethesda, MD 20814
301-652-6611 ext. 2042
www.acoteonline.org (http://www.acoteonline.org)

ACOTE is recognized as the accrediting agency for occupational therapy education by the United States Department of Education (USDE) and the Council on Higher Education Accreditation (CHEA).

More information about accreditation at Penn State DuBois (http://dubois.psu.edu/ota)
More information about accreditation at Penn State Mont Alto (http://montalto.psu.edu/ota)
More information about accreditation at Penn State Shenango (http://shenango.psu.edu/ota)
More information about accreditation at Penn State Berks (http://berks.psu.edu/associate-occupational-therapy)

Contact

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https://dubois.psu.edu/ota

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1 Campus Drive
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