OCCUPATIONAL THERAPY

Occupational therapy is the study of human occupation — the activities humans do every day — across the lifespan and cultures. St. Catherine University’s programs prepare students to help people engage in productive occupations that contribute to their physical, psychological and spiritual health, well-being and overall quality of life.

Graduates of St. Catherine University’s occupational therapy programs will develop the skills to work with people of all ages and abilities in a variety of settings. These include hospitals, mental health programs, rehabilitation centers, long-term care facilities, community-based settings and public school systems.

The Occupational Therapy Department at St. Catherine University offers programs at the associate, master’s and doctoral levels. In addition, the University offers four pre-professional pre-occupational therapy degree programs.

Associate

- Occupational Therapy Assistant - AAS (catalog.stkate.edu/undergraduate/health/occupational-science-therapy/occupational-therapy-assistant-aas)

For descriptions of graduate level OSOT courses, see the Master of Arts in Occupational Therapy (graduate catalog). (catalog.stkate.edu/graduate/health/occupational-science-therapy/maot)

OSOT 1020 Role of the OTA — 2 credits
This course explores the roles and responsibilities of the occupational therapy assistant as described for each of the elements of the occupational therapy process. Major topic areas include: the history of occupational therapy, theory of occupational performance and its relationship to basic need satisfaction and skill development, teaching and learning, documentation, ethics, official occupational therapy documents and publications including the Occupational Therapy Practice Framework, professional responsibilities and provides a broad overview of team members and areas of practice. Offered in the College for Adults.
Corequisites: OSOT 1030, OSOT 1050, OSOT 3250.

OSOT 1030 Human Occupations I with Lab — 2 credits
This course introduces the student to human occupation through the exploration and analysis of various occupations including basic knowledge and skills that underlie occupational therapy practice. Major topic areas include activity analysis, intrinsic values, actions in human occupations, creative and critical thinking, interpersonal communication, and an introduction to the use of professional language and the Occupational Therapy Practice Framework. Also included in this course is the introduction to the professional portfolio that will be developed throughout the program. Lessons are highly integrated with lab sessions. Offered in the College for Adults.
Corequisites: OSOT 1020, OSOT 1050, OSOT 3250.

OSOT 1040 Clinical Conditions — 2 credits
This course provides an introduction to common clinical conditions seen in occupational therapy practice. As an essential component to this course, participants will locate, read, and understand professional literature related to common clinical conditions utilizing best practice guidelines for evidence based evaluation. Major topic areas include an overview of various diagnoses including etiology, incidence, signs and symptoms, medical management, prognosis, and the impact of the illness on a person’s occupational performance. Offered in the College for Adults.
Prerequisites: OSOT 1020, OSOT 1030, OSOT 1050, OSOT 3250.
Corequisites: OSOT 1210 or OSOT 1215, OSOT 1250, OSOT 1270 or OSOT 1275, OSOT 1300 or OSOT 1305.

OSOT 1050 Human Occupations II with Lab — 2 credits
This course continues to build on human occupation through the exploration and analysis of occupation and use of professional language and Occupational Therapy Practice Framework with an emphasis on occupations at the community level. In addition, major topic areas include basic skills necessary for teaching activities to a learner while beginning to implement the therapeutic use of self, social justice, environmental factors that can impede occupational participation, and the role of health promotion and well-being. Lessons are highly integrated with lab sessions. Offered in the College for Adults.
Corequisites: OSOT 1020, OSOT 1030, OSOT 3250.

OSOT 1210 Client Support Skills with Lab — 3 credits
This course covers the basic skills necessary to interact with clients throughout the lifespan, regardless of specific diagnosis or client factors and how certain client factors and deficits in performance skills can interfere with daily occupations. The student will gain familiarity of the role of the occupational therapy assistant in the following areas: basic principles of problem identification, treatment implementation, activity adaptation and analysis, observation, assessment, professional documentation, interpersonal communication and the use of assistive and adaptive technology. Major topic areas include safety, strength, endurance, prehension, range of motion, infection control, vital signs, body mechanics, work simplification, ergonomics, energy conservation techniques, assistive and adaptive technology, positioning and transportation of a client, ADL skills, IADL skills and home modifications. Lessons are highly integrated with lab sessions. Offered in the College for Adults.
Prerequisites: OSOT 1020, OSOT 1030, OSOT 1050, OSOT 3250.
Corequisites: OSOT 1040, OSOT 1250, OSOT 1275, OSOT 1305.

OSOT 1215 Client Support Skills — 4 credits
This course covers the basic skills necessary to interact with clients throughout the lifespan, regardless of specific diagnosis or client factors and how certain client factors and deficits in performance skills can interfere with daily occupations. The student will gain familiarity of the role of the occupational therapy assistant in the following areas: basic principles of problem identification, treatment implementation, activity adaptation and analysis, observation, assessment, professional documentation, interpersonal communication and the use of assistive and adaptive technology. Major topic areas include safety, strength, endurance, prehension, range of motion, infection control, vital signs, body mechanics, work simplification, ergonomics, energy conservation techniques, assistive and adaptive technology, positioning and transportation of a client, ADL skills, IADL skills and home modifications. Lessons are highly integrated with lab sessions. Offered in the College for Adults.
Prerequisites: OSOT 1020, OSOT 1030, OSOT 1050, OSOT 3250.
Corequisites: OSOT 1040, OSOT 1250, OSOT 1275, OSOT 1305.
OSOT 1250 Aging — 2 credits
This course explores the role of the occupational therapy assistant in working with the aging population. Major topic areas include the process of aging and the impact on occupational performance, treatment techniques for working with the elderly, guidelines for supervision and management of activities/recreation programs, death and dying, dementia, caregiving, aging in place and driving. Offered in the College for Adults.
Prerequisites: OSOT 1020, OSOT 1030, OSOT 1050, OSOT 3250.
Corequisites: OSOT 1040, OSOT 1210 or 1215, OSOT 1270 or 1275, OSOT 1300 or 1305.

OSOT 1270 Level I Fieldwork — 1 credit
This course provides students with initial exposure to clinical settings in the community. An emphasis is placed on professional behaviors, teamwork, group facilitation, therapeutic use of self, and application of content learned in previous and current courses. In this course students will have opportunities to observe and have hands on experience with developmentally delayed and aging populations. Offered in the College for Adult and Applied Learning.
Prerequisites: OSOT 1020, OSOT 1030, OSOT 1050, OSOT 3250.
Corequisites: OSOT 1040, OSOT 1210 or OSOT 1215, OSOT 1250, OSOT 1300 or OSOT 1305.

OSOT 1275 Level I Fieldwork — 2 credits
In this course students learn and practice treatment techniques on campus for two weeks and are then assigned to two different fieldwork sites in the community. The course meets two days per week on Tuesdays and Thursdays and the students will observe and have hands on experience with individuals with disabilities on Tuesdays and will work with the aging population on Thursdays. This is a field experience course taught in conjunction with OSOT 1305 AND OSOT 1250. The content from these courses is applied within the fieldwork settings. Offered in the College for Adults.
Prerequisites: OSOT 1020, OSOT 1030, OSOT 1050, OSOT 3250.
Corequisites: OSOT 1040, OSOT 1210 or OSOT 1215, OSOT 1250, OSOT 1300 or OSOT 1305.

OSOT 1300 Therapeutic Applications I with Lab — 2 credits
This course begins with a review of normal growth and development followed with service delivery models, theory and therapeutic intervention strategies for client factors/performance skill deficits typically associated with this population. Major topic areas include current treatment theories and the role of the OTA in the areas of assessment, program planning, program intervention/re-evaluation, and discontinuation. Offered in the College for Adults.
Prerequisites: OSOT 1020, OSOT 1030, OSOT 1050, OSOT 3250; BIOL 2000 or BIOL 2400.
Prerequisite with concurrence: PSYC 2020.
Corequisites: OSOT 1040, OSOT 1210 or OSOT 1215, OSOT 1250, OSOT 1300 or OSOT 1275.

OSOT 1305 Therapeutic Applications I with Lab — 3 credits
This course is the first of three therapeutic applications courses concentrating on treatment approaches used with the developmentally delayed population. The course begins with a review of normal growth and development followed with service delivery models, theory and therapeutic intervention strategies for client factors/performance skill deficits typically associated with this population. Current treatment theories and the role of the OTA in the areas of assessment, program planning, program intervention/re-evaluation, and discontinuation are presented. Teaching methods include supplemental readings, lecture, experiential labs, case studies, assignments, role plays, technology, guest speakers, and audio visual materials. This course is taught in conjunction with the Level I Fieldwork. If a student is unsuccessful in this course she or he will have to withdraw from the fieldwork experience that coordinates with it. Offered in the College for Adults.
Prerequisites: OSOT 1020, OSOT 1030, OSOT 1050, OSOT 3250; BIOL 2400.
Prerequisite with concurrence: PSYC 2020.
Corequisites: OSOT 1040, OSOT 1210 OR OSOT 1215, OSOT 1250, OSOT 1270 OR OSOT 1275.

OSOT 2300 Therapeutic Applications III — 2 credits
This course focuses on intervention for performance skill issues due to client factors associated with impaired motor and process skills issues such as mental functioning, sensory processing, and neuromusculoskeletal functions. Major topic areas include: current treatment theories and the role of the OTA in the areas of assessment, planning, implementation of treatment programs, program discontinuation, service management, continuing education and public relations are presented. Emphasis is on use of meaningful occupation and understanding of individual performance contexts and patterns. Lessons are highly integrated with lab sessions. Offered in the College for Adult and Applied Learning.
Prerequisites: OSOT 2330, OSOT 2360, OSOT 2400.
Corequisites: OSOT 2350, OSOT 2410.

OSOT 2305 Therapeutic Applications III — 3 credits
This course focuses on intervention for performance skill issues due to client factors associated with impaired motor and process skills issues such as mental functioning, sensory processing, and neuromusculoskeletal functions. Current treatment theories and the role of the OTA in the areas of assessment, planning, implementation of treatment programs, program discontinuation, service management, continuing education and public relations are presented. Emphasis is on use of meaningful occupation and understanding of individual performance contexts and patterns. Throughout the course, class activities and role-play experiences provide opportunities to integrate these concepts and theories. This course is followed by a Level II Fieldwork experience. Offered in the College for Adults.
Prerequisites: OSOT 2330, OSOT 2400, OSOT 2410.

OSOT 2330 Therapeutic Applications II — 2 credits
This course is an introduction to the use of occupational therapy for clients with psychosocial dysfunction. Emphasis is on the use of client centered, meaningful occupation for skill development and enhancement and the prevention of decline in occupational performance across the lifespan. Current treatment theories, clinical reasoning and the role of the OTA in assessment, program planning, intervention and discontinuation with this population are presented. Offered in the College for Adults.
Prerequisites: OSOT 1040, OSOT 1210 or OSOT 1215, OSOT 1250, OSOT 1270 or OSOT 1275, OSOT 1300, PSYC 1000.
OSOT 2350 Level II Fieldwork — 6 credits
This course is designed to give students the opportunity for practical application of content in the area of physical disabilities. Students are assigned to appropriate settings in the community under the supervision of an approved occupational therapy fieldwork educator for eight weeks per Accreditation Counsel for Occupational Education (ACOTE). Level II Fieldwork provides students the opportunity to transmit the values and beliefs of occupational therapy into ethical practice and to develop professionalism and competence as ongoing career responsibilities. Students will apply the elements of the occupational therapy process including assessment, treatment intervention, discharge planning, and documentation with clients. In addition, students will continue to develop and apply skills in group dynamics, leadership, inter and intra-professional interactions and activity analysis. Students will be evaluated using the American Occupational Therapy Association Performance Evaluation per ACOTE guidelines. Offered in the College for Adults.
Prerequisites: OSOT 2330, OSOT 2400.

OSOT 2360 Level II Fieldwork — 6 credits
This course is designed to give students the opportunity for practical application of content in the areas of mental health, behavioral health and/or psychosocial settings. Students are assigned to appropriate settings in the community under the supervision of an approved occupational therapy fieldwork educator for eight weeks per Accreditation Counsel for Occupational Education (ACOTE). Level II Fieldwork provides students the opportunity to transmit the values and beliefs of occupational therapy into ethical practice and to develop professionalism and competence as ongoing career responsibilities. Students will apply the elements of the occupational therapy process including assessment, treatment intervention, discharge planning, and documentation with clients. In addition, students will continue to develop and apply skills in group dynamics, leadership, inter and intra-professional interactions and activity analysis. Students will be evaluated using the American Occupational Therapy Association Performance Evaluation per ACOTE guidelines. Offered in the College for Adults.
Prerequisites with concurrency: OSOT 2330, OSOT 2400.

OSOT 2400 Practice Models and Professional Issues I — 1 credit
This course explores a variety of occupational therapy service delivery models, specialty practice settings and/or in emerging practice. Topics vary and include, but are not limited to: community mental health settings, Clubhouse Model, homeless populations, torture survivors and programs in shelters and support agencies. The course addresses professional issues related to evidence based practice, leadership, ethics, advocacy, reimbursement, and program evaluation in the context of current global social issues. Offered in the College for Adults.
Prerequisites: OSOT 1040, OSOT 1210 or OSOT 1215, OSOT 1250, OSOT 1270 or OSOT 1275, OSOT 1300 or OSOT 1305.

OSOT 2410 Practice Models and Professional Issues II — 1 credit
This course explores a variety of occupational therapy practice settings including specialty and/or emerging practice. Topics vary and may include but are not limited to: lifestyle balance/health promotion, life coaching, hand therapy including use of superficial thermal and mechanical modalities, community programs, home modification, industrial work programs/ergonomics, and driving programs. The course addresses professional issues related to leadership and followership as well as information on job seeking including résumé writing. National requirements for credentialing and requirements for licensure, certification, or registration under state laws are also covered. Offered in the College for Adults.
Prerequisites with concurrency: OSOT 2330, OSOT 2400.