

Diploma in Occupational Therapy

Course Structure (Core Modules)

YEAR 1 - SEMESTERS 1 & 2

HS1105 Human Anatomy 1A
HS1106 Human Anatomy 1B
HS1107 Human Physiology 1A
HS1108 Human Physiology 1B
HS1096 Introduction to Psychology
HS1097 Introduction to Sociology
HS1109 Communication
HS2134 Research Methods
HS1110 Occupational Therapy Theory & Process 1A
HS1111 Occupational Therapy Theory & Process 1B
HS1112 Human Occupations 1A
HS1113 Human Occupations 1B
HS1114 Lifestyle & Lifespan Development
HS1115 Clinical Education 1

YEAR 2 - SEMESTERS 1 & 2

HS2144 Neurophysiology
HS2145 Psychological Disorders & Treatments
HS2146 Health & Neuropsychology
HS2135 Statistics
HS2147 Occupational Therapy Theory & Process 2A
HS2148 Occupational Therapy Theory & Process 2B
HS2149 Human Occupations 2A
HS2150 Human Occupations 2B
HS2151 Components of Occupational Performance 1A
HS2152 Components of Occupational Performance 1B
HS2153 Components of Occupational Performance 1C
HS2154 Components of Occupational Performance 1D
HS2155 Lifestyle Redesign
HS2156 Clinical Education 2

YEAR 3 - SEMESTERS 1 & 2

HS3135 Family & Medical Sociology
HS3136 Applied Physiology & Biomechanics
HS3137 Occupational Therapy Project 1
HS3138 Occupational Therapy Project 2
HS3139 Occupational Therapy Theory & Process 3A
HS3140 Occupational Therapy Theory & Process 3B
HS3141 Human Occupations 3A
HS3142 Human Occupations 3B
HS3143 Components of Occupational Performance 2A
HS3144 Components of Occupational Performance 2B
HS3145 Components of Occupational Performance 2C
HS3146 Clinical Education 3

Synopsis of Modules

YEAR 1 SEMESTERS 1 & 2

HS1096 INTRODUCTION TO PSYCHOLOGY (30 Hours)

This module provides an overview of lifespan development. It aims to enhance students' occupational and personal functions. In general, upon completion, the student should be able to see the relevance of psychology to healthcare practice; discuss and understand basic concepts of human development and examine the impact of the individual on current social, developmental and moral issues.

HS1097 INTRODUCTION TO SOCIOLOGY (30 Hours)

This module provides an introduction to the sociological perspectives and concepts used to understand and analyse the broad socio-cultural context of society.

HS1105 HUMAN ANATOMY 1A (90 Hours)

This module provides a general coverage of the human structure and function with particular emphasis on aspects of special relevance to the professions of physiotherapy and occupational therapy. It covers the structure and function of tissues, musculoskeletal development, introductory biomechanics of the human body and the anatomy of the upper limb.

HS1106 HUMAN ANATOMY 1B (75 Hours)

The aim of this module is to provide coverage of human anatomy of the head, neck, trunk and lower limb with particular emphasis on aspects of special relevance to the professions of physiotherapy and occupational therapy.

HS1107 HUMAN PHYSIOLOGY 1A (105 Hours)

This module provides students with an understanding of normal human cell and organ structure and function with particular emphasis on aspects of special relevance to Physiotherapy and Occupational Therapy. It covers mechanisms that integrate and control body functions.

HS1108 HUMAN PHYSIOLOGY 1B (75 Hours)

This module provides students with an understanding of neurophysiology, neuroanatomy, mechanisms of somatosensory motor pathways, pain mechanisms and muscle physiology. In addition, the module provides an understanding of the abnormal function, pathophysiology, and management of related clinical conditions.

HS1109 COMMUNICATION (45 Hours)

This module aims to highlight the relevance of communication to healthcare practice, and equip students with communication skills necessary for work and personal life. In addition, key themes in the sociology of practitioner-patient relationship will be emphasised.

HS1110 OCCUPATIONAL THERAPY THEORY & PROCESS 1A (90 Hours)

This module consists of three units: Introduction to occupational therapy theory & process examines the historical, philosophical and theoretical foundations of the occupational therapy profession, and covers the components of the occupational therapy process and roles of occupational therapists in various practice settings; the Singapore health system aims to orientate the students to the Singapore health and social service systems; creativity in occupational therapy aims to introduce creativity in relation to occupational performance and occupational therapy service delivery.

HS1111 OCCUPATIONAL THERAPY THEORY & PROCESS 1B (30 Hours)

This module aims to introduce students to the profession of occupational therapy through integration of occupational therapy concepts applied to scenarios derived from clinical situations. Opportunities for self-directed learning through problem based learning will be provided with particular focus on the application of problem solving within the occupational therapy process.

HS1112 HUMAN OCCUPATIONS 1A (30 Hours)

This module introduces students to human mobility in occupational performance. The student will learn skills to assess and treat dysfunction in human mobility.

HS1113 HUMAN OCCUPATIONS 1B (30 Hours)

This module introduces self maintenance occupations to maintain, restore and enhance occupational performance. Students will learn skills to assess and treat dysfunction in self maintenance.

HS1114 LIFESTYLE & LIFESPAN DEVELOPMENT (75 Hours)

This module aims to introduce the study of child and lifespan development, to enable students to identify normal processes of change in physical, cognitive and social development throughout the child and adult lifespan.

HS1115 CLINICAL EDUCATION 1 (80 Hours)

This module prepares students for occupational therapy clinical education by covering topics related to infection control, ethics of clinical practice, communication skills and reflective learning. It focuses on the range and scope of occupational therapy service and the roles of various members of the health care team.

HS2134 RESEARCH METHODS (30 Hours)

This module introduces students to the basic concepts and principles of research methodology. It covers areas of research design related to conceptualisation, operationalisation, validation, sampling, and examines various methodologies for data collection.

YEAR 2 SEMESTERS 1 & 2**HS2135 STATISTICS (30 Hours)**

This module introduces students to the basic concepts and principles of statistical analysis. It covers various aspects of probability, descriptive and inferential data analysis.

HS2144 NEUROPHYSIOLOGY (60 Hours)

This module expands students' knowledge and understanding of the human structure and function as it relates to neuroanatomy and neurophysiology. Specific emphasis is placed on the role of the nervous system in sensory motor systems, postural control, pain modulation and higher cortical function. Pathophysiology of common neurological conditions and principles of management are also covered.

HS2145 PSYCHOLOGICAL DISORDERS AND TREATMENTS (60 Hours)

This module covers psychological disorder and treatment. It aims to provide students with a general understanding of the symptoms, causes and treatments of psychological disorders in childhood and adulthood. Students will also gain a basic knowledge of psychological assessments and diagnostic tools for mental disorders.

HS2146 HEALTH & NEUROPSYCHOLOGY (45 Hours)

This module consists of two units. The unit on health psychology provides students with an introduction to key areas in health psychology relevant to healthcare professionals. The unit on neuropsychology aims to provide an appreciation of the cognitive and behavioural deficits due to insults to the brain, the assessments of the brain and management issues. The student will also appreciate the application of neuropsychology in clinical practice.

HS2147 OCCUPATIONAL THERAPY THEORY & PROCESS 2A (60 Hours)

This module facilitates critical analysis of theory and practice and builds upon the knowledge and skills acquired in applying the occupational therapy process. It aims to

develop students' occupational therapy clinical reasoning by focusing on the selection of relevant assessments and the identification of appropriate approaches in occupational therapy practice through problem based learning. The module also further develops understanding of occupational therapy's knowledge base and its application to current practice by exploring contemporary occupational therapy theories.

HS2148 OCCUPATIONAL THERAPY THEORY & PROCESS 2B (30 Hours)

This module focuses on occupational therapy programme planning and evaluation. Students will explore emerging practice areas and develop skills in programme planning and evaluation.

HS2149 HUMAN OCCUPATIONS 2A (75 Hours)

This module consists of two main units: Activity analysis of occupations introduces occupations as therapy and develops students' abilities to analyse the therapeutic potential of activities by identifying components of activities to adapt, modify and grade them for therapeutic intervention; Play and School introduces students to theories and skills associated with occupational therapy assessment and intervention for children and adolescents with particular emphasis on facilitating functional performance in play and school occupations.

HS2150 HUMAN OCCUPATIONS 2B (60 HOURS)

This module comprises of two units examining the performance, maintenance and enhancement of personal and family roles. The unit on home, community and environment explores instrumental activities of daily living and enables students to learn to assess and manage deficits in physical, psychosocial and cognitive areas that impact on home and community skills. The unit on leisure occupations investigates the therapeutic potential of leisure and focuses on leisure participation of the disabled population.

HS2151 COMPONENTS OF OCCUPATIONAL PERFORMANCE 1A (45 HOURS)

This module introduces students to the biomechanical and sensorimotor functions that allow people to perform occupational tasks. Emphasis is placed on assessment and intervention skills based on kinesiological principles. Signs and symptoms of musculoskeletal disorders and principles of occupational therapy assessment and interventions for these disorders are covered. Students will also learn approaches to management of acute and chronic pain.

HS2152 COMPONENTS OF OCCUPATIONAL PERFORMANCE 1B (45 HOURS)

The module enables students to study the effects of mental illness on occupational performance and learn to apply occupational therapy models to assess and treat psychosocial dysfunctions. Students will also develop skills in facilitating groups and gain an understanding of the potential of group work as a treatment medium.

HS2153 COMPONENTS OF OCCUPATIONAL PERFORMANCE 1C (30 HOURS)

This module gives students the foundation for occupational therapy management of hand and upper limb injuries. Students will acquire knowledge and skills in occupational therapy assessment and intervention for hand and upper limb injuries. They will also attain skills in orthotic prescription, design and fabrication.

HS2154 COMPONENTS OF OCCUPATIONAL PERFORMANCE 1D (75 HOURS)

This module consists of two units: the unit on occupational therapy in mental health examines and applies occupational therapy models, approaches, assessment and intervention techniques in mental health practice and enables students to identify and evaluate current and emerging mental health services; the unit on counseling will impart knowledge on the counseling process and develop the skills required in a counseling relationship.

HS2155 LIFESTYLE REDESIGN (45 HOURS)

This module aims to explore lifestyle patterns and life roles of adults by assessing activity patterns, health practices, and strategies for optimal health. Students will examine the influences of the environment and biopsychosocial changes impacting on individual's lifestyle choices.

Occupational therapy assessment and interventions will be explored in relation to healthy lifestyle and wellness.

HS2156 CLINICAL EDUCATION 2 (240 HOURS)

This clinical education module provides students with the opportunity to assess, plan, implement and evaluate occupational therapy interventions under supervision in the fieldwork setting. Emphasis will be placed on assessment, problem identification, treatment planning and applying communication skills.

YEAR 3 SEMESTERS 1 & 2

HS3135 FAMILY & MEDICAL SOCIOLOGY (45 HOURS)

This module consists of two units. The unit on family sociology provides students with a broad sociological framework and approach towards understanding the family and its interacting dynamics. Students will also gain an understanding of the nature, structure and relevance of work and organizations and its impact on identity and family relations. The unit on medical sociology aims to provide students with an understanding of the relationship between health, illness and society.

HS3136 APPLIED PHYSIOLOGY & BIOMECHANICS (60 HOURS)

This module studies the integration of body functions during work and exercise. Students will be introduced to concepts in biomechanics and their application to situations which have specific implications for occupational therapy in self maintenance and productivity occupations.

HS3137 OCCUPATIONAL THERAPY PROJECT 1 (30 HOURS)

This module provides the opportunity for students to systematically investigate a specific issue in occupational therapy by applying the research process. Students will produce a research or project proposal for implementation. Evidence based practice and the critical appraisal of evidence will also be introduced.

HS3138 OCCUPATIONAL THERAPY PROJECT 2 (45 HOURS)

This module allows students to implement their proposed occupational therapy research or systematic review. At the end of this module, students will submit a publication-ready report and present their findings in a student conference.

HS3139 OCCUPATIONAL THERAPY THEORY & PROCESS 3A (30 HOURS)

This module consists of two units. The unit on clinical reasoning aims to refine student's understanding of occupational therapy clinical reasoning through cases managed by students during clinical education. The focus will be on procedural, interactive and narrative reasoning. The unit on occupational therapy management aims to explore policies, processes and procedures associated with management of occupational therapy services. Ethical and legal standards for practice will be covered along with human resource planning, strategies for leadership and teamwork. Relevant quality standards to enhance service delivery will be examined.

HS3140 OCCUPATIONAL THERAPY THEORY & PROCESS 3B (60 HOURS)

The module allows students to consolidate and synthesise their knowledge on occupational therapy to effectively clinical reason as a beginning practitioner. The module will also extend the students' knowledge of professional issues related to the practice of occupational therapy. It will prepare the student for their entry into the profession as an occupational therapist.

HS3141 HUMAN OCCUPATIONS 3A (30 HOURS)

This module examines theories of vocational rehabilitation. It explores the macro and micro perspectives of productive occupations, including paid and unpaid work and its impact on the individual, family and society. Students will develop skills to conduct functional capacity

evaluations to identify the impact of physical, psychosocial and cognitive deficits on vocational performance and rehabilitation.

HS3142 HUMAN OCCUPATIONS 3B (30 HOURS)

This module imparts assessment and intervention skills in the practice of assistive technology to promote optimal occupational performance. Students will learn the assistive technology prescription process for powered mobility, driving, environmental and alternative access, augmentative and alternative communication.

HS3143 COMPONENTS OF OCCUPATIONAL PERFORMANCE 2A (30 HOURS)

This module examines neuromotor development, motor learning theories and treatment applied to occupational therapy interventions for sensorimotor deficits. The students will develop skills in specific neuromotor assessment and intervention techniques across the lifespan.

HS3144 COMPONENTS OF OCCUPATIONAL PERFORMANCE 2B (30 HOURS)

This module aims to provide opportunities for students to learn advanced practice skills in occupational therapy for children and adults with neuromotor deficits, through the understanding of commonly used evidence-based assessment and intervention models.

HS3145 COMPONENTS OF OCCUPATIONAL PERFORMANCE 2C (30 HOURS)

The module consists of two units. The unit on reduced energy examines occupational therapy assessment and intervention techniques for condition leading to reduced energy capacity. Students will develop skills in determining energy cost of activities, monitoring physiological and psychological parameters for safe task performance and managing energy restoration and conservation programme. The unit on cognitive dysfunctions explores models and theories of cognitive rehabilitation. The student will acquire skills in assessing and managing various levels of cognitive dysfunction.

HS3146 CLINICAL EDUCATION 3 (880 HOURS)

This clinical education module provides students with the opportunity to consolidate and practise under supervision. The student is assigned with increased responsibilities and autonomy for assessment, problem identification, planning, implementation and evaluation of treatment in fieldwork settings. During placement, students will be encouraged to explore management and non-clinical roles of occupational therapists.