

Program Information

Rehabilitation Assistant

2025/2026

Program Overview	The Rehabilitation Assistant program equips students with the knowledge and skills to provide safe and competent rehabilitative care under the supervision of speech-language pathologists, occupational therapists, and physical therapists. Key features include hands-on practicum rotations and training aligned with current health care practices.
Area of Study	Health & Human Services
Credential	Certificate
Program Length	1 Year Full time (12 months) This program runs for 12 consecutive months, excluding student success weeks and holidays.
Delivery	In-Classroom This program is primarily taught in person during full-day sessions, with less than 10% of course content delivered online.
Work-Integrated Learning	14-week practicum
Open to International Students	Yes
CIP Code	51.0817

Career Outcomes

- Hospitals
- Long-term care facilities
- Community and government health agencies
- Home care agencies
- Physiotherapy and Occupational Therapy private practices
- Schools

All Courses

Course Name	Description	Hours
Communication Skills (RH-110)	This course helps students develop effective interpersonal communication skills in preparation for their role as part of an interdisciplinary team within the institutional, community or clinical health care setting. The course also focuses on culturally competent communication and examines best practices within the Canadian healthcare environment. Class activities provide insight into the importance of effective communication for building rapport between the client and health care provider. In addition, group discussions focus on the importance of communication for effective teamwork, managing challenging conversations and maintaining respectful workplace policies. The overall objective of the course is to emphasize improved client-centered care as a result of proficient communication.	50 hours
Introduction to Rehabilitation:	This course introduces students to the roles and responsibilities of health care providers working in rehabilitation	50 hours

Health-Care System (RH-120)	services. Topics include the function of the Canadian health care system and regional health authorities. Students will examine the common practices and unique roles of occupational therapy, physical therapy, speech language pathology and audiology. In addition, crucial ethical and legal responsibilities in the health care field are explored.	
Kinesiology of Movement (RH-130)	This course introduces the student to the study of clinical kinesiology in relation to functional and dysfunctional human movement. Students will learn the musculoskeletal anatomy of the human body with applications to functional activities of daily living.	110 hours
Therapeutic Skills I: Foundations (RH-140)	This course provides an overview of treatment techniques utilized in the rehabilitation field. These skills are the basis for providing safe and competent client care. Skill development at this level will establish the foundation required to progress toward acquiring knowledge and skills specific to Occupational Therapy, Physiotherapy and Speech Language Pathology.	90 hours
Therapeutic Skills II: Therapeutic Exercise (RH-180)	This course will explore rehabilitation exercise as it relates to diverse patient populations. The practical component of the course focuses on the development of skills and techniques necessary for the assistant to effectively support the delivery of physical and occupational therapy services.	50 hours

Therapeutic Skills III: Physical Therapy Modalities (RH- 190)	This course provides an overview of the modalities used by Physical Therapists. Students will explore the fundamental concepts and theory related to therapeutic modalities. Students will learn the safe application of a variety of modalities commonly used in several rehabilitation settings.	50 hours
Therapeutic Skills IV: Occupational Therapy (RH-200)	This course provides an overview of the knowledge and skill requirements necessary for a rehabilitation assistant to support the delivery of Occupational Therapy services. Students will develop a range of techniques useful in a variety of Occupational Therapy rehabilitation settings.	44 hours
Therapeutic Skills V: Speech- Language and Audiology (RH- 210)	This course provides an overview of the development of the Speech Language Pathology and Audiology discipline specific skill set. Students will explore the role of the rehabilitation assistant when supporting client's with speech, language and communication difficulties. Students will develop a range of strategies and techniques useful for working with client's who have communication impairments amongst diverse patient populations.	44 hours
Anatomy, Physiology, and Medical Terminology I (RH-240)	This is the first of a two-part series of courses. This course reviews the basics of building medical words, anatomy and physiology of the various body systems and medical abbreviations. The course also explores common disease conditions of the body and some associated pharmacological interventions.	84 hours

Anatomy, Physiology, and Medical Terminology II (RH-250)	This course will build on the content of Anatomy, Physiology, and Medical Terminology I and will explore the remaining body systems. This exploration includes common diseases, conditions, and some associated pharmacological interventions.	84 hours
Rehabilitation Assistant Work Practicum I (RH-260)	The Rehabilitation Assistant Work Practicum is based on a progressive learning structure and is divided into two 6-week rotations. This course is the first of the two work practicum components. The first rotation is scheduled after three-quarters of the program curriculum has been successfully completed by the student. The second rotation is the culminating experience of the Rehabilitation Assistant program. By the end of the second rotation, students are expected to perform at an entry-to-practice level of competence. Practicum is a preceptor-led placement where students work with an institutionally appointed Rehabilitation Assistant or Licensed Therapist in a clinical setting. It offers students the opportunity to gain industry-relevant experience and to build on their technical skills while increasing confidence, employability and job readiness.	240 hours
Rehabilitation Assistant Work Practicum II (RH-270)	The Rehabilitation Assistant Work Practicum is based on a progressive learning structure and is divided into two 6-week rotations. This course is the second of the two work practicum components. The first rotation is scheduled after three-quarters of the	240 hours

	program curriculum has been successfully completed by the student. The second rotation is the culminating experience of the Rehabilitation Assistant program. By the end of the second rotation, students are expected to perform at an entry-to-practice level of competence. Rehabilitation Assistant practicum experiences are preceptor-led placements where students work under the direction of a licensed Therapist or institutionally appointed Rehabilitation Assistant. Practicums offer students the opportunity to gain industry-relevant experience while building entry-to-practice competence. Practicums are unpaid, work-integrated learning experiences.	
Developmental Psychology (RH-280)	This course focuses on the biopsychosocial development of the individual from conception to death. It emphasizes key concepts in developmental psychology, including past and present theoretical perspectives. Students will learn concepts related to normal human development and behaviour in order to understand and apply care giving techniques to those implicated with injury, illness or disease.	84 hours
Human Health Conditions in Rehabilitation I (RH-290)	Students will learn about frequently encountered diagnostic categories in pediatric, mental health, bariatric and geriatric populations. Topics include the physical and psychological aspects of these conditions and how they manifest within these patient populations. Students will learn the role that rehabilitation services provide to patients	50 hours



	with these conditions in a variety of clinical settings.	
Human Health Conditions in Rehabilitation II (RH-300)	This is the final level of the two Human Health Conditions courses. In this course, students will learn about frequently encountered illnesses relating to musculoskeletal, neurological and cardiorespiratory conditions. The physical impacts of these conditions will be taught with an emphasis on the role of therapy and the Rehabilitation Assistant.	110 hours