

## PHYSICAL EDUCATION

--See *FITNESS SPECIALIST*

### POLYSOMNOGRAPHIC TECHNOLOGY

#### Associate in Science Degree

Polysomnographic (PSG) Technology is an allied health specialty for the diagnosis and treatment of disorders of sleep and daytime alertness. The range of sleep disorders is varied but includes common disorders such as narcolepsy, sleep apnea, insomnias and many others. PSG technologists operate a variety of sophisticated electronic monitoring devices which record brain activity (EEG), muscle and eye movement, respiration, blood oxygen and other physiological events. Technologists are also involved in evaluation of various treatment methods.

PSG technologists are employed in Sleep Disorders Centers which can be located in medical centers, hospitals or clinic/office settings. The PSG program offers instruction which includes lectures, laboratory experience on campus, clinical experience at accredited sleep centers and physician lectures.

Competencies in the three learning domains are measured by various means in the course and clinical work and overall learning outcomes are documented by the graduate competencies. As a CAAHEP-accredited PSG Program, this course of instruction meets the eligibility requirements to take the PSG exam of the Board of Registration in Polysomnographic Technologists (BRPT).

Graduates from OCC's Neurodiagnostic Technology or Respiratory Care programs may complete the PSG degree program with one additional year of study. Many courses from these programs are directly related to Polysomnography. Students without these backgrounds can complete the AS degree in Polysomnographic Technology within two years. This program will accept new students to begin in the fall semester of odd years.

#### Program Outcome

The goal of the program is to meet the needs of the local health care community by preparing students for entry level employment as a professional and competent Polysomnographic Technologist.

In addition to completion of the prerequisite and required courses below, this program requires completion of the Associate in Science General Education as listed in the catalog.

Students are required to earn a grade of "C" or better in all program courses and prerequisites.

#### Program prerequisite or concurrent enrollment:

Health Occupations	ALH	A010	(.5)
Anatomy-Physiology	BIOL	A221	(4)

**Subtotal: (4.5)**

#### Recommended preparation:

Technical Math*	TECH	A040	(3)
Intro to Computer Appl	CIS	A100	(3)

\*(or Math A010 or higher or placement at Math A030 level)

#### Required Courses

Course			Units
	<b>Fall</b>		
Medical Terminology	ALH	A111	(3)
Applied Pharmacology	ALH	A130	(2)
Basic EEG	NDT	A110	(4)
Resp Anatomy & Physiology	RSPC	A185	(3)
	<b>Spring</b>		
Human Diseases	ALH	A120	(2)
Child Development	HMDV	A180	(3)
Advanced EEG	NDT	A115	(4)
Intro to Neuroanatomy & Phys	NDT	A190	(3)
	<b>Fall</b>		
Patient Care	ALH	A115	(2.5)
Intro to Polysomnography	PSG	A150	(3)
Cardiac Rhythm Analysis	PSG	A155	(.5)
Polysomnography Testing	PSG	A160	(2)
Polysomnography Clinical 1	PSG	A165	(1)
Polysomnographic Practice	PSG	A170	(.5)
Pulmonary Pathology	RSPC	A265	(3)
	<b>Interession</b>		
Polysomnography Clinical 2	PSG	A175	(1)
	<b>Spring</b>		
Polysomnography Record Review	PSG	A250	(2.5)
Advanced Polysomnography	PSG	A260	(2)
Polysomnography Clinical 3	PSG	A265	(2)
Physician Lecture Series	PSG	A270	(1)
Polysomnography Internship	PSG	A285	(2)

**(47)**

**Total: (51.5)**

#### Suggested electives:

Technical Writing & Critical Reasoning			
Ethics	ENGL	A105	(3)
Intro to Physics	PHIL/RLST	A120	(3)
Intro to Abnormal Psychology	PHYS	A110	(3)
Statistics for Behavioral Sci	PSYC	A158	(3)
Interpersonal Communication	PSYC	A160	(3)
	SPCM	A100	(3)

## NEURODIAGNOSTIC TECHNOLOGY CROSS-TRAINING OPTION

This option is recommended for Neurodiagnostic Technology graduates who would like to cross-train as Polysomnographic Technologists.

## ASSOCIATE IN SCIENCE DEGREE IN POLYSOMNOGRAPHIC TECHNOLOGY

**Program option prerequisite:**  
Neurodiagnostic Technology Associate in Science Degree

	<b>Subtotal:</b>	<b>(55.5)</b>
<b>Required Courses</b>		
<b>Course</b>		<b>Units</b>
<b>Fall</b>		
Intro to Polysomnography	PSG A150	(3)
Cardiac Rhythm Analysis	PSG A155	(.5)
Polysomnography Testing 1	PSG A160	(2)
Polysomnography Clinical 1	PSG A165	(1)
Polysomnographic Practice	PSG A170	(.5)
Resp Anatomy & Physiology	RSPC A185	(3)
Pulmonary Pathology	RSPC A265	(3)
<b>Intersession</b>		
Polysomnography Clinical 2	PSG A175	(1)
<b>Spring</b>		
Child Development	HMDV A180	(3)
Polysomnography Record Review	PSG A250	(2.5)
Polysomnography Testing 2	PSG A260	(2)
Polysomnography Clinical 3	PSG A265	(2)
Physician Lecture Series	PSG A270	(1)
Polysomnography Internship	PSG A285	(2)
		<b>(26)</b>
<b>Total:</b>		<b>(81.5)</b>

## RESPIRATORY CARE CROSS-TRAINING OPTION

This option is recommended for Respiratory Care graduates who would like to cross-train as Polysomnographic Technologists.

## ASSOCIATE IN SCIENCE DEGREE IN POLYSOMNOGRAPHIC TECHNOLOGY

**Program option prerequisite:**  
Respiratory Care Associate in Science Degree

	<b>Subtotal:</b>	<b>(62.5)</b>
<b>Required Courses</b>		
<b>Course</b>		<b>Units</b>
<b>Fall</b>		
Basic EEG	NDT A110	(4)
Intro to Polysomnography	PSG A150	(3)
Polysomnography Testing 1	PSG A160	(2)
Polysomnography Clinical 1	PSG A165	(1)
Polysomnographic Practice	PSG A170	(.5)
<b>Intersession</b>		
Polysomnography Clinical 2	PSG A175	(1)
<b>Spring</b>		
Child Development	HMDV A180	(3)
Intro to Neuroanatomy & Phys	NDT A190	(3)
Polysomnography Record Review	PSG A250	(2.5)
Polysomnography Testing 2	PSG A260	(2)
Polysomnography Clinical 3	PSG A265	(2)
Physician Lecture Series	PSG A270	(1)
Polysomnography Internship	PSG A285	(2)
		<b>(27)</b>
<b>Total:</b>		<b>(89.5)</b>

CONTINUED NEXT PAGE