

**List of Competencies for On-the-Job Training (OJT)
Work-Study Diploma in Rehabilitation Care**

Note: LOC is subject to changes due to curriculum review/ development

S/N	List of Competencies (Standard)	Company to indicate '✓' for OJT competencies it can provide
	Conduct assessment and screening	
1	Perform measurements (baseline/ regular) Examples: subjective assessment, vital signs, blood glucose	
2	Monitor client's/ patient's responses to treatment, report and escalate abnormal range	
3	Manage contraindications and precautions when conducting activities	
4	Conduct functional assessments Examples: MBI, FAST	
5	Conduct cognitive assessments Examples: MMSE, AMT	
6	Conduct client/ patient or caregiver reported outcome measures Examples: EBAS, ZARIT caregiver burden scale	
7	Conduct physical assessments	
8	Perform measurements relating to body movements Examples: range of motion, manual muscle testing, grip strength	
9	Conduct home screening	
	Conduct community reintegration	
10	Carry out environmental risk assessment and mitigation	
11	Conduct community reintegration activities	
12	Evaluate community reintegration activities	
	Implement group activities	
13	Plan group activities	
14	Conduct group activities Examples: physical (strengthening, ROM, balance, endurance, agility exercises), social (recreational, outdoor), cognitive	
15	Evaluate group activities	
	Conduct assessment and intervention for assigned clients/ patients	
16	Implement therapy interventions for client/ patient with stroke	
17	Implement therapy interventions for client/ patient with frailty	
18	Implement therapy interventions for client/ patient with mental health issue	
19	Implement therapy interventions for client/ patient with fractures	

S/N	List of Competencies (Standard)	Company to indicate '✓' for OJT competencies it can provide
20	Implement therapy interventions for client/ patient with arthritis	
21	Implement therapy interventions for client/ patient with total hip replacement and total knee replacement	
22	Implement therapy interventions for client/ patient with neurocognitive conditions	
23	Implement therapy interventions for client/ patient with Parkinson's disease	
24	Implement therapy interventions for client/ patient with spinal cord injury	
25	Implement therapy interventions for client/ patient with cardiopulmonary disease	
26	Implement therapy interventions for client/ patient with low back pain	
27	Implement therapy interventions for client/ patient with amputation	
	Perform administrative duties	
28	Maintain equipment and inventory supplies	
29	Perform setting-specific administrative task Examples: coordination of transport, coordination of client/ patient schedule	
30	Plan and maintain therapy schedules	
	Supervise and mentor therapy assistants/ aides	
31	Precept new therapy assistant/ aide on clinical and operational processes	
32	Perform competency assessment for performance/ competency of therapy assistant/ aide	
33	Coordinate scheduling of leave and coverage of duties of therapy assistant/ aide	
	Sub-total of Competencies (Standard)	
List of Competencies (Company-specific)		
1		
2		
3		
4		
5		
6		
7		
8		
	Sub-total of Competencies (Company-specific)	

Note:

- a) Company must be able to provide OJT for at least **75%** of the List of Competencies (Standard).
- b) If company is unable to meet the 75%, please propose alternate **course-related** competencies which are unique to company operations. Alternate competencies are capped at 25%.
[i.e. 50% of the list of competencies (standard) + 25% alternate competencies (Company-specific)].
- c) All alternate competencies (Company-specific) must be reviewed and endorsed by ITE.
- d) Trainees must receive OJT and be assessed for **All** competencies selected in this List.

Total no. of competencies selected by company for OJT

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Total no. of competencies listed (*standard & company specific*)

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Percentage of selected competencies

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Completed By:

Name

Company

MODULE SYNOPSIS – WSDip in Rehabilitation Care

Course Objective

This course prepares trainees to learn and perform rehabilitative activities to clients affected by physical injuries, illnesses, developmental disabilities or psychosocial dysfunctions.

Modules Synopsis

Assessment & Screening 1

On completion of this module, trainees will be able to perform health assessments, monitor client/patient responses, manage contraindications, and conduct functional and cognitive evaluations using standardized assessment tools including the Modified Barthel Index and Mini-Mental State Examination.

Community Reintegration

On completion of this module, trainees should be able to assess preliminary environmental risks, conduct community reintegration activities, and evaluate outcomes using standardised assessment tools.

Group Dynamics & Facilitation

On completion of this module, trainees should be able to plan, conduct and evaluate group activities and exercises for different client/ patient populations.

Assessment & Screening 2

On completion of this module, trainees should be able to conduct physical assessments, perform measurements relating to body movements and conduct home screening.

Rehabilitation Studies 1

On completion of this module, trainees should be able to conduct simple assessments and interventions for client/ patient with stroke, frailty and mental health issue.

Rehabilitation Studies 2

On completion of this module, trainees should be able to conduct simple assessments and interventions for client/ patient with orthopaedic conditions.

Rehabilitation Studies 3

On completion of this module, trainees should be able to conduct simple assessments and interventions for client/ patient with neurocognitive conditions, Parkinson's disease and spinal cord injury.

Rehabilitation Studies 4

On completion of this module, trainees should be able to conduct simple assessments and interventions for client/ patient with chronic and complex physical conditions, such as cardiopulmonary conditions, low back pain and amputation.

TRAINING PATTERN SCHEDULE

WSDip in Rehabilitation Care

Day Release - Trainees attend 1 to 3 days of lessons per week at ITE, with the remaining work-week spent at the workplace for On-the-Job Training.

April'26 Intake	April – June 2026	ITE Vacation (June) 4 weeks	July – September 2026	ITE Vacation (Sept) 2 weeks	October – December 2026	ITE Vacation (Dec) 4 weeks	January – March 2027	ITE Vacation (March) 2 weeks
1st Year Off-JT @ ITE	3 days / week		3 days / week		2 day/week		2 day/week	
April'26 Intake	April – June 2027	ITE Vacation (June) 4 weeks	July – September 2027	ITE Vacation (Sept) 2 weeks	October – December 2027	ITE Vacation (Dec) 4 weeks	January – March 2028	ITE Vacation (March) 2 weeks
2nd Year Off-JT @ ITE	2 day/week		2 day/week		1 day/week		1 day/week	
April'26 Intake	April – June 2028	ITE Vacation (June) 4 weeks	July – September 2028	ITE Vacation (Sept) 2 weeks	WSDip Programme 2026 Start: 1 April 2026 End: 30 September 2028 Duration: 2.5 years  Final results release may be later than programme end date			
3rd Year O-JT @ Company	5 day/week		5 day/week					