

**CURRICULUM OF STUDIES**  
**FOR**  
**DIPLOMA IN OCCUPATIONAL**  
**THERAPY IN NIGERIA**

**PREPARED**

**BY**

**THE MEDICAL REHABILITATION**  
**THERAPISTS (REGISTRATION) BOARD**  
**OF NIGERIA (MRTB)**

## CURRICULUM OF STUDIES FOR DIPLOMA IN OCCUPATIONAL THERAPY IN NIGERIA

### Philosophy of Diploma Programme in Occupational Therapy

The occupational therapy, an important aspect of Medical Rehabilitation, involves the utilization of constructive and manipulative activities as media for therapy with emphasis on the use of occupation to close the gap between disability and ability. Essentially, occupational therapy is about rehabilitating patients back into community or society with an appreciable level of self-reliance that will enable them perform their normal functions or duties within the limits of their ability. Without occupational therapy, there would be a missing link in the recovery process. The monumental challenge besetting occupational therapy profession, in Nigeria, therefore, is how to train a new generation of occupational therapy professionals to occupy the vacuum created by dearth of adequate practitioners of the profession, occupational therapy, in Nigeria. To occupy the vacuum created and to put occupational therapy back on the medical map form the foundation for the establishment of a diploma programme in occupational therapy.

Since occupational therapy views all human beings as an occupational being in a way to adapt to all activities within the influence of the environment. This relies mainly on the individual's choices of roles and tasks that a person possibly enjoys doing and is within her/his motivational level of performance. The above philosophy is entrenched and utilized in the running of this programme to see that all the students go through most of the human occupations through learning as many skills as possible, group discussions, critical thinking and reading widely, clinical experience, theoretical knowledge and technical experience. Interwoven in this philosophy is the belief that students of this programme shall be exposed to basic science and medical science subjects.

### Course Objectives

1. To train dedicated occupational therapy professionals with relevant and basic expertise and knowledge in biological and behavioural sciences necessary to assess the level of occupational needs of patients of all age groups and who would be able to practise occupational therapy profession in any occupational therapy practice environment,

under the supervision of a qualified and registered occupational therapist.

2. To produce a low-level cadre of occupational therapists in Nigeria to urgently address the issue of inadequate number of occupational therapy practitioners in Nigeria and to prepare the diplomates for further training in occupational therapy in Board's accredited training institutions for them to become full-fledged occupational therapists.

### Regulations Governing Diploma Programme in Occupational Therapy

#### 1. Designation

A programme of studies is provided leading to the award of a Diploma certificate in occupational therapy, to be denoted by the letters – Dip. OT. It shall be a classified degree i. e. with class - *distinction, upper credit, lower credit and pass.*

#### 2. Admission Requirements

Candidates seeking admission into this programme must possess:

- (a) Three (3) credit passes in English Language, Mathematics, Biology/Health Science and two (2) passes in any other two subjects at Senior Secondary School Certificate Examination (SSSCE) or General Certificate of Education (GCE 'O' Level) or its equivalents at not more than two (2) sittings. In addition, a candidate must have passed the school's entrance examination with a score acceptable to the school's admission policy.
- (b) In addition to the above prerequisite, candidates seeking admission must not be less than 18 years of age in the year of his/her candidature, though there is no upper age limit.
- (c) Prospective students must have interest in working with people with disabilities.

- (d) Intending students must be interested in working in the local communities and community-based Rehabilitation Programmes.
- (e) Three (3) letters of recommendation from reputable Medical Rehabilitation Therapists.
- (f) Candidates may be required to attend an interview before admission.

### 3. Programme Structure

The programme is made up of two (2) years of formal studies to study basic science and basic medical science subjects and one (1) year of clinical attachment. At the completion of the programme, successful candidates will be awarded Diploma in Occupational Therapy (Dip. OT). The certificate awarded qualifies the would-be students to practise occupational therapy in any of the Board's accredited institutions under the supervision of a qualified and registered occupational therapist. A graduate of this programme here-in called *Diplomates* shall be referred to as a basic grade occupational therapist and is qualified to be admitted into a degree programme in occupational therapy in any of the Board's, MRTB, accredited institutions of higher learning in order to become a full-fledged occupational therapist, provided he/she satisfies the admission requirements of his/her school of choice.

### 4. Length of Course

Diploma Programme in occupational therapy shall normally extend over four (4) semesters (2 academic sessions) for all candidates. The maximum number of semesters allowed for the programme shall be 8 semesters (4 academic sessions).

### 5. Mode of Study

Candidates must register as full-time students. No part-time registration is allowed.

### 6. Examination and Award of Diploma Certificate in Occupational Therapy

- (a) All courses taught during each semester shall be examined at the end of each semester. Students shall be required to take written examinations (made up of essay type questions/ multiple choice questions) and or practical/clinical or oral examinations. Candidates will be credited with the number of course units assigned to the courses in which they have passed the examinations.
- (b) Continuous assessment shall constitute 30%, practical examinations 40% and written examinations 30%.
- (c) Pass mark for all courses shall be 40%.
- (d) The aggregate mark to be used in determining student's performance in each course shall be as stipulated below:

|                 |   |              |
|-----------------|---|--------------|
| * 70% above     | - | Distinction  |
| * 60 – 69%      | - | Upper Credit |
| * 50 – 59%      | - | Lower Credit |
| * 40 – 49%      | - | Pass         |
| * Less than 40% | - | Fail         |

The result shall be computed using Cumulative Grade Point Average (CGPA).

- (e) The School shall award Distinction mark to a candidate that scores an average of 70% and above in all the courses in a subject area, provided that all courses are passed at the first attempt.

- (f) The list of successful candidates for the programme shall be published in alphabetical order, indicating those who pass with Distinction in any subject.
- (g) A mandatory attendance in all courses, theoreticals, practicals and clinicals, with allowances for reasonable absences is required for all candidates. Students must produce written requests for any and all absences. A student shall only be allowed to sit a final examination in a course provided he has fulfilled this requirement.
- (h) Students who for no acceptable reason absent themselves from any examinations shall be deemed to have failed the examinations.
- (i) Candidates who fail any examinations may be re-examined in each of the courses he/she fails during a re-sit examination.
- (j) A candidate who passes a course in a re-sit examination shall be credited with the average of the scores he obtained in the main and the re-sit examinations.
- (k) No candidates shall be allowed more than 3 carry-overs in any academic session.
- (l) No candidate shall be allowed to repeat a year twice. If a candidate fails a year twice, he shall be asked to withdraw from the programme.

#### 7. Registration of Courses

- (a) In each academic year, students shall normally be required to register for not less than a prescribed minimum number of units.
- (b) The course codes, course titles and credit units for each academic session are displayed on pages 8 - 16.

#### 8. Criteria for moving from Year I to Year II

- (a) Candidates shall not normally proceed to YEAR II, until they have passed all the relevant courses at YEAR I.
- (b) Students who fail to pass General Studies (GNS) at YEAR I shall have to pass them before they can be allowed to graduate.

#### 9. Clinical Attachment

In order to qualify for the Diploma Certificate in Occupational Therapy, employment and for further studies in occupational therapy at degree level, a student must have satisfactorily completed one (1) calendar year of consistent clinical attachment in Board's MRTB, accredited Institution under the Student Industrial Work Experience Schemes (SIWES) in at least 4 - 6 occupational therapy facilities.

#### 10. Warning for Students with Poor Academic Performance

A student shall be given a written warning or be required to withdraw from the programme of studies, if he/she fails to achieve the minimum standards as stated below:

- (a) Candidates who fail a year twice shall be asked to withdraw from the programme.
- (b) Candidates who cannot satisfy the minimum requirements to proceed to the next academic level after repeating the class, are to be asked to withdraw from the programme.
- (c) Candidates who obtain less than 10 credit units in First Semester of YEAR I, less than 20 credit units in Second Semester of YEAR I and less than 20 credit units in First and Second Semesters of YEAR II to get a written warning.
- (d) A student who after 8 semesters has not completed his/her programme shall be asked to withdraw from the programme.

- (e) A student who spends more than six (6) semesters shall be awarded pass.

**11. Graduation Requirements and Award of Diploma in Occupational Therapy**

A Diploma Certificate in Occupational therapy shall be awarded provided:

- (a) a student has satisfactorily completed all requirements for the certificate.
- (b) a student obtains at least 75 credit units and above.
- (c) a student completes one (1) calendar year of clinical attachment and satisfies the professional conduct as required for registration with Medical Rehabilitation Therapists (Registration) Board of Nigeria.

Throughout the course of studies, the students are required to maintain a professional Code of Conduct as embodied in the fundamental ethical principles of the occupational therapy profession. The school, as guardian of these principles on behalf of the Board, Medical Rehabilitation Therapists (Registration) Board of Nigeria, therefore, reserves the right to refuse recommending through the department to the Senate of the school, the award of Diploma Certificate to a student who has successfully fulfilled all academic requirements, but whose conduct does not conform to that expected of a prospective occupational therapist.

**DIPLOMA PROGRAMME IN OCCUPATIONAL THERAPY**

**YEAR 1**

| <b>COURSE CODES</b> | <b>COURSE TITLES</b>  | <b>CREDIT UNITS</b> |
|---------------------|---|---------------------|
| OPT 101             | Occupational Therapy-Foundations for practice               | 2                   |
| OPT 102             | Theoretical approaches in Occupational Therapy              | 2                   |
| OPT 103             | Ethics in Occupational Therapy                              | 1                   |
| OPT 104             | Anatomy and Physiology I                                    | 2                   |
| SSC 101             | Medical Sociology   | 3                   |
| PSY 101             | Psychology-in the context of the African School environment | 2                   |
| PHE 101             | Health Education  | 1                   |
| GNS 101             | Use of English  | 2                   |
| CSC 101             | Introduction to Information Technology (Computers)          | 2                   |
| PSY 102             | Introduction to Behavioural Psychology                      | 2                   |
| PHY 102             | Medicine and Surgery  | 2                   |
| OPT 104             | Ergonomics (Aids and Adaptations I)                         | 2                   |
| OPT 105             | Occupational Therapy in physical disabilities               | 2                   |

| COURSE CODES | COURSE TITLES  | CREDIT UNITS |
|--------------|--|--------------|
| OPT 106      | Psycho-social issues in occupational therapy             | 2            |
| PHY 103      | Introduction to Neuro-anatomy                            | 2            |
| OPT 107      | Community development issues in Occupational therapy     | 2            |
| PHY 104      | Anatomy and Physiology II                                | 2            |
| PHY 105      | Introduction to Kinesiology in Rehabilitation            | 2            |
| PHY 106      | Introduction to Community-Based Occupational therapy     | 2            |
| PHY 107      | Introduction to Research Methods in occupational therapy | 2            |
| OPT 108      | Introduction to occupational science                     | 2            |
| COT 101      | Clinical experience (Orientation/ Observation)           | 5            |
| GNS 102      | Communication in English                                 | 2            |

**DIPLOMA PROGRAMME IN OCCUPATIONAL THERAPY**

**FIRST SEMESTER YEAR I**

| COURSE CODES | COURSE TITLES   | CREDIT UNITS |
|--------------|---|--------------|
| OPT 101      | Occupational Therapy – Foundations for Practice               | 2            |
| OPT 102      | Theoretical Approaches in Occupational Therapy                | 2            |
| OPT 103      | Ethics in Occupational Therapy                                | 1            |
| OPT 104      | Anatomy and Physiology I                                      | 2            |
| SSC 101      | Medical Sociology   | 3            |
| PSY 101      | Psychology - In the context of the African Social Environment | 2            |
| PHE 101      | Health Education  | 1            |
| GNS 101      | Use of English  | 2            |
| CSC 101      | Introduction to Information Technology (Computers)            | 2            |
| PSY 102      | Introduction to Behavioural Psychology                        | 2            |

**TOTAL CREDIT UNITS 19**

**DIPLOMA PROGRAMME IN OCCUPATIONAL THERAPY**

**SECOND SEMESTER YEAR I**

| <b>COURSE CODES</b> | <b>COURSE TITLES</b>                                     | <b>CREDIT UNITS</b> |
|---------------------|--|---------------------|
| PHY 102             | Medicine and Surgery                                     | 2                   |
| OPT 104             | Ergonomics (Aids and Adaptations I)                      | 2                   |
| OPT 105             | Occupational Therapy in Physical Disabilities            | 2                   |
| OPT 106             | Psychosocial issues in Occupational Therapy              | 2                   |
| PHY 103             | Introduction to Neuro-anatomy                            | 2                   |
| OPT 107             | Community Development issues in Occupational Therapy     | 2                   |
| PHY 104             | Anatomy and Physiology II                                | 2                   |
| GNS 102             | Communication in English                                 | 2                   |
| COT 101             | Clinical Experience (Orientation/ Observation)           | 5                   |
| OPT 108             | Introduction to Occupational Science                     | 2                   |
| PHY 107             | Introduction to Research Methods in Occupational Therapy | 2                   |
| PHY 106             | Introduction to Community-Based Occupational Therapy     | 2                   |
| PHY 105             | Introduction to Kinesiology in Rehabilitation            | 2                   |

**TOTAL CREDIT UNITS 29**

**DIPLOMA PROGRAMME IN OCCUPATIONAL THERAPY**

**YEAR II**

| <b>COURSE CODES</b> | <b>COURSE TITLES</b>  | <b>CREDIT UNITS</b> |
|---------------------|---|---------------------|
| OPT 201             | Theoretical approaches in Occupational Therapy II RX                        | 2                   |
| OPT 202             | Occupational Therapy in Physical Disabilities (Surgical/Medical Conditions) | 2                   |
| OPT 204             | Occupational Therapy applied in Psychiatry Group Work Skills                | 2                   |
| OPT 203             | Occupational Therapy applied in Paediatrics                                 | 2                   |
| OPT 205             | Organization and Administration in Occupational Therapy Departments         | 2                   |
| OPT 206             | Ergonomics (Aids and Adaptations II)  | 2                   |
| COT 201             | Clinical Experience in Occupational Therapy                                 | 10                  |
| OPT 202             | Introduction to treatment approaches – Paediatrics                          | 3                   |
| OPT 203             | Introduction to treatment approaches – Neurological Conditions              | 3                   |
| OPT 207             | Library Project   | 2                   |
| COT 201             | Clinical Experience   | 3                   |

| COURSE CODES | COURSE TITLES   | CREDIT UNITS |
|--------------|---|--------------|
| OPT 207      | Introduction to Prosthetics and Orthotics   | 2            |
| OPT 208      | Term-paper Presentation   | 4            |
| OPT 209      | Self-Directed Studies   | 3            |
| RES 201      | Introduction to Quantitative and Qualitative Research Methods                               | 2            |
| PHY 201      | Theory and Practice of Movement/Kinesiology   | 2            |
| COT 202      | Clinical experience in Occupational Therapy   | 5            |
| OPT 205      | Introduction to Occupational Therapy applied in Physical Disabilities (Surgical Conditions) | 2            |
| OPT 204      | Introduction to treatment approaches - Psychiatric Conditions                               | 2            |
| OPT 209      | Introduction to Special Topics Seminar  | 3            |
| OPT 210      | Project/Dissertation  | 5            |
| TUT 215      | Tutorial  |              |

| DIPLOMA PROGRAMME IN OCCUPATIONAL THERAPY |   |              |
|---|---|--------------|
| FIRST SEMESTER YEAR II                    |   |              |
| COURSE CODES                              | COURSE TITLES   | CREDIT UNITS |
| OPT 201                                   | Theoretical approaches in Occupational Therapy (II) RX                      | 2            |
| OPT 202                                   | Occupational Therapy in Physical Disabilities (Surgical/Medical Conditions) | 2            |
| OPT 204                                   | Occupational Therapy applied in Psychiatry - Group Work Skills              | 2            |
| OPT 203                                   | Occupational Therapy applied in Paediatrics                                 | 2            |
| OPT 205                                   | Organization and Administration in Occupational Therapy Departments         | 2            |
| OPT 206                                   | Ergonomics (Aids and Adaptations II)  | 2            |
| COT 201                                   | Clinical experience in Occupational Therapy                                 | 10           |
| OPT 202                                   | Introduction to treatment approaches - Paediatrics                          | 3            |
| OPT 203                                   | Introduction to treatment approaches - Neurological Conditions              | 3            |
| OPT 207                                   | Library Project   | 2            |
| COT 101                                   | Clinical experience   | 3            |

**TOTAL CREDIT UNITS 33**



**DIPLOMA PROGRAMME IN OCCUPATIONAL THERAPY**

**SECOND SEMESTER YEAR II**

| <b>COURSE CODES</b>       | <b>COURSE TITLES</b>  | <b>CREDIT UNITS</b> |
|---------------------------|---|---------------------|
| OPT 207                   | Introduction to Prosthetics and Orthotics   | 2                   |
| OPT 208                   | Term-paper Presentation   | 4                   |
| OPT 209                   | Self-Directed Studies   | 3                   |
| RES 201                   | Introduction to Quantitative and Qualitative Research Methods                               | 2                   |
| PHY 201                   | Theory and Practice of Movement/Kinesiology   | 2                   |
| COT 202                   | Clinical experience in Occupational Therapy   | 5                   |
| OPT 205                   | Introduction to Occupational Therapy applied in Physical Disabilities (Surgical Conditions) | 2                   |
| OPT 204                   | Introduction to treatment approaches - Psychiatric Conditions                               |                     |
| OPT 209                   | Introduction to Special Topic Seminars  | 3                   |
| OPT 210                   | Project/Dissertation  | 5                   |
| TUT 215                   | Tutorial  |                     |
| <b>TOTAL CREDIT UNITS</b> |   | <b>30</b>           |

**DIPLOMA PROGRAMME IN OCCUPATIONAL THERAPY**

**SKILLS OPTIONS**

| <b>COURSE CODES</b> | <b>COURSE TITLES</b>  | <b>CREDIT UNITS</b> |
|---------------------|---|---------------------|
| SKL 101             | Woodwork and Metal Work                                     | 2                   |
| SKL 102             | Fabric Dyeing   | 2                   |
| SKL 103             | Basic Design and Technical Drawing                          | 2                   |
| SKL 104             | Textiles  | 2                   |
| SKL 105             | Introduction to Painting/Printing                           | 3                   |
| SKL 106             | Modeling and Fabrication                                    | 3                   |
| SKL 107             | Weave Design  | 2                   |
| SKL 108             | Life and General Drawing                                    | 4                   |
| CSC 102             | Introduction to Desktop Publishing and Graphic Design (DTP) |                     |