

NBCOT<sup>®</sup>

National Board for Certification in  
Occupational Therapy



Examination Outline



## ***Test outline for the COTA examination***

<b>COTA Domain Descriptions</b>		<b>Percent of Exam</b>
<b>Domain 01</b>	Assist the OTR to acquire information regarding factors that influence occupational performance throughout the occupational therapy process.	32%
<b>Domain 02</b>	Implement interventions in accordance with the intervention plan and under the supervision of the OTR to support client participation in areas of occupation throughout the occupational therapy process.	60%
<b>Domain 03</b>	Uphold professional standards and responsibilities to promote quality in practice.	8%

# Validated domain, task and knowledge statements comprising the COTA test blueprint

Domains are specified in bold with a two-digit number, tasks are grouped under each domain (four-digit number), and the tasks' associated knowledge statements are listed with a six-digit number.

Code	Description
	<b>DOMAIN 1</b>
<b>01</b>	<b>Assist the OTR to acquire information regarding factors that influence occupational performance throughout the occupational therapy process.</b>
<b>0101</b>	<b>Use available resources to acquire information about a client's functional skills, roles, context, and prioritized needs in order to contribute to the development of an occupational profile.</b>
010101	Normal development and function across the lifespan
010102	Expected patterns, progressions, and prognoses associated with conditions that limit occupational performance (e.g., stages of disease, secondary complications, outcomes)
010103	Processes and procedures for acquiring client information (e.g., client records, observation, interview, occupational profile)
010104	Types and purposes of standardized screening and assessment tools and the importance of adhering to their administration protocols
010105	Influence of client factors, context, and environments on habits, routines, roles, and rituals
010106	Methods for recognizing and responding to typical and atypical physiological, cognitive, and behavioral conditions
<b>0102</b>	<b>Provide information regarding the influence of current condition(s) and context(s) on occupational performance in order to assist the OTR in planning interventions and monitoring progress throughout the occupational therapy process.</b>
010201	Activity analysis in relation to the occupational profile, practice setting, and stage of occupational therapy process

<b>Code</b>	<b>Description</b>
010202	Internal and external influences on occupational performance (e.g., environment, context, condition, medication, other therapies)
010203	Methods for monitoring progress and recognizing indications that suggest a need for modification of the intervention plan and goals
<b>0103</b>	<b>Collaborate with the client, the client's relevant others, occupational therapy colleagues, and other professionals and staff using a client-centered approach to provide quality services guided by evidence and principles of best practice.</b>
010301	Influence of frames of reference and models of practice on intervention planning and activity selection
010302	Interprofessional team roles, responsibilities, and care coordination (e.g., referral to and consultation with other services)
010303	Collaborative client-centered intervention and transition planning based on client skills, abilities, and expected outcomes in relation to level of service delivery and frequency and duration of intervention and available resources (includes communication with family, caregiver, and relevant others)
010304	Methods for advocating client and community needs (e.g., aging in place, falls prevention, health and wellness programs, community support groups, health fairs, inservices)
<b>02</b>	<b>DOMAIN 2 Implement interventions in accordance with the intervention plan and under the supervision of the OTR to support client participation in areas of occupation throughout the occupational therapy process.</b>
<b>0201</b>	<b>Implement interventions for the infant, child, or adolescent client using clinical reasoning, the intervention plan, and best practice standards consistent with pediatric condition(s) and typical developmental milestones (e.g., motor, sensory, psychosocial, and cognitive) in order to support participation within areas of occupation.</b>
020101	Influence of pediatric condition(s) and typical developmental milestones on activity selection and areas of occupation
020102	Intervention activities for supporting participation in occupations based on current sensory, cognitive, motor, and psychosocial skills and abilities
020103	Strategies and procedures for facilitating or inhibiting sensory, motor, or perceptual processing based on pediatric condition(s), tasks, and environmental demands

Code	Description
020104	Intervention methods for improving range of motion, strength, and activity tolerance based on pediatric condition(s) in order to promote occupational performance
020105	Methods and techniques for facilitating group interventions appropriate to pediatric condition(s) and developmental level
020106	Splint fabrication and types, functions, and use of orthotic and prosthetic devices based on pediatric condition(s) and task demands
020107	Types, function, and use of assistive technology, adaptive devices, and durable medical equipment based on pediatric condition(s), task, and environmental demands
020108	Methods for adapting intervention techniques and environment based on behavioral responses and developmental needs
020109	Indications, contraindications, and technical skills for enabling feeding and eating skills based on pediatric condition(s) and developmental level
020110	Transfer and positioning techniques based on pediatric condition(s), task, and environmental demands
020111	Vocational readiness and exploration processes and procedures that support transition planning
020112	Types, functions, and use of seating options, positioning devices, and mobility systems based on pediatric condition(s), developmental level, and environmental demands
020113	Environmental modifications for maximizing accessibility and mobility in a variety of settings based on pediatric condition(s), developmental level, and task demands
020114	Methods for adapting and/or grading tasks and activities based on pediatric condition(s), developmental needs, and task demands
020115	Methods and techniques for promoting carry-over of the intervention within context based on current pediatric condition(s), developmental level, and expected outcomes (e.g., home program, caregiver instructions, teacher consultation)
<b>0202</b>	<b>Implement interventions for the young, middle-aged, or older adult client, using clinical reasoning, the intervention plan, and best practice standards consistent with general medical, neurological, and musculoskeletal condition(s) in order to achieve functional outcomes within areas of occupation.</b>
020201	Influence of general medical, neurological, and musculoskeletal condition(s) on activity selection and areas of occupation

Code	Description
020202	Rehabilitative strategies and procedures specific to medical, neurological, and musculoskeletal condition(s) (e.g., activities of daily living, joint protection, work simplification, energy conservation)
020203	Strategies and procedures for improving range of motion, strength, and activity tolerance based on general medical, neurological, and musculoskeletal condition(s) in order to promote occupational performance
020204	Strategies and procedures for facilitating or inhibiting sensory, motor, and perceptual processing based on general medical, neurological, and musculoskeletal condition(s)
020205	Indications, contraindications, and technical skills for effective application of superficial and deep thermal, mechanical, and electrotherapeutic physical agent modalities as an adjunct to participation in an activity
020206	Splint fabrication and types, functions, and use of orthotic and prosthetic devices based on client needs; general medical, neurological, and musculoskeletal condition(s); and task demands
020207	Types, functions, and use of assistive technology (i.e., high and low tech), adaptive devices, and durable medical equipment based on client needs and general medical, neurological, and musculoskeletal condition(s)
020208	Indications, contraindications, and technical skills for enabling feeding and eating based on client needs and general medical, neurological, and musculoskeletal condition(s)
020209	Transfer methods and positioning techniques based on client needs; general medical, neurological, and musculoskeletal condition(s); task; and environmental demands
020210	Types, functions, and use of seating options, positioning devices, and mobility systems based on client needs; general medical, neurological, and musculoskeletal condition(s); task; and environmental demands
020211	Environmental modifications for maximizing accessibility and mobility in a variety of settings based on client needs; general medical, neurological, and musculoskeletal condition(s); and task demands
020212	Ergonomic principles and universal design for health promotion and injury prevention
020213	Methods for adapting and grading tasks and activities based on client needs and medical, neurological, and musculoskeletal condition(s)
020214	Methods and techniques for promoting carry-over of the intervention within context based on current medical condition(s) and expected outcomes (e.g., home program, caregiver instructions)

<b>Code</b>	<b>Description</b>
<b>0203</b>	<b>Implement interventions for the young, middle-aged, and older adult client, using clinical reasoning, the intervention plan, and best practice standards consistent with psychosocial, cognitive, and developmental abilities in order to achieve functional outcomes within areas of occupation.</b>
020301	Influence of psychosocial, cognitive, and developmental abilities on activity selection and areas of occupation
020302	Methods and techniques for facilitating group interventions appropriate to participants' psychosocial, cognitive, and developmental abilities
020303	Approaches (e.g., remediation, compensation, prevention) and interventions (e.g., problem solving, medication management, memory strategies) appropriate for psychosocial and cognitive models of practice (e.g., cognitive behavioral, behavioral, acquisitional, developmental)
020304	Environmental modifications to enhance community safety and well-being consistent with occupational roles and client needs
020305	Types, functions, and use of assistive technology and adaptive devices based on psychosocial, cognitive, and developmental abilities
020306	Methods and techniques for adapting and grading intervention activities based on psychosocial, cognitive, and developmental abilities
020307	Methods and techniques for promoting carry-over of the intervention within context based on psychosocial, cognitive, and developmental abilities (e.g., home program, caregiver instructions, job coach)
<b>DOMAIN 3</b>	
<b>03</b>	<b>Uphold professional standards and responsibilities to promote quality in practice.</b>
<b>0301</b>	<b>Maintain and enhance competence by participating in professional development activities and applying learned content as relevant to job role, practice setting, and regulatory body in order to provide effective services guided by evidence.</b>
030101	Methods for engaging in professional development and service competency activities (e.g., peer review, supervisory meeting, self-assessment)
030102	Methods of accessing, reviewing, and applying professional literature to practice

Code	Description
0302	<b>Provide ethical and safe occupational therapy services in collaboration with the OTR and in accordance with applicable regulations, laws, facility policies and procedures, and accreditation guidelines governing practice in order to protect consumers.</b>
030201	Policies, procedures, and guidelines related to service delivery
030202	Licensure laws, federally mandated requirements, reimbursement policies, and accreditation guidelines related to occupational therapy service delivery (e.g., client confidentiality, levels of supervision, plan of care certification/recertification, referral policy)
030203	Safety concerns and risk management
030204	Continuous quality improvement processes and procedures
030205	Scope of practice and practice standards for occupational therapy (e.g., supervision of aides and volunteers, role delineation)
030206	Accountability processes and procedures (e.g., documentation guidelines, components of an intervention plan, coding systems, electronic medical records, written documentation)