

POLYSOMNOGRAPHIC TECHNOLOGY, ASSOCIATE IN SCIENCE DEGREE

Banner Code: 1_AS_PSG

Control Number: 08658

Financial Aid Eligible

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 lecture, laboratory experience on campus, clinical experience at accredited sleep centers and physician lectures. As a CAAHEP-accredited PSG Program, this course of instruction meets the eligibility requirements to take the PSG exam of the Board of Registered Polysomnographic Technologists (BRPT) and The Medical Board of California Licensure as a "Registered Polysomnographic Technologist".

Students can complete the AS degree in Polysomnographic Technology within two years. This program will accept new students to begin each fall semester.

Program Outcome

Polysomnographic technologists use sleep technology as part of a team, under the general supervision of a licensed physician, by applying a unique body of knowledge and methodological skills involving the education, evaluation, treatment, and follow-up of sleep disorders in patients of all ages. The polysomnographic technologist performs polysomnography and tests such as the Multiple Sleep latency Test, Maintenance of Wakefulness Test, Actigraphy and others used by a physician to diagnose and treat sleep disorders.

Review Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/associate-degree/>) and General Education (<https://catalog.cccd.edu/orange-coast/general-education-patterns/>).

Program Prerequisites

Course	Title	Units
ALH A010	Health Occupations	0.5
ALH A111	Medical Terminology	3
BIOL A221	Anatomy-Physiology ¹	4
Total Units		7.5

Required Courses

Course	Title	Units
ALH A115	Patient Care	2
ALH A120	Human Diseases	2

Course	Title	Units
ALH A130	Applied Pharmacology	3
PSG A140	Introduction to Polysomnography	4
PSG A150	Intermediate Polysomnography	3
PSG A155	Cardiac Rhythm Analysis	0.5
PSG A160	Polysomnography Testing	2
PSG A165	Polysomnography Clinical 1	1
PSG A170	Polysomnographic Practice	0.5
PSG A175	Polysomnography Clinical 2	3
PSG A190	Introduction to Polysomnography Anatomy and Physiology	3
PSG A250	Polysomnography Record Review	3
PSG A260	Advanced Polysomnography	3
PSG A265	Polysomnography Clinical 3	3
PSG A280	Pediatric Sleep Medicine	2
PSG A285	Polysomnography Internship	2.5
PSYC A130	Life Span Developmental Psychology	3
RSPC A185	Respiratory Anatomy and Physiology	3
RSPC A265	Pulmonary Pathology	3
Total Units		46.5

¹ BIOL A221 Anatomy-Physiology and PSYC A130 Life Span Developmental Psychology in program double count towards General Education Breadth.

Requirement	Units
Program Major Units	54
AS General Education Option 1, 2, or 3	Varies
Total Minimum Degree Units	66

Polysomnographic Technology Suggested Electives

CMST A100 Interpersonal Communication
 PHIL A120 Ethics
 PSYC A255 Abnormal Psychology
 PSYC A160 Statistics for the Behavioral Sciences

Program Sequence

These sequences at Orange Coast College are general course curriculum maps for students to finish all major and general education requirements for two-year completion of degrees, and/or fulfillment of transfer requirements. The course sequence may include course prerequisites and other placement requirements. **Students are advised to meet with an Orange Coast College Counselor to review course selections and sequences to ensure that completion of this program will meet a student's transfer and career goals.**

Course	Title	Units
Year 1		
Semester 1		
ALH A010	Health Occupations	0.5
BIOL A221	Anatomy-Physiology	4
OCC AS GE AREA A1 - CHOOSE ONE		3
OCC AS GE AREA C1 - CHOOSE ONE		3
OCC AS GE AREA D - CHOOSE ONE		3
Units		13.5

Course	Title	Units
Semester 2		
ALH A111	Medical Terminology	3
OCC AS GE AREA C2 - CHOOSE ONE		3
Select one of the following or satisfy Math competency (completion of High School Algebra 2 with a "C" or better):		0-4
MATH A030 or MATH A045	Intermediate Algebra ¹ or Combined Elementary and Intermediate Algebra	
OCC AS GE AREA A2 - CHOOSE ONE ²		
Units		6-10
Year 2		
Semester 1		
Acceptance into the OCC Polysomnographic Technology Program Required (Cohort Restriction)		
ALH A115	Patient Care	2
ALH A130	Applied Pharmacology	3
RSPC A185	Respiratory Anatomy and Physiology	3
PSG A140	Introduction to Polysomnography	4
Units		12
Semester 2		
ALH A120	Human Diseases	2
PSG A150	Intermediate Polysomnography	3
PSG A155	Cardiac Rhythm Analysis	0.5
PSG A160	Polysomnography Testing	2
PSG A165	Polysomnography Clinical 1	1
PSG A170	Polysomnographic Practice	0.5
PSG A190	Introduction to Polysomnography Anatomy and Physiology	3
Units		12
Year 3		
Semester 1		
PSYC A130	Life Span Developmental Psychology	3
PSG A175	Polysomnography Clinical 2	3
PSG A250	Polysomnography Record Review	3
RSPC A265	Pulmonary Pathology	3
Units		12
Semester 2		
PSG A260	Advanced Polysomnography	3
PSG A265	Polysomnography Clinical 3	3
PSG A280	Pediatric Sleep Medicine	2
PSG A285	Polysomnography Internship	2.5
Units		10.5
Total Units		66-70

¹ Highly recommended for Allied Health programs, some state licenses will require Algebra 2 or higher-level math to be completed at the college level. If MATH 100+ level or above (any math, except MATH A220) is taken, then it also meets OCC AS GE AREA A2.

² OCC AS GE AREA A2 - If MATH 100+ level or above (any math, except MATH A220) was taken to meet Math competency, then no additional units are required.