
VITAAL-K™ LEVEL ONE CERTIFICATION SYLLABUS AND LEARNING OUTCOME ALIGNMENT

COURSE OVERVIEW

VITAAL-K™ Level One introduces occupational therapy practitioners to the foundational concepts of movement-integrated structured literacy. The course supports learners in **identifying, describing, and recognizing** the core components of the VITAAL-K™ framework and how these components relate to participation in literacy-based occupations.

COURSE SYLLABUS

PHASE ONE — FOUNDATIONS OF STRUCTURED LITERACY & COGNITIVE-MOVEMENT INTEGRATION

1. Course Orientation and Certification Requirements

- Identify the purpose and structure of VITAAL-K™ Level One.
Learners will:
 - Recognize the requirements for earning VITAAL-K™ Level One Certification
 - Describe how movement-integrated structured literacy aligns with OT practice.
 - Recognize expectations for synchronous and asynchronous learning.
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2. Foundations of Structured Literacy (Science of Reading)

(24 modules)

Learners will:

- Identify the major components of the Science of Reading.
 - Describe how phonological, orthographic, and semantic systems support literacy.
 - Recognize common early literacy breakdowns relevant to OT practice.
 - Outline the cognitive processes involved in skilled reading.
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3. Sound Foundations: Phonemic & Syllabic Skills

(9 modules)

Learners will:

- Identify phonemes and syllables in spoken words.
 - Describe blending and segmenting routines.
 - Recognize early phonological awareness challenges.
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4. Alphabetic Awareness

(13 modules)

Learners will:

- Identify letter-sound correspondences.
 - Describe routines that support alphabetic fluency.
 - Recognize common alphabetic awareness errors.
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5. Syllable Tables (Order of Instruction)

(6 modules)

Learners will:

- List the major syllable types.
 - Describe the sequence for introducing syllable patterns.
 - Recognize how syllable knowledge supports decoding and encoding.
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6. Sound Foundations: Building Words from Sounds

(61 modules)

Learners will:

- Identify CVC, CVCC, and CCVC patterns.
 - Describe routines for blending and segmenting words.
 - Recognize error patterns related to sequencing and working memory.
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7. Long Vowels

(33 modules)

Learners will:

- Identify long-vowel spelling patterns.
 - Describe vowel-team and silent-e conventions.
 - Recognize common long-vowel confusions.
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8. Blends & Silent Letter Combinations

(12 modules)

Learners will:

- Identify consonant blends and silent-letter patterns.
 - Describe articulatory features that support accurate production.
 - Recognize common errors in blend and silent-letter decoding.
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9. Science of Reading: Consolidation

(25 modules)

Learners will:

- Summarize key Science of Reading concepts.
 - Describe how these concepts relate to movement-integrated routines.
 - Recognize how structured literacy supports participation in academic tasks.
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10. Reference Charts

(5 modules)

Learners will:

- Identify key reference charts for structured literacy.
 - Describe how to use charts to support instructional decision-making.
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11. Review of Main Ideas

(3 modules)

Learners will:

- Summarize foundational literacy concepts.
 - Recognize how these concepts connect to OT practice.
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12. Summary & Application (Introductory Level)

(1 module)

Learners will:

- Identify the major components of the VITAAL-K™ framework.
 - Describe how foundational routines support literacy-related participation.
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13. End of Phase One: Synchronous Summative Evaluation

(1 module)

Learners will:

- Complete recognition-based assessments aligned with learning outcomes.
 - Identify areas for continued growth.
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PHASE TWO —

14. Semantic Analytical Spelling

(1 module)

Learners will:

- Identify meaning-based spelling patterns.
 - Describe how morphology supports spelling accuracy.
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15. Introduction to Syntactic Elements

(1 module)

Learners will:

- Identify basic sentence structures.
 - Describe how syntax supports written expression.
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16. Research Articles

(8 modules)

Learners will:

- Identify key findings from research on EF, ADHD, movement-based learning, and structured literacy.
 - Describe how these findings relate to the VITAAL-K™ framework.
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17. TAG Telecare

(1 module)

Learners will:

- Identify adaptations for telehealth delivery.
 - Describe considerations for remote OT practice.
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18. Review of Foundational Terms

(2 modules)

Learners will:

- Summarize essential terminology.
 - Recognize how terms relate to course routines.
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19. Diagnostic Training

(1 module)

Learners will:

- Identify early literacy breakdowns.
 - Describe the purpose of VITAAL-K™ screening tools.
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20. Final Assessment

(1 module)

Learners will:

- Complete recognition-based assessments aligned with learning outcomes.
 - Identify next steps for continued learning.
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21. Clinician Tools

(10 modules)

Learners will:

- Identify available VITAAL-K™ tools and resources.
 - Describe how tools support literacy-related participation.
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22. Final Review of VITAAL-K™

(6 modules)

Learners will:

- Summarize the VITAAL-K™ framework.
- Recognize how movement-integrated structured literacy supports OT practice.

VITAAL-K™ LEVEL ONE CERTIFICATION

Learning Outcomes Alignment Table (Corollary to Syllabus)

Introductory Level

Learning Outcome 1

List the seven strands of the VITAAL-K™ therapeutic literacy framework and describe how each strand supports occupational participation in academic tasks.

Course Components Supporting LO1

- Course Orientation
- Foundations of Structured Literacy (24 modules)
- Phonemic & Syllabic Skills (9 modules)
- Alphabetic Awareness (13 modules)
- Syllable Tables (6 modules)
- Building Words from Sounds (61 modules)
- Long Vowels (33 modules)
- Blends & Silent Letters (12 modules)
- Science of Reading Consolidation (25 modules)
- Reference Charts (5 modules)
- Review of Main Ideas (3 modules)
- Summary & Integration (1 module)
- Semantic Analytical Spelling (1 module)
- Introduction to Syntactic Elements (1 module)
- Reviewing Foundational Terms (2 modules)
- Reviewing TAG VITAAL-K™ (6 modules)

How These Components Support LO1

- Identify and list the seven strands of the VITAAL-K™ framework.
- Describe how each strand relates to reading, writing, attention, and classroom participation.

- Recognize how foundational literacy concepts connect to OT-aligned participation outcomes.
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Learning Outcome 2

Choose foundational movement-integrated routines that support phonological awareness, syllable segmentation, and self-regulation during literacy tasks.

Course Components Supporting LO2

- Phonemic & Syllabic Skills
- Alphabetic Awareness
- Syllable Tables
- Building Words from Sounds
- Long Vowels
- Blends & Silent Letters
- Science of Reading Consolidation
- Summary & Integration
- Reviewing Foundational Terms
- Clinician Tools (10 modules)
- Reviewing TAG VITAAL-K™

How These Components Support LO2

- Identify routine categories that support early literacy skills.
 - Choose routines aligned with phonological awareness and segmentation.
 - Recognize routines that support self-regulation during literacy-related participation.
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Learning Outcome 3

Describe the steps involved in phoneme–grapheme mapping using VITAAL-K™ multisensory routines.

Course Components Supporting LO3

- Alphabetic Awareness
- Building Words from Sounds
- Long Vowels
- Blends & Silent Letters

- Reference Charts
- Review of Main Ideas
- Semantic Analytical Spelling
- Reviewing Foundational Terms
- Clinician Tools

How These Components Support LO3

- Identify the sequence of phoneme–grapheme mapping.
 - Describe multisensory elements used in VITAAL-K™ routines.
 - Recognize how mapping supports decoding, encoding, and participation in writing tasks.
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Learning Outcome 4

Identify early literacy breakdowns related to phonological awareness, orthographic mapping, and executive function using VITAAL-K™ screening tools.

Course Components Supporting LO4

- Foundations of Structured Literacy
- Phonemic & Syllabic Skills
- Alphabetic Awareness
- Building Words from Sounds
- Long Vowels
- Blends & Silent Letters
- Science of Reading Consolidation
- Summary & Integration
- Research Articles (8 modules)
- Diagnostic Training
- Reviewing Foundational Terms
- Reviewing TAG VITAAL-K™

How These Components Support LO4

- Identify early literacy breakdowns across phonological, orthographic, and EF domains.
- Recognize patterns indicating challenges in mapping, sequencing, or attention.

- Describe how VITAAL-K™ screening tools support early identification.
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Assessment Alignment (All Outcomes)

- Recognition-based quizzes (asynchronous)
- Synchronous summative evaluation
- Final recognition-based assessment

All assessments measure **listing, choosing, describing, and identifying**, consistent with Introductory-level expectations.
