# Strategies for (Physical Therapy) School



## **Bureau of Labor Statistics**

- Growth Outlook for Employment
  - 17% increase in employment 2021-2031
- Median Pay 2021:\$95,620 per year
- Terminal Degree Needed: Doctorate of Physical Therapy (Clinical Doctorate)

Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Physical Therapists, at <a href="https://www.bls.gov/ooh/healthcare/physical-therapists.htm">https://www.bls.gov/ooh/healthcare/physical-therapists.htm</a> (visited March 16, 2023).,



## **Work Environment**

Offices of physical, occupational and speech	
therapists, and audiologists	36 %
Hospitals; state, local, and private	29 %
Home health care services	11 %
Nursing and residential care facilities	5 %
Offices of physicians	3 %



## **Education**

- Accredited Program (CAPTE) (Commission on Accreditation in Physical Therapy Education) <a href="http://www.capteonline.org">http://www.capteonline.org</a>
  - Over 287 programs (13 developing programs)
  - https://www.capteonline.org/programs/developing-physical-therapy-programs/developingPT
- Licensed Profession
  - Must pass National Physical Therapy Exam
  - Federation of State Boards of Physical Therapy
    - (https://www.fsbpt.org/)
- Clinical residency programs after graduation
- Board-certified specialists (http://www.abpts.org/home.aspx)
  - Cardiovascular and Pulmonary
  - Clinical Electrophysiology
  - Geriatrics
  - Neurology
  - Orthopaedics
  - Pediatrics
  - Sports
  - Women's Health
  - Wound Management
  - Oncology



# **Courses in DPT Curriculum (YOUR CLASSES ARE RELEVANT)**

- Biomechanics
- Anatomy
- Physiology
- Exercise Physiology
- Neuroscience
- Pharmacology
- Evidence-Based Practice
- Clinical Rotations
- Cohort based Education



80% didactic – 20% clinical





# Cost of Programs - Do Your Homework

#### Cost of Professional Education

Table 4. Average Annual Tuition, Fees, and Other Costs by Type of Institution FY 2021-2022 (\$)

\*One program has historically reported a \$0 cost and has been removed from the analysis as of 2018.

		Public In-State*	Public Out-of-State*	Private
	Range	\$4,232-\$91,842	\$10,578-\$122,200	\$22,985-\$122,550
	Median	\$19,379	\$36,332	\$38,030
Annual tuition	Mean	\$21,249	\$37,297	40,538
	STDEV	\$12,057	\$16,430	\$13,502
	Range	\$0-\$12,938	\$0\$12,938	\$0-\$31,176
	Median	\$2,832	\$2,832	\$1,199
Annual fees	Mean	2,838	\$3,145	2,323
	STDEV	\$2,197	\$2,197	\$3,356
	Range	\$0-\$39,324	\$0-\$39,324	\$0-\$52,100
Other program evpences	Median	\$3,090	\$3,090	\$3,200
Other program expenses	Mean	\$4,828	\$4,828	\$4,436
	STDEV	\$5,125	\$5,125	\$5,448
	Range	\$24,758-\$120,743	\$32,606-\$217,728	\$47,223-\$194,516
	Median	\$66,709	\$120,386	\$114,210
Total cost of professional program	Mean	69,826	\$116,202	\$120,656
	STDEV	\$21,582	\$29,913	\$24,162



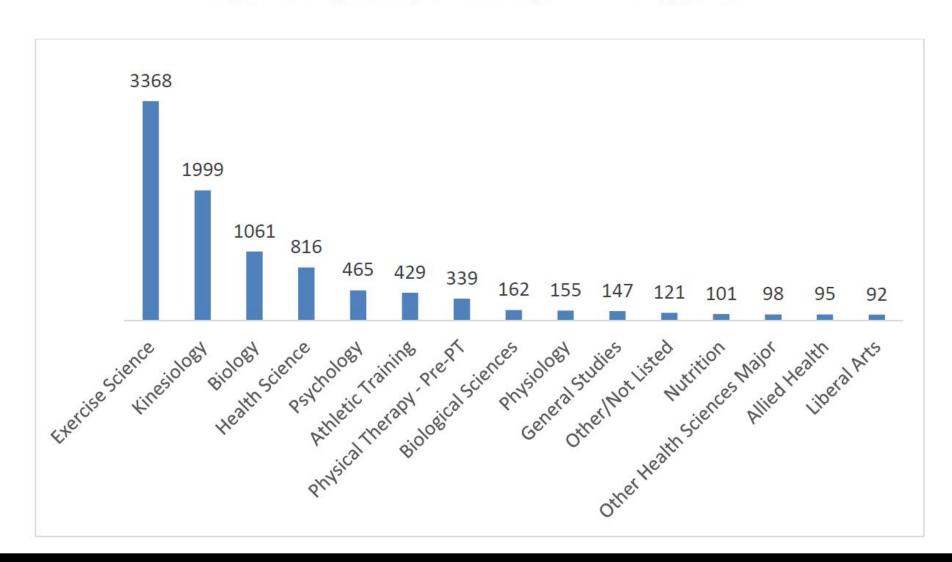
# **Competitive Field**

<b>Stats for Accepted PT Students for 2017-2018</b>
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Mean Cum GPA	3.57
Mean Pre-Req GPA	3.42
Mean Quantitative GRE	51%
Mean Verbal GRE	55%
Mean Analytical Writing GRE	56%



Figure 17: Top 15 Majors for Accepted PTCAS Applicants



CALIFORNIA POLYTECHNIC STATE UNIVERSITY - SAN LUIS OBISPO	CA	37	25	68%
CALIFORNIA STATE POLYTECHNIC UNIVERSITY - POMONA	CA	30	10	33%
CALIFORNIA STATE UNIVERSITY - BAKERSFIELD	CA	9	3	33%
CALIFORNIA STATE UNIVERSITY - CHANNEL ISLANDS	CA	2	1	50%
CALIFORNIA STATE UNIVERSITY - CHICO	CA	43	18	42%
CALIFORNIA STATE UNIVERSITY - DOMINGUEZ HILLS	CA	18	4	22%
CALIFORNIA STATE UNIVERSITY - EAST BAY	CA	27	11	41%
CALIFORNIA STATE UNIVERSITY - FRESNO	CA	51	16	31%
CALIFORNIA STATE UNIVERSITY - FULLERTON	CA	79	34	43%
CALIFORNIA STATE UNIVERSITY - LONG BEACH	CA	114	47	41%
CALIFORNIA STATE UNIVERSITY - LOS ANGELES	CA	25	7	28%
CALIFORNIA STATE UNIVERSITY - MONTEREY BAY	CA	16	5	31%
CALIFORNIA STATE UNIVERSITY - NORTHRIDGE	CA	103	41	40%
CALIFORNIA STATE UNIVERSITY - SACRAMENTO	CA	51	20	39%
CALIFORNIA STATE UNIVERSITY - SAN BERNARDINO	CA	39	12	31%
CALIFORNIA STATE UNIVERSITY - SAN MARCOS	CA	32	9	28%
CALIFORNIA STATE UNIVERSITY - STANISLAUS	CA	14	5	36%
	5.0			

Was 29%



# **Applications: How to Start Finding and Comparing Schools**

- What schools offer PT and how do I compare them?
- Where can I find information on the program specifics (class size, faculty: student ratios, tuition, outcomes (board pass rates) etc) and if the program is accredited?
  - https://aptaapps.apta.org//accreditedschoolsdirectory/captedirectory. aspx
  - http://www.ptcas.org/Directory/ (Scroll down!)
    - CAPTE: Commission on Accreditation in Physical Therapy Education
    - PTCAS: Physical Therapist Centralized Application Service
- Flex or Hybrid Programs in California
  - USC
  - St Augustine



Hint: Make a Spreadsheet

# **Starting YOUR Journey**





Log in 🚨

Search

Q

Join / Renew



PTCAS Directory of DPT Programs



**PTCAS Application Preparation** 



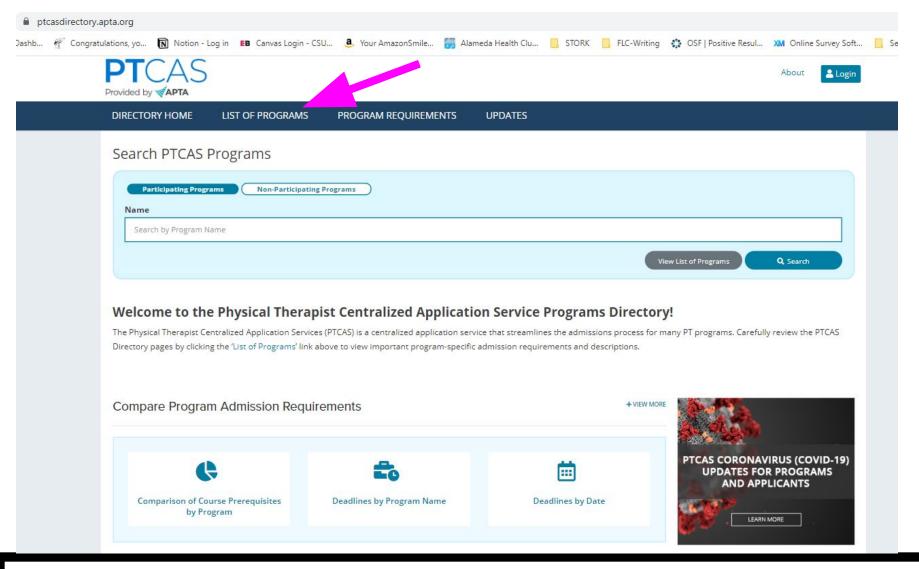
Start your PTCAS Application

**Scroll Down** 



https://www.apta.org/cas/ptcas

## What schools offer PT and how do I compare them?





https://ptcasdirectory.apta.org/39/List-of-PTCAS-Programs?qdl=14

## **Map of Programs**



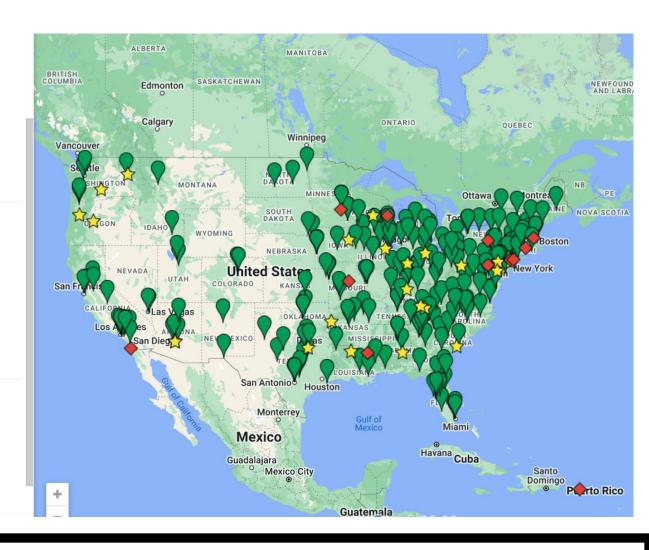
- AdventHealth University
  - Alabama State University
  - Alvernia University
  - American International College
    - ... 241 more

#### Participating Programs - New for 2021-2...

- Allen College
  - Arkansas Colleges of Health Education
  - ☆ Bowling Green State University
  - ☆ Charleston Southern University
    - ... 18 more

#### Non-participating Programs

- Bellin College
  - Hunter College (CUNY)
  - Ithaca College
  - Lebanon Valley College





# **Accredited PT & PTA Programs Directory**

# Search for Accredited Programs

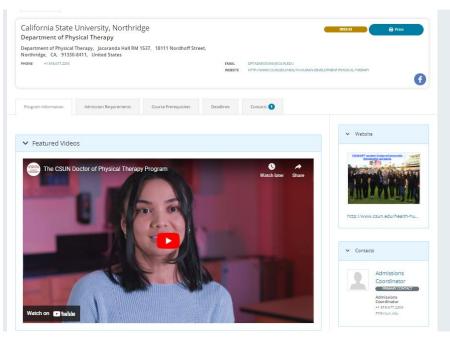
Select a list type, then select a program location.

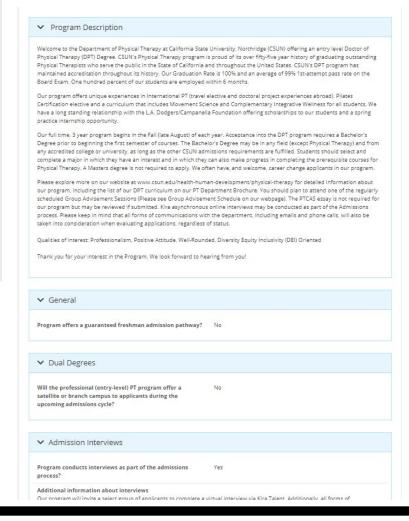
●PT Programs ○PTA Programs ○Programs Outside of The US





# Visit the Websites of each Program

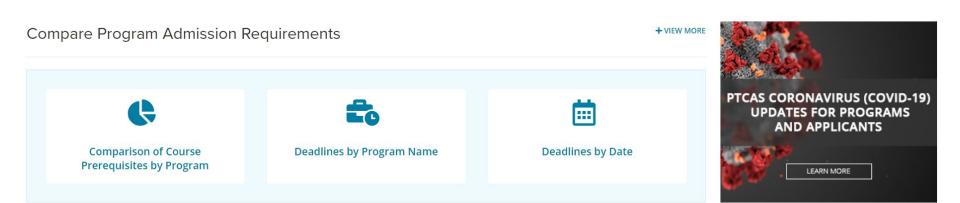






#### Welcome to the Physical Therapist Centralized Application Service Programs Directory!

The Physical Therapist Centralized Application Services (PTCAS) is a centralized application service that streamlines the admissions process for many PT programs. Carefully review the PTCAS Directory pages by clicking the 'List of Programs' link above to view important program-specific admission requirements and descriptions.





# **Prerequisite Courses for each Program**

Courses can Expire

Comparison of Course Prerequisites by Program

Download	l as PDF																					Search:	californ		tion, E Veline	
	Ana	tomy an	d Physic	ology	Biolo	gy / Biol	logical	(	Chemistr	у		Physics			/ Behav					ing					10	
Program Name *	Anatomy	Anatomy & Physiology I	Anatomy & Physiology II	Physiology **	Biology / Biological Science	Biology I	Biology II	Chemistry	Chemistry I	Chemistry II	Physics **	Physics I	Physics II	Psychology +	Social/Behavioral Science	Statistics	Math	Exercise Physiology	Medical Terminology	English Composition / Writing	Communication/Speech	Humanities 4	Ethics	First Aid / CPR	Nutrition, Health, Wellness	Other
California State University, Fresno	1			1	1				1	1		1	1	2		1										
California State University, Long Beach	1			1		1	1		1	1		1	1	1		1										
California State University, Northridge	1			1	1				1	1		1	1	2		1										
California State University, Sacramento	1			1					1	1		1	1	2		1		1								1
Southern California University of Health Sciences		1	1		2				1	1		1	1	1		1				1						
University of California, San																										1 N



#### Deadlines by Program Name

#### Deadline Instructions

APPLY EARLY! Many DPT programs have multiple deadline dates (i.e., preferred, priority or arrive at PTCAS (and not at the program). You should e-submit your application as soon as its

Disclaimer - This summary information is provided as a service to applicants. APTA, PTC are not responsible for any errors or omissions. Admission requirements are subject to change.

Most have rolling admissions! Apply early!

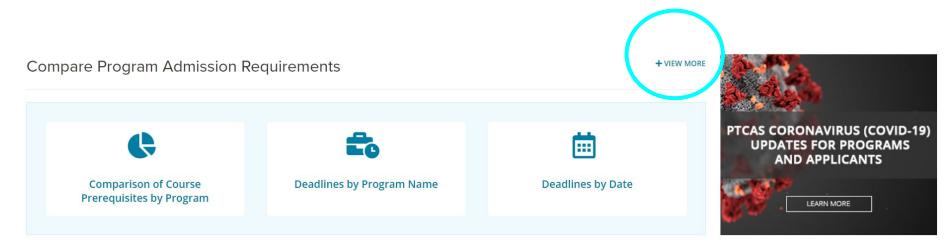
II PTCAS web pages; but

Program Name	_	State	<b>‡</b>	PTCAS Deadline \$	PTCAS Deadline Type \$	Soft Deadline Close Date
California State University, Fresno		CA		October 3, 2022	Final Deadline	
California State University, Long Beach		CA		November 1, 2022	Final Deadline	
California State University, Northridge		CA		October 3, 2022	Final Deadline	
California State University, Sacramento		CA		October 3, 2022	Final Deadline	
Southern California University of Health Sciences		CA		May 15, 2023	Final Deadline	
University of California, San Francisco/San Francisco State University		CA		October 3, 2022	Final Deadline	
University of Southern California		CA		December 1, 2022	Final Deadline	
Western University of Health Sciences - California		CA		November 1, 2022	Final Deadline	



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## Program Requirements

Compare program admission requirements:





## **Observation Hours**

Review the PTCAS instructions to properly report your PT observation or work experience.

Carefully review the program pages for important information about the PT observation requirements. PTCAS does not determine if you have completed the appropriate number of hours for a particular program.

- PT hours are required a licensed PT must verify hours w/ signed form uploaded or online via PTCAS
- ✓ PT hours are required no verification by a physical therapist
- PT hours are not required but are highly recommended
- PT hours are not required but are considered
- X PT hours are not required or considered
- Other

			PT Observation Hours							
Program Name	Required	<b>\$</b>	Minimum \$	Recommended						
California State University, Fresno	PT hours are required - a licensed Physical Therapist (PT) must verify hours w/signed form uploaded or online via PTCAS		100	500						
California State University, Long Beach	PT hours are required - a licensed Physical Therapist (PT) must verify hours w/signed form uploaded or online via PTCAS		100							
California State University, Northridge	PT hours are required - a licensed Physical Therapist (PT) must verify hours w/signed form uploaded or online via PTCAS		200							
California State University, Sacramento	PT hours are required - a licensed Physical Therapist (PT) must verify hours w/signed form uploaded or online via PTCAS		100							



# Many have removed minimum observation hours

Now looking for...
"An understanding of the profession"

#### Consider...

- Observation hours at diverse settings (in-patient, out-patient) and with diverse patient populations (ortho, neuro, pediatrics, geriatrics, etc.)
- Hours can come from paid, internship, or volunteer experiences
- Conveying in your personal statement your experience/understanding



## References

#### Reference Requirements by Program

#### Summary of Requirements for Programs Participating in PTCAS

Review the PTCAS reference instructions.

Carefully review the directory pages for important information about the reference requirements. PTCAS does not determine if you have sent the appropriate reference type or number for a particular program.

☑ Applicant must send one reference from this SPECIFIC type of evaluator

Applicant must send a reference from one or more evaluators in these categories to fulfill program's requirements.

Evaluator type is accepted

× NOT Accepted

Required reference number varies

Reference packet required

Reference packet recommended

No reference packet policy

Download as	PDF														Sear	ch:		
Program Name *	Requ	Refe	Phys	Phys	Prof	Prof	Acad	Supe	Teac	PTA *	Pre	Poli	Heal	Frie	Fami	Co- wo	Clergy	• Other
AdventHealth University	3	_	~	~	(OK)	(OK)	ØK)	(OK)	(OK)	⊙×	(OK)	(OK)	(OK)	×	×	OK)	(OK)	(OK)
Alabama State University	3	-		(OK)	(OK)		©K)	(OK)	×	×	×	×	(OK)	×	×	×	×	×
Allen College (for class beginning in January 2024)	2		OK)	(OK)	(OK)	OK)	(OK)	(OK)	(OK)	(OK)	OK)	×	(OK)	×	×	(OK)	×	×
Alvernia University	3	-	$\checkmark$	OK)	OK)	✓	(OK)	(OK)	×	OK)	OK)	OK)	(OK)	×	×	OK)	OK)	
American International College	3	-	(OK)	(OK)	~	~	~	(OK)	(OK)	×	(OK)	×	(OK)	×	×	OK)	×	(OK)
Anderson University	2		(OK)	OK)	OK)	OK)	$\overline{\mathbf{V}}$	OK)	×	×	ОК	×	OK)	×	×	×	OK)	$\overline{\mathbf{V}}$
Andrews University	3	×	$\checkmark$	OK)	OK)		(OK)	OK)	×	×	OK)	×	OK)	×	×	×	OK)	$\checkmark$
Angelo State University	3	×	~		OK)	OK)	⊙ĸ	OK)	OK)	×	OK)	×	OK)	×	×	×	×	×
Arcadia University	3	_		OK)	OK)		(OK)	OK)	ОК	○K	ОК	OK)	(OK)	×	×	OK	(OK)	×
Arkansas College of Health Education	2		(OK)	(OK)	OK)	(OK)	Øĸ)	(OK)	×	OK)	(OK)	(OK)	OK)	×	×	×	(OK)	×
Arkansas State University	None	×																
Army-Baylor University	3	×	$\overline{\mathbf{V}}$	OK)	OK	~	(OK)	OK)	×	OK)	OK)	×	(OK)	×	×	×	(OK)	×
AT Still University of Health Sciences	2	=		(OK)	~	~	~	~	×	×	~	(OK)	×	×	×	×	×	×
Augusta University	3	×		×	~	~	~	~	×	×	×	×	×	×	×	×	×	×
Augustana University	2			OK)	OK)	OK)	OK)	(OK)	OK	OK)	ОК	OK)	(OK)	(OK)	OK)	OK)	OK)	OK)



https://ptcasdirectory.apta.org/5256/Reference-Requirements-by-Program

# **Supplemental Fees & Application**



			• 20 / 10 / 5						
		Supp	leme	ntal Fee	Supplemental				
Program Name	•	Required	<b>\$</b>	Amount \$	Application	<b>\$</b>	Materials		
California State University, Fresno		~		\$75	~		~		
California State University, Long Beach		✓		\$70	$\checkmark$		$\checkmark$		
California State University, Northridge		~		\$70	~		*		
California State University, Sacramento		~		\$70.00	~		✓		
Southern California University of Health Sciences		×			~		~		
University of California, San Francisco/San Francisco State University				\$120	$\overline{\mathbf{V}}$		×		
Iniversity of Southern California		×			×		×		
Western University of Health Sciences - California		×			×		×		



https://ptcasdirectory.apta.org/5255/ Supplementals

## **GRE**

## GRE Requirements and Codes by Program

Program Name	Program (PTCAS) GRE Code	University GRE Code	Department GRE Code	Last Acceptable Test Date
alifornia State University, Fresno	7798	4312		
alifornia State University, Long Beach	7782	4389		
alifornia State University, Northridge	7794			09/27/2022
alifornia State University, Sacramento	7588			10/03/2022
outhern California University of Health Sciences	3932			
University of California, San Francisco/San Francisco State University				
Iniversity of Southern California				
Vestern University of Health Sciences - California				

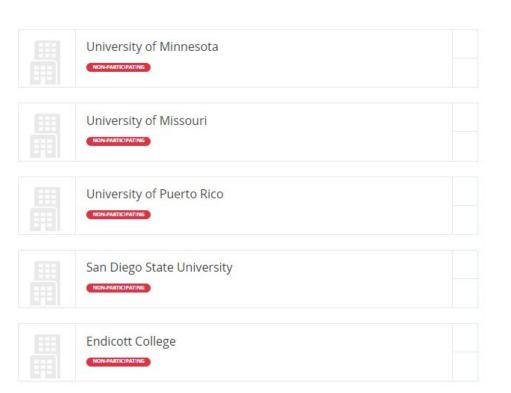
# **Cost Comparison**

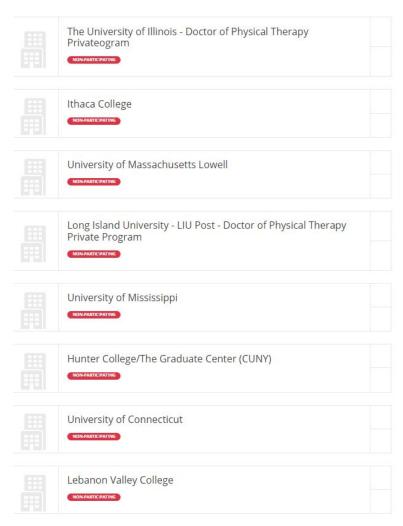
## Total Cost of Education Comparison

Program Name	▲ State	<b>†</b> Total Cost of Education for In-State Students <b>‡</b>	Total Cost of Education for out of State Students
California State University, Fresno	CA	\$73892	\$114812
California State University, Long Beach	CA		
California State University, Northridge	CA	\$82300	
California State University, Sacramento	CA		
Southern California University of Health Sciences	CA	\$117799	\$117799
University of California, San Francisco/San Francisco State University	CA		
University of Southern California	CA	\$214828	\$214828
Western University of Health Sciences - California	CA	\$128540	\$128540



# **Applying to OFF PTCAS Schools**







# **Suggestions**

- 1. Search for schools that you are interested in by location etc.
- 2. Make a spreadsheet of all information for each school.
- 3. Review pre-reqs and make a plan to complete the courses no later than the Fall semester you will apply
- Start PTCAS application EARLY
- 5. Understand the supplemental requirements of each school
- Start gathering your transcripts EARLY
- 7. Approach Professors and Clinicians for letters



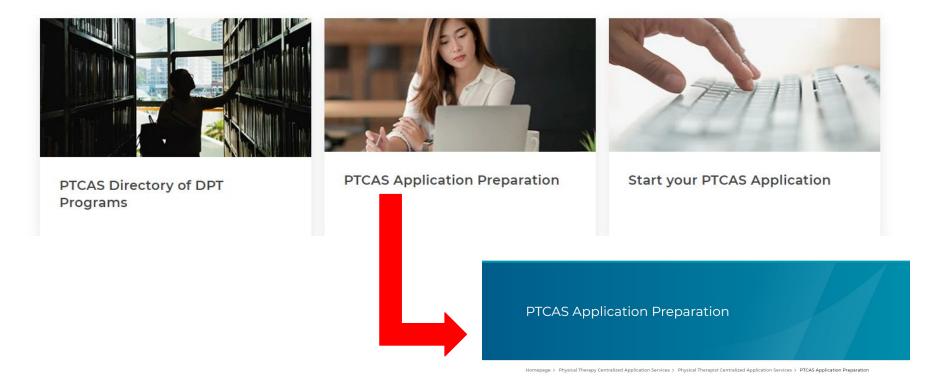
# **Applications: How to Start**

- How do I start my application on PTCAS?
- http://www.ptcas.org/Checklist/
  - Review powerpoint slides
- APPLY EARLY! It can take up to 4-5 weeks for PTCAS to process your file, once it is complete.

# Tentative Date for 2023-24 PTCAS Application to Open June 15<sup>th</sup> 2023



# Help with the Application



It is important to understand the PTCAS application process and required steps prior to starting your application. Applicants are encouraged to visit the <u>Starting Your PTCAS Application</u> and <u>PTCAS Quick Start Guide and FAQ's</u> in the PTCAS Applicant Help Center as well as to review the PTCAS Policies and PTCAS Applicant Responsibilities sections of this page prior to starting their application.



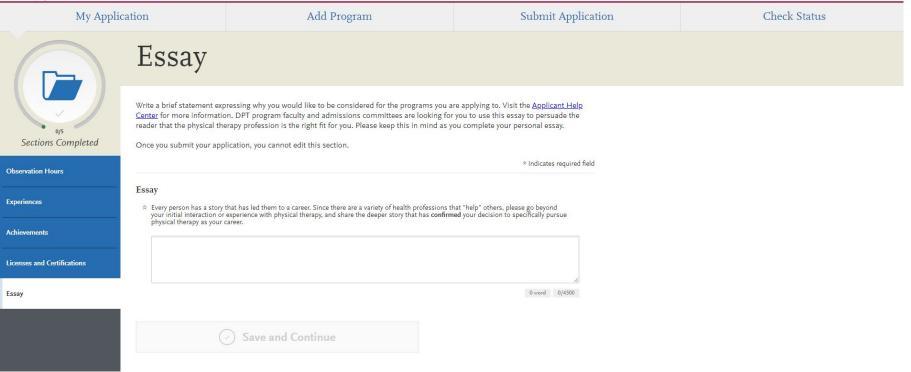
https://www.apta.org/cas/ptcas/application-prep











#### **USC Essay Question:**

Are there personal, cultural, economic, or social experiences (NOT already addressed in your response to the general PTCAS essay prompt) that have shaped your pursuit of physical therapy? If so, how? Have any of these experiences provided unique perspective(s) that would contribute to the profession of physical therapy?



The following essay question is required for the PTCAS application: Describe a meaningful experience in your life. Reflect on how that experience influenced your personal growth, such as your attitudes or perceptions.

The essay has a 4,500 character limit.

## Requirements

- Keep your topic general: Follow the prompt in this section to write your statement. Keep the statement general as this essay is sent to all the programs you apply to. If you plan to only apply to one program, we still strongly recommend keeping your statement general in case you later apply to additional programs. Once you submit your application, the essay cannot be edited or changed.
- Do not exceed the maximum length: Refer to the number below the field in the application. This is the number of characters (not words) that you can use in your essay. As you type, you can see how many characters are still available. Characters include spaces, carriage returns, and punctuation. You cannot save your essay if it exceeds the character limit.
- Use your own words: Plagiarizing any part of your essay is a violation of the code of conduct and may subject you to sanctions.
- Use simple formatting: Formatting such as tabs, italics, multiple spaces, etc., will not be saved. To delineate paragraphs, type a double return between each paragraph.

## Proofreading

Most admission's chairs realize that the essay submitted with the PTCAS application has, most likely, been worked and reworked by the applicant and the applicant's friends, parents, teachers, and great uncle Jonas. Therefore, many programs who interview ask the applicant to write an essay during the interview session.

The prompt is written by the PTCAS advisory board each November in preparation for the application released yearly on or about July 1. The prompt topic is kept confidential by the advisory board until release.



# PTCAS GPA Calculation Rules

## **INCLUDED**

- **✓** Repeated Courses
- **✓** Failed Courses
- Study Abroad

## **EXCLUDED:**

- Foreign Coursework
- AP/CLEP/IB
- Audit
- Deferred
- Inst/Dept Exam
- Incomplete
- Pass/Fail
- Withdrawn



#### CALCULATED GPA

#### Title

GPA by School -

GPA by School -

Anatomy & Physiology

**Biology** 

Chemistry

English

Mathematics

**Movement Science** 

Other Course

Other Sciences

**Physics** 

Psychology

Social/Behavioral Science

Science

Science and Math

Freshman

Sophomore

Junior

Senior

Post-Baccalaureate

**Cumulative Undergraduate** 

Graduate

Overall

#### **Movement Science**

- Athletic Training
- Biomechanics
- · Exercise Physiology
- Exercise Science
- Human Movement
- Kinesiology
- · Locomotion Studies
- Motor Control
- Movement Science
- Physical Therapy
- Physical Therapy Assistant
- Sensorimotor Development
- Sports Medicine
- Sports Sciences
- Therapeutic Exercise

## 23 different GPA calculations



## Retaking Courses to Raise GPA

#### For example:

Lets say you had a nasty case of mononucleosis that made you sleep through your entire physiology class in college, earning you a dreaded F (ow!) You have a cumulative GPA of 2.9 at graduation, and are wondering if you should retake physiology, since your cumulative GPA is lackluster. Assuming that your bachelor's degree was completed in 128 semester units, and you will get an A in your retaken physiology class that is 5 units, that retaken class will only bump your 2.90 GPA up to a 2.94. Many bachelor's degrees are more than 128 semester units, so in reality, it may not even raise your GPA this much.

The lesson? In general, you don't retake classes for PA school in order to influence your cumulative GPA – they just don't improve it that much.



A rule of thumb is always try to have the best grades possible so you don't have any red flags on your application.

In some cases, schools are okay with you having one C in a class. Also, be careful with how many times you retake a class. Some schools only allow a class to be retaken once outside of the first attempt.



California State University, Sacramento

Average GPA (Overall): 3.85 (their minimum is 3.0)

Seats: 32

http://www.ptcas.org/ptcas/public/Listing.aspx?seqn=3695&navid=10737426784

Chapman University

Average GPA (Overall): 3.50 (their minimum is 3.0)

Seats: 48

http://www.ptcas.org/ptcas/public/Listing.aspx?seqn=2949&navid=10737426784

Loma Linda University

Average GPA (Overall): 3.80 (their minimum is 3.4)

Seats: 70

http://www.ptcas.org/ptcas/public/Listing.aspx?seqn=4078&navid=10737426784

Mount Saint Mary's University Average GPA (Overall): 3.37

Seats: 35

http://www.ptcas.org/ptcas/public/Listing.aspx?seqn=2968&navid=10737426784

Samuel Merritt University

Average GPA (Overall): 3.63 (their minimum is 3.0)

Seats: 38

http://www.ptcas.org/ptcas/public/Listing.aspx?seqn=4107&navid=10737426784

University of California, San Francisco/San Francisco State University

Average GPA (Overall): 3.60 (their minimum is 3.0)

Seats: 50

http://www.ptcas.org/ptcas/public/Listing.aspx?seqn=3535&navid=10737426784



## **Professional Associations**

- American Physical Therapy Association (APTA): <a href="http://www.apta.org/AboutUs/">http://www.apta.org/AboutUs/</a>
- California Physical Therapy Association (CPTA): <a href="http://www.ccapta.org/">http://www.ccapta.org/</a>

**Stay Current on Developments in your Profession** 

