STARTING A PHYSICAL THERAPY CAREER: STEPS TO SUCCESS IN GAINING ADMISSION TO A DPT PROGRAM

Bryan Coleman Salgado, PT, DPT, MS, CWS
Chair of Admissions
department of physical therapy
Website: http://www.csus.edu/HHS/PT/index.html
Entry-level PT degree has changed as the profession has matured:
- Bachelor’s Degree (BS) prior to 1999
- Master’s Degree (MPT or MSPT) required 1999-2015
- DPT required for all entry-level programs 2015 on
- During last 9 years, most programs (currently 216 in U.S.) have converted to the DPT
WHO GETS IN?
PTCAS NATIONAL DATA
2013-14 PTCAS DATA

- 160 programs; Mean (ave.) of 580 applicants per program
- Mean number of programs applied to per applicant: 5.7 (vs. 4.0 in 2008)
- 2014: 16,828 applicants: 46% accepted, 54% no offers;
- Accepted: 61.1% female, 38.7% male
- California has highest % of applicants (10.4%) of any state
2013-14 PTCAS DATA

• Ave core prerequisite GPA:
  • All Applicants: 3.26        CSUS Applicants: 3.45
  • All Accepted: 3.51         CSUS Accepted: 3.71
  • CSUS applicants: 48; accepted: 20 [13/40 came here]

• GRE percentile scores:
  • All applicants VERBAL: 47.8%    Accepted VERBAL: 55.4%
  • All applicants QUANT: 47.8%    Accepted QUANT: 54.8%
  • All applicants ANALYT: 42.4%    Accepted ANALYT: 49.0%
2013 PTCAS DATA

CALIFORNIA MAJOR “FEEDER” SCHOOLS: success rates:

• SF State 50%
• Sonoma State 52%
• CSU Fresno: 47%
• CSU Chico: 39%
• CSU Sacramento 35%
• CSU Long Beach 34%
• San Diego State 34%
• CSU Northridge 32%
• CSU East Bay 19%
• UC Berkeley 75%
• UCLA 66%
• UC Santa Barbara 61%
• UC San Diego 58%
• UC Irvine 44%
• Cal Poly 43%
• UC Davis 41%
PTCAS DATA

8 MOST often Identified majors of Bachelor’s Degree:

• Exercise Science
• Biology
• Kinesiology
• Health Science
• Psychology
• Pre-physical therapy
• Athletic training
• Exercise physiology
Sac State DPT Program
www.cus.edu/hhs/pt

FOR THE PROSPECTIVE DPT STUDENT

Admission is highly selective and enrollment in the PT program is limited to 32 students each year. To be eligible for admission, students must have earned a bachelor's degree by the start of the program.

The Physical Therapy program Admissions Committee considers the following factors in the selection process:

- Strength of academic record. All prerequisite coursework must be completed by the start of the program, with a "C" grade or higher. You must obtain at least a 3.00 GPA in all of the prerequisites to be eligible to apply. When submitting the PTCAS application, you must designate which course from your transcripts you will designate for each prerequisite course type/category. The Admissions Committee may reject a course that you have listed if it does not meet the qualifying criterion explained on the PTCAS application program page for CSU, Sacramento. Extra admissions points are given for recommended (but not required)
% of Admitted from CSUS

- M8: 53%
- M9: 44%
- M10: 52%
- M11: 38%
- D01: 28%
- D02: 30%
- D03: 31%

Legend:
- % CSUS
- Linear (% CSUS)
Admissions Ranking Criteria

• Strength of Academic Record
• GRE Analytic & Quantitative Scores
• Professional References
• Background Characteristics
• Strength of Interview
Selection Procedures

• All application materials are reviewed by the Admissions Committee to assess for meeting minimum requirements and to rank applicants for interviews. Points are assigned for the prerequisite coursework GPA, recommendation forms from two (2) licensed U.S. or Canadian physical therapists and one (1) college level professor, the GRE scores and additional background criteria. The 60-80 highest ranked applicants will be invited for a panel interview. The top thirty-two (32) applicants, along with alternates will be notified of their status within two weeks of the final interviews.
### 2008-2014 Admitted Candidates

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<thead>
<tr>
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<td># Admitted</td>
<td>33</td>
<td>34</td>
<td>25</td>
<td>34</td>
<td>32</td>
<td>32</td>
<td>33</td>
</tr>
<tr>
<td>From Calif.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>97%</td>
<td>100%</td>
<td>100%</td>
<td></td>
<td>100%</td>
<td>91%</td>
<td>88%</td>
</tr>
<tr>
<td>Ave Age (yrs)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>24.5</td>
<td>25.8</td>
<td>25.8</td>
<td></td>
<td>27.6</td>
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<td>24.8</td>
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<td></td>
<td></td>
<td></td>
<td>(21-56)</td>
<td></td>
<td>(20-34)</td>
</tr>
<tr>
<td>% Male</td>
<td>50%</td>
<td>59%</td>
<td>40%</td>
<td>38%</td>
<td>38%</td>
<td>42%</td>
<td>31%</td>
</tr>
<tr>
<td>Ave Prerequisite GPA (range)</td>
<td>3.58 (3.26-4.00)</td>
<td>3.49 (3.02-4.00)</td>
<td>3.54 (3.2-3.83)</td>
<td>3.52 (3.22-4.00)</td>
<td>3.64 (3.18-4.0)</td>
<td>3.72 (3.4-4.0)</td>
<td>3.78 (3.56-4.00)</td>
</tr>
<tr>
<td>% from CSUS (#)</td>
<td>53% (17)</td>
<td>44% (15)</td>
<td>52% (13)</td>
<td>38% (13)</td>
<td>28% (9)</td>
<td>30%</td>
<td>31%</td>
</tr>
<tr>
<td>Ave. yrs. Since Bachelors (range)</td>
<td>1.3 (0-30) Median= 1</td>
<td>3.2</td>
<td>2.7</td>
<td>2.7</td>
<td>2.1 (0-13)</td>
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</table>
Applying to CSUS 2016 DPT program

• INITIAL 2 APPLICATIONS REQUIRED – DUE October 1, 2015
  o PTCAS opens July 1, 2015 (http://www.ptcas.org/home.aspx)
  o PT Departmental Supplemental Application avail Aug 2015

• Based on above two applications, you may be invited to submit a third application by Jan 2016:
  o Office of Grad Studies, opens Oct 1, 2015 (www.csumentor.edu)

• Completion of 9 of the 11 prerequisite courses by 12/31/15
• Minimum GPA of 3.00 in the PREREQUISITE courses; 2.5 Bach.
• 3 letters of recommendation (2 PT, 1 Academician)
• 100 hours PT exposure in 2 settings under licensed PT
• Minimum GRE Analytic Score of 3.5; Quantitative ≥ 29th %tile
1. **Human Anatomy** w/ Lab [4]  
   Level: General or College or higher

2. **Human Physiology** w/ Lab [4]  
   Level: General or College or higher

   or 1./2. Human Anatomy & Physiology w/ labs [8]

3. **Psychology** [3]  
   Level: Introductory or higher

4. **Additional Psychology** [3]  
   Level: General or College or higher

5. **Statistics** [3]  
   Level: Introductory or higher

6&7. **Chemistry I & II** with Lab [10]  
   Level: General or College or higher

8&9. **Physics I & II** with Lab [8]  
   Level: General or College or higher

10. **Kinesiology** *(preferably with Lab)* [3]  
    Level: Upper Division (4-yr. College)

11. **Exercise Physiology** [3]  
    *(preferably with Lab)*  
    Level: Upper Division (4-yr. college)
Professional References Rate:
Excellent, Good, Average, Below Ave, Poor, N/O

• Commitment to Learning
• Interpersonal skills
• Communication skills
• Effective use of time
• Use of constructive feedback
• Ethical and professional behavior
• Responsibility
• Critical thinking
• Stress management
• Problem solving
• Leadership
PT EXPOSURE HOURS

• 100 hours minimum TOTAL;
• Two settings required: one in inpatient, one in outpatient
  • INPATIENT acute
  • INPATIENT Rehab/subacute care
  • INPATIENT ECF/SNF

• OUTPATIENT clinic
• OUTPATIENT school/pre-school
• OUTPATIENT wellness/prevention/fitness
• OUTPATIENT industrial/occupational health

• MUST be minimum 25 hrs. in either inpatient or outpatient
Physical Therapy Program

* Fully accredited since 1997 by the Commission on Accreditation in Physical Therapy Education (CAPTE)
PT Facilities at CSUS

* Folsom Hall – interior construction completed 2013
* Shared lecture halls with Nursing program.
* Biomechanics Research Lab, PT research lab, Neuromuscular lab/classroom, Procedures lab/classroom, Orthopedics lab/classroom.
* Cadaver lab on campus
DPT Curriculum

* 3 years total – 9 semesters
* Order: 5 academic semesters, 1 summer clinical experience (12 weeks), 1 academic semesters, 2 semesters of clinical internships (12 + 12 weeks).
* Integrated clinical experiences (ICE) start in second academic semester
Achieving a DPT

- Culminating Project: Comprehensive Case Analysis
- Passing all Clinical Internships
- Eligibility to apply for licensure in any state
- Take the NPTE national exam; passing leads to licensure
# DPT Programs in California

<table>
<thead>
<tr>
<th>University</th>
<th>Type</th>
<th>Cost ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>USC</td>
<td>Private</td>
<td>132,900</td>
</tr>
<tr>
<td>University of the Pacific</td>
<td>Private</td>
<td>122,040</td>
</tr>
<tr>
<td>Western University of Health Sciences</td>
<td>Private</td>
<td>105,195</td>
</tr>
<tr>
<td>Chapman University</td>
<td>Private</td>
<td>100,224</td>
</tr>
<tr>
<td>Samuel Merritt University</td>
<td>Private</td>
<td>95,328</td>
</tr>
<tr>
<td>Mount Saint Mary’s College</td>
<td>Private</td>
<td>91,440</td>
</tr>
<tr>
<td>Azusa Pacific University</td>
<td>Private</td>
<td>90,000</td>
</tr>
<tr>
<td>University of St. Augustine</td>
<td>Private</td>
<td>89,285</td>
</tr>
<tr>
<td>Loma Linda University</td>
<td>Private</td>
<td>87,008</td>
</tr>
<tr>
<td>UCSF/SFSU DPT program</td>
<td>Public</td>
<td>80,000</td>
</tr>
<tr>
<td>CSU Fresno, CSU Long Beach, CSU Northridge, CSU San Diego, <strong>CSU Sacramento</strong></td>
<td>Public</td>
<td>77,900</td>
</tr>
</tbody>
</table>

*2012 data*
CSUS DPT Tuition

* Per semester: ≈ $8,662 F/S; $8399 summer
* Per Year: ≈ $25,723 (3 semester/year)
* Total Cost: ≈ $77,868, not including books, housing, personal, transportation
* Non-residents of California pay additional ≈$272/unit [first year is 40 units]
* All fees subject to change upon ruling of the CSU Board of Trustees
## Total Costs per Year

<table>
<thead>
<tr>
<th></th>
<th>Fall/Spring Semester</th>
<th>Summer Semester</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Direct Costs - Fees</strong></td>
<td>$17,324</td>
<td>$8,399</td>
<td>$25,723</td>
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<tr>
<td><strong>Indirect Costs – Books, housing, personal &amp; transportation</strong></td>
<td>$15,542</td>
<td>$8,018</td>
<td>$23,561</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td>$32,990</td>
<td>$16,418 (est)</td>
<td>$49,284</td>
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</table>
# Quick Facts: Physical Therapists

| 2012 Median Pay          | $79,860 per year  
|                          | $38.39 per hour  
| Entry-Level Education    | Doctoral or professional degree  
| Work Experience in a Related Occupation | None  
| On-the-job Training | None  
| Number of Jobs, 2012     | 204,200  
| Job Outlook, 2012-22     | 36% (Much faster than average)  
| Employment Change, 2012-22 | 73,500  

US Bureau of Labor Statistics
<table>
<thead>
<tr>
<th>First Year</th>
<th></th>
<th></th>
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<tbody>
<tr>
<td><strong>Fall</strong></td>
<td><strong>Fall 1</strong></td>
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<tr>
<td><strong>Course #</strong></td>
<td><strong>Title</strong></td>
<td><strong>Units</strong></td>
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<tr>
<td>BIO 633</td>
<td>Human Gross Anatomy for Physical Therapists</td>
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<tr>
<td>PT 600</td>
<td>Pathokinesiology</td>
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<tr>
<td>PT 608</td>
<td>PT/Patient/Professional Interactions</td>
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</tr>
<tr>
<td>PT 630</td>
<td>Pathophysiology</td>
<td>3</td>
</tr>
<tr>
<td>PT 602</td>
<td>Evidence Informed Practice I</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>16</strong></td>
</tr>
<tr>
<td><strong>Spring</strong></td>
<td><strong>Spring 1</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Course #</strong></td>
<td><strong>Title</strong></td>
<td><strong>Units</strong></td>
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<tr>
<td>PT 604</td>
<td>Principles of Human Movement</td>
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<tr>
<td>PT 614</td>
<td>Neuroscience for PTs</td>
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</tr>
<tr>
<td>PT 618</td>
<td>Foundations for Patient Management</td>
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<tr>
<td>PT 606</td>
<td>Therapeutic Measurements &amp; Techniques</td>
<td>4</td>
</tr>
<tr>
<td>PT 620</td>
<td>PT Interventions I</td>
<td>3</td>
</tr>
<tr>
<td>PT 622</td>
<td>Evidence Informed Practice II</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>16</strong></td>
</tr>
<tr>
<td><strong>Summer</strong></td>
<td><strong>Summer 1</strong></td>
<td></td>
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<tr>
<td><strong>Course #</strong></td>
<td><strong>Title</strong></td>
<td><strong>Units</strong></td>
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<tr>
<td>PT 632</td>
<td>Pharmacology</td>
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</tr>
<tr>
<td>PT 634</td>
<td>Diagnostic Imaging for PT</td>
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<tr>
<td>PT 636</td>
<td>Geriatrics/Gerontology for PT</td>
<td>2</td>
</tr>
<tr>
<td>PT 638</td>
<td>Health, Wellness, &amp; Ergonomics</td>
<td>2</td>
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<tr>
<td></td>
<td></td>
<td><strong>8</strong></td>
</tr>
<tr>
<td><strong>Total Required Program Units</strong></td>
<td></td>
<td><strong>104</strong></td>
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<tr>
<td><strong>Total Units with all Electives</strong></td>
<td></td>
<td><strong>112</strong></td>
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## Second Year

### Fall 2

<table>
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<th>Course #</th>
<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>PT 625</td>
<td>Musculoskeletal Pt Management I</td>
<td>4</td>
</tr>
<tr>
<td>PT 640</td>
<td>PT Interventions II</td>
<td>3</td>
</tr>
<tr>
<td>PT 626</td>
<td>Clinical Agents</td>
<td>3</td>
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<tr>
<td>PT 624</td>
<td>Adult Neuromuscular Pt Management I</td>
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<td>PT 646</td>
<td>Acute Care and Cardiopulmonary PT</td>
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<tr>
<td>PT 660A</td>
<td>Research Elective</td>
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### Spring 2

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<tbody>
<tr>
<td>PT 644</td>
<td>Adult Neuromuscular Pt Management II</td>
<td>4</td>
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<tr>
<td>PT 645</td>
<td>Musculoskeletal Pt Management II</td>
<td>4</td>
</tr>
<tr>
<td>PT 662</td>
<td>Differential Diagnosis in PT</td>
<td>3</td>
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<tr>
<td>PT 648</td>
<td>Health Care Delivery in PT I</td>
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</tr>
<tr>
<td>PT 627</td>
<td>Physical Therapy Educator</td>
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<tr>
<td>PT 669</td>
<td>Psychosocial Issues in PT</td>
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<tr>
<td>PT 660B</td>
<td>Graduate Seminar I Research</td>
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</tr>
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<td>PT 660D</td>
<td>Graduate Seminar I Electrotherapeutics</td>
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<td>PT 660G</td>
<td>Graduate Seminar I CSCS</td>
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### Summer 2

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<th>Title</th>
<th>Units</th>
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<tr>
<td>PT 695A</td>
<td>Clinical Practicum/Internship I (12 wks)</td>
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### Third Year

#### Fall

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<th>Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>PT 664</td>
<td>NeuroPediatric Pt Management</td>
<td>2</td>
</tr>
<tr>
<td>PT 668</td>
<td>Health Care Delivery in PT II</td>
<td>2</td>
</tr>
<tr>
<td>PT 663</td>
<td>Integumentary Patient Management</td>
<td>2</td>
</tr>
<tr>
<td>PT 665</td>
<td>Musculoskeletal Pt Management III</td>
<td>3</td>
</tr>
<tr>
<td>PT 660F</td>
<td>Mock Clinic Elective/Neuro</td>
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<tr>
<td>PT 660C</td>
<td>Research Elective</td>
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<tr>
<td>PT 660E</td>
<td>Elective Lab NeuroPediatric Pt Management</td>
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<tr>
<td>PT 680</td>
<td>Graduate PT Seminar II</td>
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<tr>
<td>PT 690</td>
<td>Doctoral Project/culminating experience</td>
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#### Spring

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<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>PT 695B</td>
<td>Clinical Practicum II/Internship (12 wks)</td>
<td>6</td>
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#### Summer

<table>
<thead>
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<th>Course #</th>
<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>PT 695C</td>
<td>Clinical Practicum III/Internship (12 wks)</td>
<td>6</td>
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**Total Required Program Units** 104

**Total Units with all Electives** 112
PT Electives at CSUS (2013-14)

- Certified Strength and Conditioning Specialist (CSCS) prep course
- Research (to join a faculty research project)
- Adult Neurologic Mock Clinic
- Neuropediatrics
- Electrotherapeutics
* Edward Barakatt, PT, PhD
* Lois Boulgarides, PT, DPT
* Bryan Coleman Salgado, PT, DPT, CWS
* Rafael Escamilla, PT, PhD
* Creed Larrucea, PT, DPT, ECS
* Clare Lewis, PT, DPT, PsyD
* Katrin Mattern-Baxter, PT, DPT
* Toran MacLeod, PT, PhD
* D. Michael McKeough, PT, EdD
* Brad Stockert, PT, PhD
* Department Office Manager
* Processing of all Admissions material
* Faculty support and travel
Karen Salatti
Administrative Support

* Front office reception
* Contact Person for admissions general questions
* Schedules individual advising appointments 916-278-6426
Ed Barakatt, DPT Department Chair

* PhD - UC Davis in Epidemiology
* MA - University of Iowa in Physical Therapy
* Entry Level PT Degree from CSU Northridge
* Area of Study: Clinical Outcomes of Patients with Low Back Pain
Lois Boulgarides, PT, DPT, MS

- Teaches: Musculoskeletal evaluation and treatment and Evidence-based PT practice
- Research areas: Fall prediction, fall risk reduction for older adults, evidence-based PT in orthopedics
Bryan Coleman Salgado, PT, DPT, MS, CWS

* Co-Director of Clinical Education
* Board Certified Wound Specialist
* Researches Yoga Therapy, Stroke Rehab
* Teaches Evidence-Based PT, Foundations of Pt. Management, Wound Management
* Chair of Admissions Committee
Rafael Escamilla, PT, PhD, CSCS, FACSM

* Biomechanist
* Specializes in human performance, sports medicine, therapeutic exercise, and strength & conditioning
* Fellow for the American College of Sports Medicine
* Certified Strength and Conditioning Specialist
Creed Larrucea, PT, DPT, ECS

- Co-Director of Clinical Education
- Board Certified in Clinical Electrophysiology
- Teaches Electromyography (EMG), Nerve Conduction Studies (NCS), Therapeutic Agents & Health Care Delivery
- Research: Electromyography (EMG) and admissions criteria
- Chair of Student Affairs
* Certified manual therapist
* Licensed clinical psychologist
* Teaches Musculoskeletal Evaluation and Treatment, Psycho-social Aspects of Disability and Physical Therapy Procedures
* Research interests: Scoliosis and the ATM2, Manual Therapy Tool
Toran MacLeod, PT, PhD

* Assistant Professor
* PhD: University of Delaware
* PT degree: Sacramento State
* Co-Director Biomechanics Laboratory
* Research: Effects of strength, flexibility, and neuromuscular control on lower extremity function
* Teaches: Research, Pathomechanics, Amputee Rehabilitation
Katrin Mattern-Baxter, PT, DPT, PCS

- Assistant Professor
- Board Certified Pediatric Specialist
- Teaches neurology and pediatrics
- Research: Treadmill training in pediatrics and neurology
- Chair of Curriculum Committee
Michael McKeough, PT, EdD

- Professor of Physical Therapy
- Teaches neuroscience and adult neurological rehab
- Researches motor control and educational technology
- Member of Technology Committee of PT Now
- 30+ years as academic/clinician
Brad Stockert, PT, PhD

- Professor of Physical Therapy
- PhD: University of California, Davis
- PT degree: Stanford University
- Teaching: acute care & pathology
- Research: education, acute care simulations
- Committee for the Protection of Human Subjects: Vice-chair
We are in Folsom Hall
Procedures Teaching Lab
Neuro Teaching Lab
Thank you for visiting!

Folsom Hall
7667 Folsom Blvd, Sacramento, 95826
916-278-6426
http://www.csus.edu/hhs/pt/