



CHOOSING TO BECOME A PHYSICAL THERAPY and/or ATHLETIC TRAINING PROFESSIONAL

Parts of this presentation taken from PTMovesME APTA, NATA, USOTC, TEAMUSA, bleacher report, abc, getty

For more information go to APTA.org and NATA.org. Not for copy- photos are not the property of presenter

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What is Physical Therapy?

- Physical Therapy is treatment provided by a physical therapist or physical therapy assistant that helps people improve their MOVEMENT and physical function., manage pain and other chronic conditions, and recover from and prevent injury and chronic disease.

Physical Therapists

- Are licensed doctors in rehabilitation who examine, diagnose and treat movement dysfunction. New graduate physical therapists have a doctoral degree.



Physical Therapy Assistants

- Are licensed clinicians who provide physical therapy services under the supervision and direction of a physical therapist. Most physical therapy assistants have a 2-year college degree.

History

- Originally came out of PE /Gymnastic programs during WWI.
- From the beginning the goal of physical therapy was physically getting people moving so they can return to being soldiers, workers, athletes etc.



PTs care for people of all ages & needs

- From birth to end of life
- Cardiovascular/pulmonary
- Geriatrics
- Neurology
- Oncology
- Orthopedics
- Pediatrics
- Sports
- Women's Health
- Wound/ Burn care



PTs work in a variety of settings

- Hospitals
- Outpatient
- Pediatric centers
 - Military
- Sports & Fitness Facilities
 - Schools
- Nursing homes
- Independent/in homes



Career Paths (ptcasdirectory.apta.org)

PTA: 2 year

PT: first
undergraduate then
graduate(doctoral)
degree

Common Pre-Req Classes for PT (DPT) graduate school



1. Intro/General
Psychology



2. General
Statistics



3. 2 General
Chemistry w/labs



4. 2 General
Biology w/ labs



5. 2 General
Physics w/ labs



6.
Human/Mammali
an Anatomy w/
lab



7.
Human/Mammali
an Physiology w/
lab



(some require
English comp,
sociology, and/or
neuroscience as
well)

Common Pre-Req Classes for PA graduate (MS) school BSN



Physicians Assistant (Widener)



Same major 7 courses on previous page except:

Replace 1 general chemistry with organic chemistry

Add microbiology

BS Nursing (De)

Same major 7 courses on previous page except

Replace 1 Biology with microbiology

Replace 1 chemistry with organic chemistry

No physics but other course requirements such as nutrition

Some PT Programs Have Early Acceptance



Ex) Widener has a 3+3 Program



Ex) Messiah accepts 24 students as undergraduates into an early acceptance program if they have good high school grades, maintain a 3.0 GPA including B or better in major requirement courses (the 7 prior courses) as well as observation hours and GRE.

College writing

Human anatomy & physiology

General psychology

Developmental psychology

College algebra

Oral communications

Deltech has PTA program as part of its competitive admissions DTCC.EDU

Deltech actually has many good healthcare opportunities you should investigate including paramedic training, nursing, sonography.

Neumann College is a great bridge undergraduate program between a PTA and a PT program.

PTA Program General Requirements

Let's get personal

- Went to UD for physical therapy
- I wanted a university that had both athletic training (at that time undergrad and only 16 universities with both in the nation)
- Ortho/sports



- Worked with the following people in my career:
 - High school , collegiate , and professional athletes
 - Olympians
 - Military
 - Politicians/ Governors/Legislatures/President's staff
 - TV personalities
 - Most importantly- everyday people like you and me

Athletic Training nata.org

- Athletic trainers are essential members of the healthcare team o prevent, evaluate, treat and rehabilitate athletic and other musculoskeletal injuries.
- ATs PTs and PTAs all work under the same board of professional regulation in the State of Delaware
- In 2024 Delaware will hopefully become a national leader requiring a full time athletic trainer in every Delaware public school



AT to PT

- Prior to a few years ago, you could get an Athletic Training Undergrad and then apply for PT school.
- Now that AT is a Masters Degree, it is a bit harder to achieve but very doable if you find the correct school that allows the classes to complement one another
- Ex) University of Lynchburg



By combining both AT and PT, one can obtain
a very rewarding sports medicine career
including on-the-field work



layne Kamin-Oncea-USA TODAY Sports

Q and A

