



GREAT IDEAS

GRADUATE PROGRAM IN PHYSICAL THERAPY

GREAT LEADERS



Making a difference in human-helping professions since 1885



DEPARTMENTAL CONTACT



Julia Chevan, P.T., Ph.D., M.P.H., O.C.S.
Professor/Chair
413 748 3569
jchevan@spfldcol.edu



Kathleen Pappas, P.T., D.P.T.
PT Admissions Committee Chair
413 748 3028
kpappas2@spfldcol.edu

FOR MORE THAN A CENTURY, SPRINGFIELD COLLEGE HAS BEEN
A LEADER IN PROVIDING A BROAD AND BALANCED EDUCATIONAL
EXPERIENCE. HUMANICS, THE PHILOSOPHY THAT HAS INSPIRED
SPRINGFIELD COLLEGE FROM ITS BEGINNING, CALLS FOR
EDUCATING THE WHOLE PERSON—SPIRIT, MIND, AND BODY—
FOR LEADERSHIP IN SERVICE TO OTHERS.



GRADUATE PROGRAM IN PHYSICAL THERAPY

ANYONE WHO HAS been through it will tell you, the road to recovery from injury can be a long and arduous journey. It takes hard work, daily dedication, and above all, a personal commitment to get better. It also takes a lot of support and expert guidance, which physical therapists help to provide. Training to become a physical therapist is an intense and challenging experience in its own right, requiring hard work, dedication, and commitment. It too involves a lot of support and guidance, which Springfield College is here to provide.

Physical therapists, or PTs, provide services that help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities of patients confronted by injury or disease. Their patients are young and old with a variety of conditions that result in loss of function, including orthopaedic conditions such as lower back pain, neurologic conditions such as stroke or cerebral palsy, and cardiopulmonary conditions such as heart attacks.

PTs manage the full spectrum of their patients' care which includes reviewing medical histories and measuring strength, range of motion, balance and coordination, posture, muscle performance, respiration, and motor function. PTs use this data to make clinical decisions about the interventions that are

right for each individual. In that process, PTs determine the patient's ability to be independent and reintegrated into the community or workplace after injury or illness.

The interventions used by PTs incorporate therapeutic exercise for patients who may lack flexibility, strength, or endurance. Physical therapy is a patient-practitioner partnership, in which the physical therapist assists with patient exercises and provides instruction for what to do at home. In addition to exercise, PTs may use therapeutic agents including electrical stimulation and ultrasound if the therapist thinks it is appropriate.

Physical therapists also teach patients to use assistive and adaptive devices, such as crutches, prostheses, and wheelchairs. As treatment continues, physical therapists document the patients' progress, conduct periodic examinations, and modify treatments when necessary.

PTs often consult and practice with a variety of other professionals, such as physicians, dentists, nurses, educators, social workers, occupational therapists, speech-language pathologists, and audiologists. Some physical therapists treat a wide range of ailments; others specialize in areas such as pediatrics, geriatrics, orthopedics, sports medicine, neurology, and cardiopulmonary physical therapy.

Physical therapists work in hospitals, home health care services, nursing care facilities, outpatient care centers, and schools. Some physical therapists are self-employed in private practices, seeing individual patients and contracting to provide services in hospitals, rehabilitation centers, nursing care facilities, home health care agencies, adult daycare programs, and schools. Physical therapists also teach and conduct research.

CAREER OUTLOOK

Employment of physical therapists is expected to grow much faster than the average for all occupations through 2016. Demand for physical therapists will continue to rise as growth in the number of individuals with disabilities or limited function spurs demand for therapy services.

The growing population of older adults is particularly vulnerable to chronic and debilitating conditions that require therapeutic services. The baby-boom generation is entering the prime age for heart attacks and strokes, increasing the demand for cardiac and physical rehabilitation. And young people will need physical therapy as technological advances save the lives of a larger percentage of newborns with severe birth defects.

Future medical developments also should permit a higher percentage of individuals to survive from major trauma, creating additional demand for rehabilitative care. In addition, growth may result from advances in medical

technology that could permit the treatment of more disabling conditions. Widespread interest in health promotion also should increase demand for physical therapy services.

A growing number of employers are using physical therapists to evaluate worksites, develop exercise programs, and teach safe work habits to employees in order to reduce the number and severity of work-related musculoskeletal disorders.

The education and experiences of graduates of the Springfield College Physical Therapy program leave them well-equipped and well-connected, allowing them to make the most of their opportunities in this essential human-helping profession.

CURRICULUM

The Springfield College program, accredited by the Commission on Accreditation of Physical Therapy Education (CAPTE), prepares students to become physical therapy professionals who provide safe, compassionate, and effective delivery of health care services. The professional coursework in physical therapy enables students to develop advanced problem-solving skills in examination, evaluation, program planning, treatment, and management. Graduates acquire a broad knowledge in the science and practice of physical therapy, develop the interpersonal skills necessary for working with patients and their fami-

“ I work in early intervention (working with families and their children up to three years of age) in the school systems. Springfield College embraced my caring attitude and taught me that I can let my emotions as well as my knowledge guide my practice. Springfield College taught me to be a caring professional.”

Kristin Klisiewicz G'08

Program: Physical Therapy—School of Health Sciences & Rehabilitation Studies

Place of Employment: Futures HealthCore, Springfield, Mass.

lies, and gain a vital understanding of administration and research. The program integrates the Humanics philosophy with regard to including the intellectual, physical, and spiritual aspects of treating the whole person within a social, political, and economic environment. The curriculum is built on three thematic threads:

- Critical inquiry
- Patient/client management
- Professional issues

Beginning with the summer semester, coursework for all of these threads appear in each of the three years of the program. The curriculum includes courses in human anatomy, clinical sciences, research methodology, and statistics, as well as full-time clinical experiences in approved clinical education facilities.

Graduates receive a Doctor of Physical Therapy (DPT) degree and are eligible for licensure in any state. The program includes one summer semester and concludes after three calendar years for a total of seven semesters. The program is subject to modification to ensure a comprehensive, integrated sequence of experiences leading to a physical therapy education of the highest possible quality. All students in the Physical Therapy program are required to adhere to academic and professional behavior standards.

- The first year of the program features a heavy course load in clinical medicine designed to familiarize students with the types of medical and surgical interventions they will encounter in their work with patients. Students complete a full year of human anatomy with emphasis on the skeletal, articular, and muscular systems and also study human movement across the lifespan. The human anatomy laboratory experience includes prosections of human donors (cadavers). The thematic curricular threads are established with courses such as clinical pharmacology, clinical kinesiology, statistics, and research methods. Content in clinical skills and professional issues is learned in the classroom and practiced through integrated clinical experiences in local physical therapy settings.

- The second year is when students focus more directly on clinical science and clinical skill coursework: examining patients, making physical therapy diagnoses and prognoses, setting goals, performing interventions, and instructing patients in therapeutic exercise programs. Graduate research projects are also developed during this second year. Working in small groups, students conduct a supervised investigation of a selected problem related to the field of physical therapy. Related coursework includes the study of evidence-based practice and clinical outcome measures. Again, direct practice during integrated clinical experiences is part of the coursework during the entire academic year.
- In the third year, students complete their required full-time clinical education experiences. These experiences are full-time (forty hours per week) ten-week experiences that happen in three of our high quality clinical sites. We enjoy relationships with over 400 clinical sites throughout the Northeast and Mid-Atlantic regions, as well as in Florida, North Carolina, Pennsylvania, Virginia, and Washington, D.C. Our objective is to offer extremely high-quality clinical opportunities for students in a wide variety of health care settings.

In the middle of the final spring semester, students will return to campus to complete degree requirements and begin final career preparations. Students will present their research projects and take a course in practice management. Students will take at least one elective in a specialty area of particular interest to them, choosing from advanced studies in the following areas: Orthopedic Physical Therapy, Clinical Ergonomics, Pediatric Neurologic Physical Therapy, Sports Physical Therapy, Adult Neurologic Physical Therapy, and Differential Diagnosis in Physical Therapy.

FACILITIES

The Allied Health Sciences Center is home to the Physical Therapy program's entire laboratory and teaching space. It's equipped with a state-of-the-art anatomy laboratory including computer stations, anatomical models, and facilities for dissection. It has sophisticated equipment for laboratories and research including isokinetic testing,

motion and gait analysis, a four-channel surface EMG, a LiteGait, and a variety of treatment modalities.

FACULTY

Helping others to heal is an incredible responsibility, but it's also a rare gift. In the same way, passing along our knowledge to our students is both a responsibility and a privilege. The advantage of being a small New England college is that our teachers really get to know their students: what interests them, what their goals are, what their strengths are, and what they need to work on. Their personal mission is to help students be the best people they can be, and help them get where they want to go. Low student-to-faculty ratios combined with individual attention in and outside of the classroom ensure the academic and professional success of our students.

Each faculty member in the Physical Therapy Department is a licensed health care provider. Active in the American Physical Therapy Association and related professional groups, they reflect a wealth of experience and talent. Renowned in their respective fields, Springfield College faculty offer expertise in developmental disabilities and neurology, clinical competency (case-based problem solving), musculoskeletal and neurologic disorders, ergonomics, electromyography in the workplace, pedi-

atrics and orthopedics, and cardiopulmonary assessment and rehabilitation.

More than twenty part-time instructors and examiners from area clinics support the eight full-time faculty members. These active licensed practitioners add significantly to the breadth and relevancy of the coursework and clinical experience combined.

ADMISSION REQUIREMENTS

Demand to get into the Physical Therapy program is growing, and admission as a graduate student is on a space-available basis. The program is designed to admit students as undergraduates; therefore, space in the professional component is contingent on attrition of the undergraduates already enrolled in the major. With only a limited number of seats available, admission is highly competitive, and there is no guarantee of the number of graduate acceptances per year. Candidates applying for graduate admission must have completed a baccalaureate degree from an accredited college or university. Prerequisite courses must be completed by the end of the spring semester preceding the applicant's intended date of entry. A transcript documenting completion of courses is required prior to matriculation in the summer. Submission of Graduate Record Examination scores

“Springfield College is unique because of the way in which faculty work together to create an integrated and holistic learning experience. I achieved a job placement at one of my clinical sites, at a highly specialized children's orthopedic hospital. The faculty provided me with a strong foundation to be able to perform my job. In other words: it would be impossible to teach detailed academic and clinical experiences for every possible scenario encountered in the real world. In this context, the faculty at Springfield College does an excellent job of providing students with the tools they need to problem-solve, continue their education, and access resources to do the best job possible in any field. I am so appreciative!”

Megan Frazier G'07

Program: Physical Therapy—School of Health Sciences & Rehabilitation Studies

Place of Employment: Shriners' Hospital for Children, Springfield, Mass.

taken within five years of the date of the application is required. The following prerequisite courses are required of all applicants:

Eight credits with laboratory:

- Biology I and II
- Chemistry I and II
- Physics I and II
- Anatomy and Physiology I and II

Additional Requirements

- Exercise Physiology (with lab)
- Advanced math (calculus preferred)
- Six to nine credits in psychology and/or sociology
- Kinesiology/biomechanics (optional)

Applicants must have a minimum grade point average of 3.0 in both the science and the general education prerequisite courses and a minimum 3.0 overall cumulative average. There is a five-year limit on basic science and mathematics prerequisites. An extension of this limit requires that the applicant provide current and related experience within the specific area.

Transcripts, references, a resume, completed prerequisite and experience worksheets, and a completed graduate application are all part of the graduate physical therapy application. All applicants must document a minimum of ten hours of volunteer, observational, or paid experience in physical therapy at a health care setting. Three letters of reference are required with one of these letters being from a physical therapist. A resume is also a required component of the application. Documentation of a plan for completion of any outstanding prerequisites must be submitted with the application. All requirements must be completed prior to program entry.

Applications are reviewed on a rolling admission schedule beginning December 1 and continue until the class is filled. Review of the application begins once the Office of Graduate Admissions has received all official transcripts reflecting college-level work. Transcripts for fall semester courses that are in progress at the time of application are due by January 15.

ACADEMIC STANDING AND FINANCIAL AID

Graduate students must maintain a minimum 3.0 cumulative average in graduate-level coursework. Academic reviews are conducted each semester. For more information on financial aid, please write or call:

Springfield College
Office of Financial Aid
263 Alden Street
Springfield, MA 01109-3797
413 748 3108



FOUNDED IN 1885, Springfield College is known worldwide as the Birthplace of Basketball® and for the guiding principles of its Humanics philosophy—educating students in spirit, mind, and body for leadership in service to others. Springfield College, with its foundation of academic excellence and rich athletic heritage, prepares students with real-world leadership skills for tomorrow’s careers that transform lives and communities. A range of undergraduate and graduate degree programs are offered in fields of health sciences, human and social services, sport management and movement studies, education, business, and the arts and sciences. Doctoral programs are in physical education and physical therapy. The College is ranked in the 2010 edition of “America’s Best Colleges” in the top tier of “Best Universities—Master’s—North Region” by *U.S. News & World Report*, and is designated a premier Leadership Development Center by the YMCA of the USA. More than 5,000 traditional, nontraditional, and international students study at its main campus in Springfield, Massachusetts, and at its School of Human Services regional campuses located in ten other U.S. locations.



Springfield College Office of Graduate Admissions

263 Alden Street, Springfield, MA 01109-3797

Tel (413) 748-3225 TTY (413) 748-3383

Learn more about our graduate programs at:

www.springfieldcollege.edu