

# **Physical Therapy**

---

*Interim Chair: Dr. Kay Malek*

Physical therapists are professionals, practicing in concert with members of related health professions. Three terms define the practice of physical therapy: 1) health promotion, 2) prevention, and 3) rehabilitation. Physical therapists evaluate and treat patients using a variety of physical therapeutic measures (such as thermal agents and exercise) and education versus medicine or surgery. Patient treatment is goal oriented, focused on enhancing awareness of good health habits and a proactive approach to a healthy life style, preventing physical disabilities, and rehabilitating persons disabled by pain, disease or injury. Physical therapists are recognized as specialists in movement dysfunction.

The Doctor of Physical Therapy program at Saint Francis University is accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE) of the American Physical Therapy Association (APTA), 1111 North Fairfax Street, Alexandria, VA, 22314, (703) 706-3245, website: [www.apta.org/CAPTE](http://www.apta.org/CAPTE). Saint Francis University physical therapy graduates are eligible to sit for the National Physical Therapy Licensure Examination. Licensure is required to practice.

Students enroll as freshmen in this six-year entry-level Doctor of Physical Therapy professional education program. Three years of pre-professional coursework are followed by a three-year professional curriculum. Advancement to the professional curriculum is guaranteed provided the student meets the progression criteria by the end of the spring semester of the junior year (with the exception of # 4):

1. A minimum grade of "C" in major and collateral requirements
2. Achieve a minimum cumulative 2.75 Q.P.A.
3. Achieve a minimum science and math Q.P.A. of 3.0
4. Submit 80 hours of documented volunteer experience or paid employment in two different physical therapy practice settings, completed prior to the fall semester of the junior year
5. A grade of "C" or higher on the retake of a major or collateral course requirement
6. Completion of the pre-professional curriculum in three years (six consecutive semesters).

All physical therapy majors enrolled in the three-year professional curriculum must meet the following academic requirements:

1. Achieve a minimum 3.0 Q.P.A. each semester of the professional curriculum
2. Achieve a minimum grade of "C" in all major courses
  - a. No more than one "C" per semester
  - b. No more than three "C" grades allowed in the professional curriculum
3. Pass all competency exams
4. Pass all clinical education courses
5. Perform essential functions, with or without reasonable accommodations, while practicing safely, ethically, and in a legal manner
6. Meet generic abilities standards.

Failure to meet the progression standards will result in dismissal from the major.

Essential functions are the activities that a student physical therapist must be able to perform in partial fulfillment of the requirements for successful completion of the professional curriculum. Every student must be able to perform these essential functions, with or without reasonable accommodations, while practicing safely, ethically, and in a legal manner. For further information on these essential functions, visit the Doctor of Physical Therapy web page at [www.francis.edu](http://www.francis.edu).

Freshmen applicants should have strong backgrounds in biology, chemistry, physics, mathematics, and computer science. Clinical volunteer or paid employment experience, while not required for freshmen admission, is recommended to provide students with exposure to physical therapy practice.

Students will receive a Bachelor of Science degree in Health Science, and a Doctor of Physical Therapy (DPT) degree will be awarded after successful completion of the sixth year. Students are prepared as competent, ethical, caring doctors of physical therapy who practice autonomously, at an entry-level, in a complex healthcare environment, and who demonstrate critical thinking, cultural competence, and an evidence-based approach.

Individuals holding an earned baccalaureate degree with the necessary prerequisite coursework will be admitted to the first year of the professional curriculum based on space availability. See the graduate section of this catalog for detailed information about the professional curriculum.

The physical therapy program provides three years of pre-professional study where students complete the general education studies and collateral requirements, followed by three years of study in the professional curriculum which includes clinical experiences. While the entire six-year curriculum is taught on campus, selected education experiences may occasionally require travel to local health care facilities. All clinical education coursework is full time and requires travel to clinical sites for practical experience under the supervision of a physical therapist. Clinical education sites will be available locally, regionally, nationally and internationally.

Professional courses are open to physical therapy majors only.

## **BACHELOR OF SCIENCE IN HEALTH SCIENCE**

### **PHYSICAL THERAPY MAJOR**

#### **MAJOR REQUIREMENTS:**

Biology 111, 205, 206; Chemistry 103, 104; English 103, 104; Physics 104, 105; Psychology 101 and six credits taken from among 204, 205, 209, 302, 303, 304, 305, 314, 321, 322, 323; Statistics 101; Physical Therapy 400,401, 403, 404, 405, 410, 411, 412, 413, 414, 415, 420, 430, 431, 440.

**DOCTOR OF PHYSICAL THERAPY** - Saint Francis University students who earned a B.S. in Health Science degree as physical therapy majors or individuals holding a baccalaureate degree should see the graduate section of catalog for professional curriculum course descriptions.

## PHYSICAL THERAPY - PRE-PROFESSIONAL COURSE DESCRIPTIONS

*Prerequisites and corequisites are outlined in the PT Department curriculum plan*

### **101. Physical Therapy Seminar I (1 credit)**

Seminar designed to orient students to salient issues in the physical therapy profession. Professional publications, American Physical Therapy Association (APTA) documents, and pertinent related Internet-based information will be explored. Classroom events stress active student exploration and application of course content. *Fall.*

### **102. Physical Therapy Seminar II (1 credit)**

A continuation of 101, classroom events will encourage a deeper understanding of the foundations of physical therapy practice, and the exploration of the professional relationships between and among physical therapists and other health professionals. Guest speakers. *Spring.*

### **300. Exercise Physiology (4 credits)**

The discussion of the normal physiological responses to, and the recovery from acute and chronic exercise stresses in the trained and untrained individual. The use of exercise as a means to assess fitness, improve fitness and the impacts that conditions such as ageing, obesity and lack of physical activity have on health and fitness will be discussed. Specific laboratory activities will occur to assess student's overall fitness. Each of the following systems will be addressed: energy production, cardiovascular, neuromuscular and respiratory. *Prerequisites: Enrollment in physical therapy curriculum or those pursuing a minor in exercise physiology or with permission of instructor; BIOL 111, 205, 206; CHEM 103, 104 or their equivalent. Fall.*

*See graduate section of catalog for Physical Therapy professional curriculum course descriptions.*

## PHYSICAL EDUCATION - COURSE DESCRIPTIONS

### **110. Yoga for Wellness I (1 credit)**

Yoga can be practiced as wellness for body and mind. Although there are traditionally considered to be eight "limbs of yoga," in this course we will focus two limbs of yoga: "Asana" known as hatha yoga and "Meditation." These limbs of yoga focus on the postures used in yogic practice, which includes breathing practices, hatha yoga, relaxation, and meditation. Topics to be covered include the aforementioned techniques as well as a discussion of the health benefits of yoga and meditation. This class will mainly study standing postures, though we will utilize the full range of hatha yoga poses during the course of the semester

### **111. Yoga for Wellness II (1 credit)**

Yoga can be practiced as wellness for body and mind. Although there are traditionally considered to be eight "limbs of yoga," in this course we will focus two limbs of yoga: "Asana" known as hatha yoga and "Meditation." These limbs of yoga focus on the postures used in yogic practice, which includes breathing practices, hatha yoga, relaxation, and meditation. Topics to be covered include the aforementioned techniques as well as discussion of the health benefits of yoga and meditation. This class will mainly study backbends and forward bends, though we will utilize the full range of hatha yoga poses during the course of the semester.

### **112. Yoga for Wellness III (1 credit)**

Yoga can be practiced as wellness for body and mind. Although there are traditionally considered to be eight "limbs of yoga," in this course we will focus two limbs of yoga: "Asana" known as hatha yoga and "Meditation." These limbs of yoga focus on the postures used in yogic practice, which includes breathing practices, hatha yoga, relaxation, and meditation. Topics to be covered include the aforementioned techniques as well as discussion of the basics of the health benefits of yoga and meditation. This class will mainly study twists, though we will utilize the full range of hatha yoga poses during the course of the semester.

### **303. Wellness and Fitness (3 credits)**

Students will experience the benefits from beginning a regular exercise program which will encompass all components of fitness. Students will be introduced to the concepts of cardiovascular endurance, muscular strength, muscle endurance, flexibility and proper nutrition. *Spring.*