SOS Seminar

Physiotherapy and Occupational Therapy

Presented by:
Insiyah Kanjee and Anastasia Shymanovich

Slides will be available online on the SOS website
### AGENDA

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<th>Introduction</th>
<th>Application Process</th>
<th>PT</th>
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- **PT vs. OT**
- **Application Process**
- **Physiotherapy**
  - Schools in Ontario
  - Schools Outside of Ontario
  - Summary of PT Schools
- **Occupational Therapy**
  - Schools in Ontario
  - Schools Outside of Ontario
  - Summary of OT Schools
- **Employment Opportunities**
A CAREER IN PHYSIOTHERAPY

- https://www.youtube.com/watch?v=AqmruXpm-Pc
### Introduction

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<th>Application Process</th>
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## Physiotherapy vs. Occupational Therapy

<table>
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<tr>
<th>Goal</th>
<th>Physiotherapy</th>
<th>Occupational Therapy</th>
</tr>
</thead>
</table>
| • Restore movement and mobility  
  • Treats the physical source of the injury (tissues/structures) and helps prevent future injuries | • Restore functional abilities  
  • Optimize independence  
  • Does not directly treat the injury |

<table>
<thead>
<tr>
<th>Focus</th>
<th>Physiotherapy</th>
<th>Occupational Therapy</th>
</tr>
</thead>
</table>
| • Assess ability to roll in bed, sit/stand up, maintain balance, walk, etc. | • Brushing teeth, getting dressed, self-feeding, combing hair, going to the bathroom, etc.  
  • Jobs, hobbies, etc. |

<table>
<thead>
<tr>
<th>Tools</th>
<th>Physiotherapy</th>
<th>Occupational Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Stretching, exercise, manipulations, electrical stimulation, heat, cold, etc.</td>
<td>• Same, but OTs differ in their approach and overall goal</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Setting</th>
<th>Physiotherapy</th>
<th>Occupational Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wide range (e.g. hospitals, health centres, homes)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
APPLICATION PROCESS
(EXCEPTION: UNIVERSITY OF OTTAWA)

- Occupational Therapy application process is identical to the application process for Physiotherapy
- Apply through ORPAS (Ontario Rehabilitation Sciences Programs Application Service)
- Create an account: [http://www.ouac.on.ca/orpas/](http://www.ouac.on.ca/orpas/)
  - Non-refundable application fee
- ORPAS 2013 Instruction Booklet:
  [http://www.ouac.on.ca/docs/orpas/b_orpas_e.pdf](http://www.ouac.on.ca/docs/orpas/b_orpas_e.pdf)
APPLICATION PROCESS
(UNIVERSITY OF OTTAWA ONLY)

- [link](http://www.grad.uottawa.ca/Default.aspx?tabid=1624)
- Deadline: October 6, 2013 (Application will re-open on October 10, 2013)
APPLICATION PROCESS
(IMPORTANT DATES 2013)

• Friday, January 11, 2013
  • Deadline for all application materials

• Friday, January 18, 2013
  • Payment deadline

• Wednesday January 31, 2013
  • Deadline for receipt of transcripts

• Friday, May 17, 2013
  • Earliest date for admission to PT and OT programs

• Friday, June 28, 2013
  • Deadline for receipt of final transcripts

Full list of important dates is available in the ORPAS booklet: http://www.ouac.on.ca/docs/orpas/b_orpas_e.pdf
The ORPAS processing fee: $180 + an institutional levy of $90 for each university selection
All fees and levies are non-refundable
The total fee, including the ORPAS processing fee, is as follows:
- **One** university $270
- **Two** universities $360
- **Three** universities $450
- **Four** universities $540
Physiotherapy Schools in Ontario

- University of Western Ontario
- McMaster University
- University of Toronto
- Queen’s University
- University of Ottawa
• Two year program, full time only
• Admission Requirements:
  • 4-year undergraduate degree

  6.0 credits:
  General/Introductory Science
  SOSC and/or Liberal Arts

  3.0 credits:
  English or Writing Course (essay component)
  Human/Mammalian/Vertebrate Physiology
  Statistics/Research Methods/Research Design

• 2 letters of reference (academic and non academic)
• Required GPA
  • GPA from last 10 full courses or 20 half courses
  • Minimum GPA: not specified
• Recommended: experience working with individuals with physical or cognitive limitations
  • E.g. volunteer/paid work in a hospital

<table>
<thead>
<tr>
<th>Year</th>
<th>First Round Cutoff</th>
<th>Final Acceptance</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>3.84</td>
<td>3.83</td>
</tr>
<tr>
<td>2012</td>
<td>3.82</td>
<td>3.76</td>
</tr>
<tr>
<td>2011</td>
<td>3.79</td>
<td>3.73</td>
</tr>
</tbody>
</table>
Two year program (25 months continuous)

Admission Requirements for OT and PT:

- A full or half credit in one biological or life science course with a grade of B or higher
- A full or half credit in one social science or humanities course with a grade of B or higher
- Letter of reference not required

No Majors are favoured
• **Required GPA:**
  - A minimum average: B (75%) or 3.0/4 - last 60 units of your university course work (or last 2 years)
  - All applicants who are interviewed are ranked on:
    - pre admission sub-GPA (25% of final ranking)
    - their interview scores (75% of final ranking) to determine the final ranking for offers of admission
  - Approximately 300 of the top-ranked applicants to PT and OT programs are invited for a personal interview
  - The cut-off GPA for an interview invitation for the last cycle was:
    - 3.57 - OT
    - 3.76 - PT
• Two year program

• Prerequisites:
  • 4-year undergraduate degree:
    • 6.0 credits:
      Human/Vertebrate Physiology
      Life/Physical Sciences (other than Physiology)
      SOSC/HUMA/Languages
    • 3.0 credits:
      Statistics/Research Methods
  • Two letters of reference: 1 academic and 1 professional
• **Required GPA:**
  - GPA will generally be calculated based on the last 20 half courses completed
  - GPA cut-off for the 2013 cycle was 3.75
• **Computer Administered Profile:**
  - Only top applicants are invited to write the CAP
  - Assess:
    - personal characteristics/attributes
    - life experiences
    - knowledge of the profession
    - critical thinking/problem-solving skills
  - Corresponds to 40% of enrolment selection

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td># Applications</td>
<td>1139</td>
<td>1048</td>
<td>1062</td>
<td>1004</td>
<td>879</td>
<td>984</td>
</tr>
<tr>
<td>GPA* Cutoff</td>
<td>3.75</td>
<td>3.71</td>
<td>3.68</td>
<td>3.63</td>
<td>3.59</td>
<td>3.62</td>
</tr>
<tr>
<td>Final Class Size</td>
<td>88</td>
<td>87</td>
<td>100</td>
<td>85</td>
<td>84</td>
<td>90</td>
</tr>
<tr>
<td>Average GPA* of Incoming Class</td>
<td>3.95</td>
<td>3.83</td>
<td>3.82</td>
<td>3.76</td>
<td>3.78</td>
<td>3.77</td>
</tr>
</tbody>
</table>
• Two year program, full time only
• Prerequisites:
  • 4-year Bachelor’s degree
  • 3.0 credits:
    • PSYC 1010
    • Statistics
    • Human Anatomy
    • Human Physiology
• 2 letters of reference: 1 academic and 1 academic/professional
Confidential Assessment Forms

Personal Information Submission

Required Undergraduate GPA:

- **Sub-GPA** (most recent ten full-course credits): most recently completed 10 full courses
  - Cut-off ≈ 3.5
- **Cum-GPA** (all years of undergraduate university study): all years of undergraduate study
• 2 year program

• Admission Requirements:
  • Must be fluent in French (written and spoken)
    6 credits:
    • Anatomy & Physiology
  3 credits:
    • Psychology
    • Statistics

• Required GPA:
  • an average of "B" (70 %) or higher

• Volunteer experience or work in counselling over the last three years would be an asset
CANADIAN PHYSIOTHERAPY SCHOOLS OUTSIDE OF ONTARIO

- University of British Columbia
- University of Alberta
- University of Saskatchewan
- University of Manitoba
- McGill University
- Université de Montréal
- Université de Sherbrooke
- Université Laval
- Dalhousie University
A CAREER IN OCCUPATIONAL THERAPY

• https://www.youtube.com/watch?v=ZCy6db1Tacc
OCCUPATIONAL THERAPY SCHOOLS IN ONTARIO

• University of Toronto
• University of Western Ontario
• McMaster University
• Queen’s University
• University of Ottawa
Admissions involve: academic and non-academic achievement (academics are weighted more heavily)

- **Two** year program, full time only

**Admission Requirements:**
- 4-year undergraduate degree OR 3-year undergraduate degree with an additional 5 full courses
- Statement of intent and a resume
- **No** course prerequisites
- In 2013, there were 812 applicants
  - seek to admit approximately 89 students
Recommended background knowledge in:
- human growth & development
- introductory physiology OR introductory human biology
- psychology
- sociology OR anthropology
- statistics & research design

No interview required

Two Letters of reference: 1 academic and 1 personal
• Required GPA:
  • admission average:
    • entry class in 2013 and 2012: was in the "A-minus" range OR
    • 80% to 84% OR
    • ORPAS Undergraduate GPA of 3.6 to 3.7)
  • mid-"B" average is a minimum requirement
    • higher GPA based on the last 10 full course-equivalents completed will be required to be competitive in the admission process
Two year program, full time only

Application process:
  - Completed ORPAS application; official transcripts; personal submission section of the online application
  - No interview

Prerequisites:
  - 4-year Bachelor’s degree
  - No course prerequisites and No letters of reference
  - However it is suggested that applicants have some background knowledge in science courses (i.e., anatomy, biology, human physiology)
• Required Undergraduate GPA:
  • 70% minimum average across courses taken in their last two full-time years of undergraduate study
  • GPA from the most recently completed 10 full courses OR 20 half courses (as of Dec 31st)
  • GPA of: 3.5 - 3.7 OR better are considered to be competitive
Two year program, full time only

Admission Requirements:
- 4-year Bachelor’s degree or equivalent
- No course prerequisites
- No interview

Supplementary Documents:
- 2 letters of reference:
  1) academic (…someone who holds an academic position in a postsecondary university or college…)
  2) academic/professional (…may be either academic or professional and should be completed by someone who can judge applicants on their work performance…)

QUEEN’S UNIVERSITY
OCCUPATIONAL THERAPY PROGRAM
QUEEN’S UNIVERSITY
OCCUPATIONAL THERAPY PROGRAM

• Statement of Intent (Personal Submission section of the online application)
• Resume
• Required GPA:
  • **First cut-off:** applicant-pool-dependent minimum GPA for all undergraduate years (typically 3.0 or higher)
  • **Second cut-off:** assessment of the candidate’s Confidential Assessment Forms and Statement of Intent
• Two year program
• Admission Requirements:
  • Must be fluent in French (written and spoken)
6 credits:
  • Psychology
3 credits:
  • Statistics
  • Sociology
  • Anatomy
• Required GPA:
  • An average of "B " (70 % ) or higher
• 4-year baccalaureate degree (120 units/credits) or equivalent
• 3-year baccalaureate degree (90 units/credits)
  • must complete additional university work in order to be eligible to apply
• Academic Requirements:
  • 3.0 GPA (or a “B”) calculated over last 60 credits
  • GPA is calculated in the final two years (or in the last 10 full-course equivalents)
• No prerequisites required
Other Requirements:
- All eligible applicants are ranked solely on the basis of their GPA
- Requires an interview
- All applicants who are interviewed are ranked on a combination of:
  - pre admission sub-GPA (25% of final ranking)
  - interview scores (75% of final ranking) to determine the final ranking for offers of admission...
Introduction | Application Process | PT | OT | Opportunities

CANADIAN OCCUPATIONAL THERAPY OUTSIDE ONTARIO

- University of British Columbia
- University of Alberta
- University of Manitoba
- Université de Montréal
- McGill University
- Université Laval
- Université de Sherbrooke
- Université du Québec à Trois-Rivières
- Dalhousie University
# ORPAS Programs Requirements Chart 2013

This chart provides an overview of the programs. Refer to each institution’s requirements for full information. Failure to submit documentation required by an individual school will make your application incomplete at that school.

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<tr>
<th>University</th>
<th>Program</th>
<th>Positions 2012</th>
<th>Applicants 2012</th>
<th>Prerequisites</th>
<th>Minimum Academic Requirements</th>
<th>Letters of Reference</th>
<th>Transcripts Required</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>McMaster</td>
<td>Occupational Therapy</td>
<td>64 (including international)</td>
<td>876</td>
<td>None</td>
<td>Four-year baccalaureate degree (120 units/credits or equivalent; minimum GPA of 75 percent based on last 60 units)</td>
<td>N/A</td>
<td>University</td>
<td>TOEFL score (if applicable)</td>
</tr>
<tr>
<td></td>
<td>Occupational Therapy International</td>
<td>Up to 6</td>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>TOEFL score (if applicable); CV/Resume; Letter of Introduction/Statement of Interest</td>
</tr>
<tr>
<td></td>
<td>Physiotherapy</td>
<td>64 (including international)</td>
<td>1,236</td>
<td>A full or half credit in one biological or life science course with a grade of &quot;B&quot; or higher; a full or half credit in one social science or humanities course with a grade of &quot;B&quot; or higher (all at university level)</td>
<td>Four-year baccalaureate degree (120 units/credits or equivalent; minimum GPA of 75 percent based on last 60 units)</td>
<td>N/A</td>
<td>University</td>
<td>TOEFL score (if applicable); Prerequisites</td>
</tr>
<tr>
<td></td>
<td>Physiotherapy International</td>
<td>Up to 6</td>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>TOEFL score (if applicable); Prerequisites; CV/Resume; Letter of Introduction/Statement of Interest</td>
</tr>
<tr>
<td>Queen's</td>
<td>Occupational Therapy</td>
<td>66</td>
<td>604</td>
<td>No prerequisites for Queen's OT program</td>
<td>Four-year baccalaureate degree</td>
<td>University; CEGEP</td>
<td>Resumé; Statement of Intent (personal submissions); two Confidential Assessment forms; TOEFL, MELAB or IELTS score (if applicable)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Physical Therapy</td>
<td>66</td>
<td>860</td>
<td>Introductory Psychology (minimum half credit 2013; full credit 2014); human anatomy (minimum half credit); human physiology (minimum half credit); and statistics (half credit). Courses must meet the comprehensive content guidelines, as outlined in the Queen's program description</td>
<td>Four-year baccalaureate degree</td>
<td>University; CEGEP</td>
<td>Personal Information Submission; Prerequisites; Prerequisite course description; CEGEP; TOEFL, MELAB or IELTS score (if applicable)</td>
<td></td>
</tr>
</tbody>
</table>

Last revised: September 4, 2012
## ORPAS Programs Requirements Chart 2013

<table>
<thead>
<tr>
<th>University</th>
<th>Program</th>
<th>Positions 2012</th>
<th>Applicants 2012</th>
<th>Prerequisites</th>
<th>Minimum Academic Requirements</th>
<th>Letters of Reference</th>
<th>Transcripts Required</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toronto</td>
<td>Occupational Therapy</td>
<td>84</td>
<td>711</td>
<td>None. Prior study in Statistics, Physiology/Biology (vertebrate), and Psychology may enhance students' learning in the program</td>
<td>Applicants must have completed an appropriate bachelor's degree with high academic standing from a recognized university, with a mid-“B” average or better in the final year (i.e., five full-course equivalents at the senior level)</td>
<td>One academic; one professional</td>
<td>University</td>
<td>Statement of Intent; Confidential Assessment forms; Resume; TOEFL score (if applicable)</td>
</tr>
<tr>
<td></td>
<td>Physical Therapy</td>
<td>84</td>
<td>1,048</td>
<td>One full course equivalent in Human/Vertebrate Physiology; one full course equivalent in Life and/or Physical Sciences; one full course in Social Science and/or Humanities and/or Language; half course in Statistics or Research Methods</td>
<td></td>
<td>One academic; one professional</td>
<td>CEGEPI; university</td>
<td>Computer Administered Profile (CAP) written on-site April 27, 2013; Prerequisites; TOEFL score (if applicable)</td>
</tr>
<tr>
<td></td>
<td>Speech-Language Pathology</td>
<td>50</td>
<td>333</td>
<td>Half course in Child Development; half course in Phonetics; half course in General Linguistics; one full course in Statistics; and one full course in Human Physiology/Anatomy</td>
<td>Four-year undergraduate degree with a minimum mid-“B” in final year</td>
<td>Two academic; one clinical</td>
<td>CEGEPI; university</td>
<td>Statement of Intent; Prerequisites; Minimum 14 hours clinical experience; TOEFL, MELAB or IELTS score (if applicable)</td>
</tr>
<tr>
<td>Western</td>
<td>Occupational Therapy</td>
<td>55</td>
<td>705</td>
<td>None</td>
<td>Four-year undergraduate degree or equivalent</td>
<td>None</td>
<td>CEGEPI; university</td>
<td>TOEFL or IELTS score (if applicable); Personal submission</td>
</tr>
<tr>
<td></td>
<td>Physical Therapy</td>
<td>55</td>
<td>875</td>
<td>One full course (or two half courses) in Science; one full course (or any two half course combinations) in Social Science or Liberal Arts; a half course in each of Human/Mammalian/Vertebrate Physiology, English or Writing, and Statistics</td>
<td>Four-year undergraduate degree or equivalent</td>
<td>Two (one academic)</td>
<td>CEGEPI; university</td>
<td>Prerequisites; TOEFL or IELTS score (if applicable)</td>
</tr>
<tr>
<td></td>
<td>Audiology</td>
<td>20</td>
<td>83</td>
<td>One half course in each of: Developmental Psychology; Statistics; Human Anatomy/Physiology; Social Science</td>
<td>Four-year undergraduate degree with a minimum “B” average in 10 most recent full undergraduate courses (or 20 half courses)</td>
<td>Two academic; one clinical</td>
<td>CEGEPI; university</td>
<td>Statement of Intent; Prerequisites; Minimum 14 hours clinical experience; TOEFL, MELAB or IELTS score (if applicable)</td>
</tr>
<tr>
<td></td>
<td>Speech-Language Pathology</td>
<td>36</td>
<td>346</td>
<td>One half course in Developmental Psychology; Statistics; Human Anatomy/Physiology; Social Science; Linguistics; and Life/Biomedical Science</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Undergraduate Grading System

### ORPAS 2013

<table>
<thead>
<tr>
<th>Type</th>
<th>Numeric/Numerique</th>
<th>Percentage/Pourcentage</th>
<th>Alpha/Alpha</th>
<th>ORPAS Value Valeur ORPAS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>ORPAS Value Valeur ORPAS</td>
<td>4.00</td>
<td>9</td>
<td>8</td>
<td>90–100</td>
</tr>
<tr>
<td>3.90</td>
<td>85–89</td>
<td>84–92</td>
<td>87–93</td>
<td>85–93</td>
</tr>
<tr>
<td>3.70</td>
<td>77–79</td>
<td>72–74</td>
<td>75–79</td>
<td>75–79</td>
</tr>
<tr>
<td>3.30</td>
<td>73–76</td>
<td>69–71</td>
<td>70–74</td>
<td>70–74</td>
</tr>
<tr>
<td>3.00</td>
<td>67–69</td>
<td>64–65</td>
<td>60–64</td>
<td>60–64</td>
</tr>
<tr>
<td>2.30</td>
<td>57–59</td>
<td>56–59</td>
<td>D+</td>
<td>D+</td>
</tr>
<tr>
<td>2.00</td>
<td>53–56</td>
<td>53–55</td>
<td>50–54</td>
<td>50–54</td>
</tr>
<tr>
<td>1.70</td>
<td>50–52</td>
<td>50–52</td>
<td>D-</td>
<td>D-</td>
</tr>
<tr>
<td>1.30</td>
<td>3</td>
<td>1</td>
<td>≤ 49</td>
<td>≤ 49</td>
</tr>
</tbody>
</table>

Please note: The above scales are applicable only to current grading schemes.
• Occupational Therapy and Physiotherapy are both practiced in a wide range of settings including:
  • Hospitals
  • Health centres
  • Homes
  • Clinics
TO CONSIDER BEFORE APPLYING TO PT AND OT PROGRAMS:

• Become familiar with the application procedures for **each** university/program to which you are applying
• It is your responsibility to ensure that the application, and all required documentation, is received at ORPAS by the published **deadlines**
• The processing of an application may be **delayed** until all required transcripts and documentation are received as specified by the universities
ORPAS 2013

Orpasc 2013

Ontario Rehabilitation Sciences Programs Application Service

Before submitting your application, ensure that you have checked the following:

- Have you submitted your application?
- Have you printed your application from the final “Submit” section for your records?
- Have you requested transcripts for all postsecondary institutions that you attended?
- Have you paid all application service fee(s) and transcript request fee(s)?
- Have you read each rehabilitation sciences program’s specific information regarding deadlines, prerequisites and personal submissions?
- Have you released your English test scores (if required)?
Thank you for coming out to the seminar, and be sure to check out:

• **How to get into Dental School?**  
  Wed Oct 9, 5:30 pm in LSB 103
Any other questions?

Insiyah Kanjee – ikanjee@yorku.ca

Anastasia Shymanovich – nast007@yorku.ca