



physical therapy

master of physical therapy • certificate of clinical competency

Program Description

The mission of the Sacramento State Department of Physical Therapy is to educate competent physical therapist generalist practitioners who demonstrate ethical, responsible, professional behavior, use evidence derived from research as a base for practice, are sensitive to cultural and psycho-social differences, utilize critical thinking and problem solving, practice life long learning, and provide services that contribute to the optimal health and function of the residents of the communities they serve.

Physical Therapy at Sacramento State is one of several professional curricula in the College of Health and Human Services. The program complements others in the College and provides opportunities for research, instructional collaboration, and interaction.

The curriculum of 2-1/2 years, including summers, encompasses didactic instruction, laboratory experience, and clinical education. The clinical component consists of thirty weeks of full-time, off-campus clinical internships leading to a Certificate of Clinical Competence in Physical Therapy.

Career Possibilities

Hospitals • Ambulatory Care Centers • Private Practice • Sports Medicine Centers • Rehabilitation Centers • Industries • Extended Care Facilities • Home Health Care • Schools • University Teaching and Research • Consulting

Faculty

Ed Barakatt, Bryan Coleman-Salgado, Rafael Escamilla, Clare Lewis, Susan McGinty, Brad Stockert

Contact Information

Susan McGinty, *Director* • Solano Hall 4000 • (916) 278-6426 • www.bhs.csus.edu/PT

Special Features

- Following successful completion of both the clinical and regular academic program, students are awarded a Master's in Physical Therapy and will be eligible to take the national licensure examination.
- The Master's in Physical Therapy at Sacramento State has been granted accreditation by the Commission on Accreditation in Physical Therapy Education/APTA. The Commission can be contacted for questions at 1111 North Fairfax Street, Alexandria, VA 22314-1488, (703) 684-2782.
- Computer facilities are available for self-guided and interactive learning experiences.

Notes:

- Admission is for fall semester only.
- Classes are offered primarily during daytime hours, and full-time study is required.

Admission Requirements

Applicants must:

- have received (or will receive by the end of the summer semester) a baccalaureate degree from an accredited college or university;
- have completed all prerequisite course work by the January 15th deadline with the exception of four courses. These remaining courses must be completed in the spring and/or summer semester (a maximum of two of these courses may be completed during the summer);
- have a minimum of 2.5 GPA for the last 60 semester units;
- have a minimum of 3.0 GPA in the prerequisite course work;
- have accumulated and documented a minimum of 100 hours of volunteer or paid experience in at least two physical therapy settings (inpatient, outpatient, home, SNF, etc.) under the direct supervision of a licensed physical therapist;
- submit Graduate Record Examination (GRE) scores (analytical, quantitative, and verbal) by January 15th; and
- applicants who do not possess a bachelor's degree from a post secondary institution where English is the principal language must demonstrate competence in English by scoring a minimum of 550 (213 if computer-based) on the Test of English as a Foreign Language (TOEFL).

Admission Procedures

All prospective graduate students, including Sacramento State graduates, must file the following with the Office of Graduate Studies, River Front Center 206, (916) 278-6470:

- an online application for admission; and
- official transcripts from all colleges and universities attended, *other than Sacramento State*.

Students may download the Physical Therapy Application at www.hhs.csus.edu/pt/Application/Directory.html or request the application (available in October) by sending a self-addressed, 9" x 12" manila envelope, with postage attached to:

Admissions Committee
 Department of Physical Therapy
 California State University, Sacramento
 6000 J Street
 Sacramento, CA 95819-6020

Submit the Physical Therapy Application and all supporting documents to the Department of Physical Therapy no later than January 15th of the year of anticipated enrollment.

Only 32 students will be selected for admission each fall. The selection committee reviews applicants based on prerequisite GPA, written narrative, letters of recommendation, and an interview. Applications from students from diverse backgrounds are encouraged.

Additional Information

Health Requirements

Students admitted to the graduate program in the Department of Physical Therapy are required to have specified immunizations by the Student Health Center or a private physician prior to beginning the program. Complete information on health requirements for Physical Therapy students may be secured from the Physical Therapy Department office.

Costs and Fees

In addition to University registration fees, students can be expected to incur costs of approximately \$1,500 per year for books, supplies, malpractice/liability insurance, and laboratory fees. Students are required to assume responsibility for transportation and housing costs for clinical internships which may be anywhere in California.

Health Insurance, Transportation Schedules, CPR Certification, and Background Screens

All students accepted into the graduate program in the Department of Physical Therapy must provide their own health insurance and transportation to clinical facilities. Health insurance is mandatory prior to beginning clinical experiences. CPR certification (Basic Adult and Pediatric) is required at the time of fall enrollment and recertification must be maintained according to the requirements of the American Heart Association or American Red Cross. Malpractice/liability insurance is required prior to any clinical placement. Information on malpractice/liability insurance may be secured from the Physical Therapy Department office. Students will be required to complete (at their own expense) a criminal background check prior to clinical placements. A positive criminal history may preclude student participation in the clinical courses.

Advancement to Candidacy

Each student must file an application for Advancement to Candidacy indicating a proposed program of graduate study. This procedure may begin as soon as the classified graduate student has:

- removed any deficiencies in admission requirements;
- successfully completed all first year courses with a minimum of 3.0 overall grade point average in all graduate level course work;
- successfully completed the first clinical education experience;
- formulated an approved written plan for the required graduate project portfolio; and
- passed the Writing Proficiency Examination (WPE) or secured approval of a WPE waiver.

Requirements • Master of Physical Therapy Degree

A. Required Prerequisite Courses (51-59 units)

Prerequisite course work must have been completed at an accredited college or university with a minimum grade of "C" or better.

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| (4) | BIO 022 | Introductory Human Anatomy (BIO 010, BIO 020, or instructor permission) OR |
| | BIO 025 | Human Anatomy and Physiology I AND |
| | BIO 026 | Human Anatomy and Physiology II (BIO 025 or instructor permission) |
| (4) | BIO 131 | Systemic Physiology (BIO 010 or BIO 020, or BIO 022, and one year of college chemistry) OR |
| | BIO 025 | Human Anatomy and Physiology I AND |
| | BIO 026 | Human Anatomy and Physiology II (BIO 025 or instructor permission) |
| (5) | CHEM 006A | Introduction to General Chemistry (One year high school algebra; high school chemistry strongly recommended) OR |
| | CHEM 001A | General Chemistry I (High school algebra [two years] and high school chemistry; or equivalent) |
| (5) | CHEM 006B | Introduction to Organic and Biological Chemistry (CHEM 001A or CHEM 006A or a high school chemistry course and passing a qualifying exam given in the first laboratory period) OR |
| | CHEM 001B | General Chemistry II (CHEM 001A) |
| (3) | COMS 004 | Introduction to Public Speaking |
| (3) | KINS 151 | Kinesiology (BIO 022 or equivalent) |
| (3) | KINS 152 | Physiology of Exercise (BIO 131 or equivalent) |
| (2) | NURS 014 | Pharmacology [BIO 131, or equivalent (may be taken concurrently)] |
| (2) | NURS 130 | Pathophysiology (BIO 022 or equivalent, BIO 131 or equivalent) |
| (4) | PHYS 005A | General Physics: Mechanics, Heat, Sound (Recently completed three years of high school algebra and geometry; and a college course in algebra and trigonometry for those having an inadequate mathematics background) |
| (4) | PHYS 005B | General Physics: Light, Electricity and Magnetism, Modern Physics (PHYS 005A or instructor permission) |

- (3) PSYC 005 Introductory Psychology: Individual and Social Processes **OR**
 PSYC 001 Introductory Psychology: Basic Processes
- (3) Select one of the following:
 PSYC 148 Child Psychology (PSYC 001 or PSYC 005)
 PSYC 150 Psychological Aspects of Aging (PSYC 001 or PSYC 005)
 PSYC 151 Psychological Aspects of Death and Dying
 PSYC 168 Abnormal Psychology (PSYC 005)
- (3) STAT 001 Introduction to Statistics (MATH 009 or three years of high school mathematics which includes two years of algebra and one year of geometry; completion of ELM requirement and the Intermediate Algebra Diagnostic Test) **OR**
 SWRK 110 Statistics and Research for Social Workers

B. Required Professional Courses (63 units)

Note: Please see department for course corequisites and prerequisites. Course work is sequenced; therefore, students cannot progress from one semester to the next without successfully completing all courses in a given semester with a grade of “C” or better. Students can repeat a course in which they received less than a “C” grade one time only, but cannot do so until the course is offered the following year. Students must pass the PT 300 course prior to beginning second-year courses.

- (5) PT 200 Pathokinesiology
 (2) PT 202 Research Methods in Physical Therapy I
 (2) PT 204 Principles of Human Movement
 (4) PT 206 Therapeutic Measurements and Techniques
 (2) PT 208 PT/Patient Professional Interactions
 (3) PT 220 Therapeutic Exercise I
 (1) PT 222 Research Methods in Physical Therapy II
 (4) PT 224 Neurological Evaluation and Treatment I
 (4) PT 225 Musculoskeletal Evaluation and Treatment I
 (3) PT 226 Clinical Agents
 (1) PT 227 Physical Therapy Educator
 (3) PT 240 Therapeutic Exercise II
 (4) PT 244 Neurological Evaluation and Treatment II
 (4) PT 245 Musculoskeletal Evaluation and Treatment II
 (2) PT 246 Special Topics in Physical Therapy I
 (2) PT 248 Health Care Delivery in Physical Therapy I
 (1) PT 260 Graduate PT Seminar I
 (3) PT 262 Differential Diagnosis in Physical Therapy
 (3) PT 264 Neuropediatric Evaluation and Treatment
 (2) PT 266 Special Topics in Physical Therapy II
 (2) PT 268 Health Care Delivery in Physical Therapy II
 (1) PT 269 Psychosocial Issues in Physical Therapy
 (1) PT 280 Graduate PT Seminar II
 (3) PT 300 Clinical Practicum I
 (4) PT 400A Clinical Practicum II
 (4) PT 400B Clinical Practicum III
 (4) PT 400C Clinical Practicum IV
 (2) PT 500 Culminating Experience
 (2) BIO 233 Review of Human Gross Anatomy

C. Required Certificate Courses (15 units)

- (3) PT 300 Clinical Practicum I
 (4) PT 400A Clinical Practicum II
 (4) PT 400B Clinical Practicum III
 (4) PT 400C Clinical Practicum IV

Requirements • Certificate of Clinical Competency

The Certificate of Clinical Competency requires the completion of a total of 30 weeks of full-time clinical experiences assigned by the physical therapy curriculum, under the direct and immediate supervision of a licensed physical therapist, in a facility with a signed clinical contract with Sacramento State. The first clinical affiliation of 6 weeks occurs between the first and second year of the master’s physical therapy curriculum and is open to those students who have successfully completed the first year in the curriculum. The second part of the clinical certification requirement involves affiliations totaling 24 weeks of full time experience following the successful completion of the second year in the physical therapy master’s curriculum. The certificate will be awarded following documentation by clinical faculty of students’ consistent demonstration of safe, entry-level competencies in a prescribed number of clinical areas, as determined by the ACCE, the program Director, faculty, and the national accrediting body.

Upper Division Course

PT 199. Special Problems. Individual projects or directed reading designed for students capable of independent study. **Note:** Admission requires written approval of instructor and program director. Graded Credit/No Credit. 1-3 units.

Graduate Courses

PT 200. Pathokinesiology. Addresses functional anatomy to assist in the understanding of pathological function of the musculoskeletal system. The student will be exposed to application of the principles of biomechanics, arthrology and tissue mechanics in combination with functional anatomy to the study of normal compared to pathological motion. **Note:** Open to Physical Therapy majors only. 5 units.

PT 202. Research Methods in Physical Therapy I. Designed to teach students how to utilize their prerequisite course work in statistics for critical reading and interpretation of the physical therapy scientific literature. Topics will include research designs and statistical testing procedures commonly used in physical therapy. Students will review and critique current physical therapy articles that utilize the research designs being studied. **Note:** Open to Physical Therapy majors only. 2 units.

PT 204. Principles of Human Movement. Components of normal movement, contemporary concepts of motor control, and their application to physical therapy practice. Includes a review of neuroanatomy for normal movement. **Note:** Open to Physical Therapy majors only. 2 units.

PT 206. Therapeutic Measurements and Techniques. General physical therapy evaluation and patient management skills acquisition. Students will practice and demonstrate techniques under faculty supervision in the following areas: measurement of vital signs, manual strength testing, evaluation of joint range of motion, patient positioning, transfer techniques, gait training, use of wheelchairs, assistive devices. **Note:** Open to Physical Therapy majors only. 4 units.

PT 208. PT/Patient Professional Interactions. Prepares students to learn about themselves, others, and about the world in which they will interact with others as physical therapy practitioners. Addresses self-awareness, effective communication, assertiveness, cultural sensitivity, resolving moral dilemmas, psychosocial aspects of disability, death and dying, stress management, and health behaviors. Students will also be instructed in and practice medical

record review and the fundamentals of professional documentation. Designed to assist students with the process of transitioning into professional roles as healing practitioners. **Note:** Open to Physical Therapy majors only. 2 units.

PT 220. Therapeutic Exercise I. Students practice and demonstrate the clinical application of basic level exercise regimens for the prevention of limitations, improvement of functional abilities and the treatment of disorders associated with the neuromuscular, skeletal and cardiopulmonary systems, reading and interpretation of ECGs, application of motor control principles to exercise and aquatic therapy. **Note:** Open to Physical Therapy majors only. 3 units.

PT 222. Research Methods in Physical Therapy II. Designed to build upon the data analysis and research design covered in PT 202. Initial portion of the course will cover research methodologies typically used in physical therapy, and planning a physical therapy research proposal. In the second half of the course, students are required to spend 50 hours of independent study to work on a physical therapy research project with a faculty mentor. Lecture one hour. Independent study. **Note:** Open to Physical Therapy majors only. 1 unit.

PT 224. Neurological Evaluation and Treatment I. First part of a two course series focusing on the acquisition and integration of knowledge and skills involved in developing and implementing a treatment plan for the patient with neurologic dysfunction based on sound evaluative findings. The course includes correlating neuroanatomical foundations with neurologic dysfunction. Case presentation, video demonstrations and actual patient contact will be used to develop evaluation, treatment and problem-solving skills. **Note:** Open to Physical Therapy majors only. 4 units.

PT 225. Musculoskeletal Evaluation and Treatment I. Acquisition and integration of knowledge and skills involved in developing and implementing a treatment plan for the patient with musculoskeletal dysfunction based on sound evaluative findings. Lectures address etiology, signs and symptoms, medical, surgical, and physical therapy management of musculoskeletal dysfunction. Labs address skill development for performing evaluation and treatment techniques safely and effectively. This course is the first of two and addresses the management of lower extremity dysfunction. **Note:** Open to Physical Therapy majors only. 4 units.

PT 226. Clinical Agents. Presents theory, demonstration and laboratory practice in physical therapy modalities and techniques including thermal agents, hydrotherapy, ultrasound (US), ultraviolet, diathermy and massage. Theory, demonstration and practice will be included of functional neuromuscular electrical stimulation, US/stimulation combination, iontophoresis, TEN's and clinical electro physiologic testing; EMG as an evaluative and treatment tool. Case Studies will be utilized for decision making in the proper application of modalities based on knowledge of indications, contraindications and physiologic effects. **Note:** Open to Physical Therapy majors only. 3 units.

PT 227. Physical Therapy Educator. Role of the physical therapist as educator. Basic teaching and learning theory, learning domains, the identification of learning styles, and teaching strategies to address different learner needs across the life-span. Students will practice instructional formats; prepare physical therapy patient education materials; and practice applications of appropriate technology for the design of professional presentations. **Note:** Open to Physical Therapy majors only. 1 unit.

PT 240. Therapeutic Exercise II. Continuation of Therapeutic Exercise I. Students will practice and demonstrate advanced clinical exercise skills for progressing a patient population and to demonstrate regimens for the prevention of limitations, improvement of functional abilities and the treatment of disorders associated with the neuromuscular, skeletal and cardiopulmonary systems. Therapeutic techniques addressing specific patient populations including ob-gyn, pediatrics and geriatrics will be included. **Note:** Open to Physical Therapy majors only. 3 units.

PT 244. Neurological Evaluation and Treatment II. Second part of a two course series focusing on the acquisition and integration of knowledge and skills involved in developing and implementing a treatment plan for the patient with neurological dysfunction based on sound evaluative findings. Case presentation, video demonstrations and patient contact will be used to develop evaluation, treatment and problem-solving skills. **Note:** Open to Physical Therapy majors only. 4 units.

PT 245. Musculoskeletal Evaluation and Treatment II. Acquisition and integration of knowledge and skills involved in developing and implementing a treatment plan for patients with musculoskeletal dysfunction based on sound evaluative findings. Lectures address etiology, signs and symptoms, and medical surgical, and physical therapy management of musculoskeletal dysfunction. Labs address skill development for performing evaluation and treatment techniques. This course is the second of two and addresses management of upper extremity dysfunction and spine dysfunction. **Note:** Open to Physical Therapy majors only. 4 units.

PT 246. Special Topics in Physical Therapy I. Selected diagnostic and treatment topics used in physical therapy. Topics include: Evaluation and treatment of the client with a cardiopulmonary disorder; evaluation and treatment of the client with cancer and physical therapy in the acute care setting. **Note:** Open to Physical Therapy majors only. 2 units.

PT 248. Health Care Delivery in Physical Therapy I. Historical overview of health care delivery and financing in the U.S., the physical therapist's role in it, and how the evolving delivery and financing system is currently effecting the practice of physical therapy. The continuum of care concept, an overview of national economic policy and the mechanisms for financing physical therapy services will be presented. Administrative topics including human resources, financial management, planning, marketing, patient's rights, and medical record management will be covered. **Note:** Open to Physical Therapy majors only. 2 units.

PT 260. Graduate PT Seminar I. Advanced physical therapy clinical techniques. Students may choose two areas from a selection of current topics to be presented to them the first class session. Topics may include: advanced aquatics, pediatrics, advanced treatment of burns and wounds, vestibular rehabilitation, and advanced manual therapy. **Note:** Open to Physical Therapy majors only. 1 unit.

PT 262. Differential Diagnosis in Physical Therapy. Advanced assessment techniques for physical therapy to detect medical problems for which a referral to a medical doctor is indicated. Students will learn a patient evaluation system in addition to clinical signs and symptoms associated with dysfunction of various physiologic systems. **Note:** Open to Physical Therapy majors only. 3 units.

PT 264. Neuropediatric Evaluation and Treatment. Acquisition and integration of knowledge and skills involved in developing and implementing a treatment plan for the pediatric patient with neurological dysfunction based on sound evaluative findings. Case presentation, video demonstrations and actual patient contact will be used to develop evaluation, treatment and problem-solving skills. Third course in a three part series. **Note:** Open to Physical Therapy majors only. 3 units.

PT 266. Special Topics in Physical Therapy II. Selected diagnostic and treatment topics used in physical therapy. Topics included: Prosthetics and treatment of the patient with an amputation, treatment of the patient with a wound or burn injury. Case presentation, video demonstrations and actual patient contact will be used to develop evaluation, treatment and problem-solving skills. **Note:** Open to Physical Therapy majors only. 2 units.

PT 268. Health Care Delivery in Physical Therapy II. Students will achieve working knowledge of ethical guidelines as established by the APTA's Code of Ethics and Guide for Professional Conduct, the California PT Practice Act and Regulations, and become familiar with the structure and function of the Physical Therapy Board of California. Topics include current interest in health care delivery in a seminar format, clinical techniques,

background in related areas of healthcare delivery, or trends affecting the practice of physical therapy. **Note:** Open to Physical Therapy majors only. 2 units.

PT 269. Psychosocial Issues in Physical Therapy. Examines psychological and social impact of and reactions to illness and physical disability. Explores fundamental elements of the psychosocial dynamics related to disability with a focus on adjustments required of both the disabled and the provider. Investigates social, cultural, personal, sexual, and familial factors which impact comprehensive rehabilitation in the clinical setting. Emphasis will be placed on illness and physical disability during the geriatric portion of the life span. **Note:** Open to Physical Therapy majors only. 1 unit.

PT 280. Graduate PT Seminar II. Presented after the final clinical field experience, will review students' experiences in the clinic and promote reflection on the professional practice of physical therapy. Serves as a review of a variety of physical therapy subjects in preparation for the licensure examination. Students will use computer interactive software to assist with preparation for this standardized national test format. **Note:** Open to Physical Therapy majors only. 1 unit.

PT 295. Physical Therapy Clinical Experience. Supervised clinical affiliation equivalent to two full-time weeks up to six full-time weeks in a physical therapy setting under the direct supervision of a licensed Physical Therapist. **Note:** Placement is arranged through the Program. Permission of Clinical Coordinator required. Graded Credit/No Credit. 1-3 units.

PT 299. Special Problems. Individual projects or directed reading designed for students capable of independent study. **Note:** Admission requires written approval of instructor and program director. Graded Credit/No Credit. 1-3 units.

PT 300. Clinical Practicum I. This first component of the clinical certificate series of the physical therapy master's curriculum requires 6 weeks of progressively responsible full-time clinical education per student under the direct supervision of a licensed physical therapist. Students improve and refine evaluation and treatment abilities developed during their first year and integrate knowledge and skills in a selected variety of clinic settings. **Note:** Open to Physical Therapy majors only who have successfully completed the first year of the master's curriculum. Graded Credit/No Credit. 3 units.

PT 400A. Clinical Practicum II. This component of the PT 400 clinical certificate series totals 8 weeks of progressively responsible full-time clinical education in an inpatient, outpatient, long term care, home health care, or pediatric setting under direct supervision of a licensed PT. Students improve, refine and master evaluation and treatment abilities developed during Physical Therapy master's curriculum. **Note:** Open to Physical Therapy majors only who have successfully completed two years of the master's curriculum and the Clinical Practicum I experience. Graded Credit/No Credit. 4 units.

PT 400B. Clinical Practicum III. This component of the PT 400 clinical certificate series totals 8 weeks of progressively responsible full-time clinical education in an inpatient, outpatient, long term care, home health care, or pediatric setting under direct supervision of a licensed PT. Students improve, refine and master evaluation and treatment abilities developed during the Physical Therapy master's curriculum. **Note:** Open to Physical Therapy majors only who have successfully completed two years of the master's curriculum, Clinical Practicum I and II experience. Graded Credit/No Credit. 4 units.

PT 400C. Clinical Practicum IV. This third component of the PT 400 clinical certificate series totals 8 weeks of progressively responsible full-time clinical education in an inpatient, outpatient, long term care, home health care, or pediatric setting under direct supervision of a licensed PT. Students improve, refine and master evaluation and treatment abilities developed during the Physical Therapy master's curriculum. **Note:** Open to Physical Therapy majors only who have successfully completed two years of the master's curriculum and Clinical Practicum I, II, and III. Graded Credit/No Credit. 4 units.

PT 500. Culminating Experience. Project portfolio designed to demonstrate professional competence, professional behavior, ethical and legal clinical practice, and professional scholarship. The portfolio includes written works, oral presentations, and demonstration of mastery of specified topics pertaining to the practice of physical therapy. Graded Credit/No Credit. 2 units.