THE SOS PRESENTS...

PHYSIO & OCCUPATIONAL THERAPY

Presented by:
Ray Luong and Edwin Leong

Slides will be available at www.yorku.ca/sos
PT vs OT
Application Process
Physiotherapy
  - Schools in Ontario (Elaborated)
  - Schools Outside of Ontario
  - Summary of PT Schools
Occupational Therapy
  - Schools in Ontario (Elaborated)
  - Schools Outside of Ontario
  - Summary of OT Schools
Employment Opportunities
## Physiotherapy vs Occupational Therapy

<table>
<thead>
<tr>
<th></th>
<th>Physiotherapy</th>
<th>Occupational Therapy</th>
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<tbody>
<tr>
<td><strong>Goal</strong></td>
<td>• Restore movement and mobility</td>
<td>• Restore functional abilities</td>
</tr>
<tr>
<td></td>
<td>• Treats the physical source of the injury (tissues/structures) and helps</td>
<td>• Optimize independence</td>
</tr>
<tr>
<td></td>
<td>prevent future injuries</td>
<td>• Does not directly treat the injury</td>
</tr>
<tr>
<td><strong>Focus</strong></td>
<td>• Assess ability to roll in bed, sit/stand up, maintain balance, walk, etc.</td>
<td>• Brushing teeth, getting dressed, self-feeding, combing hair, going to</td>
</tr>
<tr>
<td></td>
<td></td>
<td>the bathroom, etc.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Jobs, hobbies, etc.</td>
</tr>
<tr>
<td><strong>Tools</strong></td>
<td>• Stretching, exercise, manipulations, electrical stimulation, heat, cold, etc.</td>
<td>• Same, but OTs differ in their approach and overall goal</td>
</tr>
<tr>
<td><strong>Setting</strong></td>
<td>Wide range (e.g. Hospital, health centres, homes)</td>
<td></td>
</tr>
</tbody>
</table>

**Introduction**

**Application Process**

**PT**

**OT**

**Opportunities**
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/

Non-refundable application fee (ORPAS processing fee, plus an institutional levy for each university selection)

ORPAS 2012 Instruction Booklet coming soon: http://www.ouac.on.ca/docs/orpas/b_orpas_e.pdf
Application Process

(Important Dates 2012)

- Friday, January 6, 2012
  - Deadline for all application materials
- Friday, January 13, 2012
  - Payment deadline
- Friday, January 27, 2012
  - Deadline for receipt of transcripts
- Friday, May 18, 2012
  - Earliest date for admission to PT and OT programs
- Wednesday, June 29, 2012
  - Deadline for receipt of final transcripts

http://www.ouac.on.ca/orpas/orpas-dates/
Application Process

(University of Ottawa ONLY)

- Deadline: February 1st 2012
Physiotherapy Schools in Ontario

- University of Western Ontario
- McMaster University
- University of Toronto
- University of Ottawa
- Queen’s University
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
    - EN or WRIT
    - Human/Mammalian/Vertebrate Physiology
    - Statistics/Research Methods/Research Design
- 2 letters of reference (at least 1 academic reference)
Required GPA
- GPA from last 10 full* courses
- Minimum GPA: not specified
- At least a 70% average across courses taken from last 2 years of undergraduate degree

Recommended: experience working with individuals with physical or cognitive limitations
- E.g. volunteer/paid work in a hospital

http://www.uwo.ca/fhs/
Two year program (24 months continuous)

Admission Requirements for OT and PT

- A full or half credit in one biological or life science course with a grade of 75% or higher.
- A full or half credit in one social science or humanities course with a grade of 75% or higher.
- Letter of reference not required

Required GPA

- A minimum average of B or 75% or 3.0/4 from the last 60 units of your university course work. (Applicants may apply in the 4th year of their degree).

No Majors are favoured.
Required GPA

- All eligible applicants to both the OT and PT programs are ranked solely on the basis of their GPA.
- Approximately 300 of the top-ranked applicants to each of the programs are invited for a personal interview.
- It is impossible to accurately predict how competitive the applicant pools are from year to year; however, the cut-off GPA for an interview invitation for the cycle of 2009 was 3.54 for OT and 3.64 for PT.

http://www.srs-mcmaster.ca/
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
- 2 letters of reference: 1 academic and 1 personal
Required GPA

- GPA from the 10 most recent completed full courses (as of 31 Dec)
- Minimum: “mid-B” in the final year
- 2010 Admission GPA Cut-off: 3.68

http://www.physicaltherapy.utoronto.ca/prospect/application.htm
2 year program

Admission Requirements

- Must be fluent in French (written and spoken)
- 6 credits: Anatomy (musculoskeletal, neural and human physiology)
- 3 credits:
  - Psychology
  - Statistics

Required GPA

- an average of "B" (70 %)

A volunteer experience or work in counselling over the last three years would be an asset.

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
Required Undergraduate GPA

- **Sub-GPA**: most recently* completed 10 full** courses
  - Cut-off ≈ 3.4
- **GPA**: All years of undergraduate study

http://www.queensu.ca/pmr/index.html
# Summary of Ontario Schools

<table>
<thead>
<tr>
<th>School</th>
<th>Applicants</th>
<th>Class Size</th>
<th>GPA Cut-Off</th>
<th>Interview?</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Western Ontario</td>
<td>566</td>
<td>46</td>
<td>3.0</td>
<td>No</td>
</tr>
<tr>
<td>McMaster University</td>
<td>949</td>
<td>64</td>
<td>3.0 2009: 3.64</td>
<td>Yes</td>
</tr>
<tr>
<td>University of Toronto</td>
<td>879</td>
<td>84</td>
<td>3.3 2010: 3.68</td>
<td>No (Computer Administered Profile)</td>
</tr>
<tr>
<td>University of Ottawa</td>
<td>N/A</td>
<td>66</td>
<td>3.3</td>
<td>Not specified</td>
</tr>
<tr>
<td>Queen’s University</td>
<td>686</td>
<td>66</td>
<td>3.4</td>
<td>No</td>
</tr>
</tbody>
</table>
Canadian Physiotherapy Schools Outside 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
Occupational Therapy Schools in Ontario

- University of Toronto
- University of Western Ontario
- McMaster University
- Queen’s University
- University of Ottawa
University of Toronto
Dep. of Occupational Science and Occupational Therapy

- Two year program, full time only
- Admission Requirements
  - 4-year undergraduate degree OR 3-year undergraduate degree with an additional 5 full courses
  - No course prerequisites
  - 2 Letters of reference: 1 academic and 1 personal
- Required GPA
  - Final Year: Mid-B (competitive: A)
  - Initial Ranking: GPA from the most recently* completed 10 full** courses (as of 31 Dec 10)
- [http://www.ot.utoronto.ca/ps/admissions.asp](http://www.ot.utoronto.ca/ps/admissions.asp)
Two year program, full time only

Prerequisites
- 4-year Bachelor’s degree OR ...
- ...3-year Bachelor’s degree with additional courses for a total of 20 full courses (min 13 above 1000-level, 3-4 of those above 2000-level)
- No course prerequisites, letters of reference

Required Undergraduate GPA
- GPA from the most recently* completed 10 full** courses (as of 31 Dec 10)
- 3.5 - 3.7

http://www.uwo.ca/fhs/ot/progrmms/msc_ot/application_admission.html
Queen’s University
Occupational Therapy Program

- Two year program, full time only
- Admission Requirements
  - 4-year Bachelor’s degree or equivalent
  - No course prerequisites
  - 2 letters of reference: 1 academic and 1 academic/professional
- Required GPA
  - First cut-off: applicant-pool-dependent minimum GPA for all undergraduate years (typically 75%)
University of Ottawa
Occupational Therapy Program

- 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%)
- Experience working or volunteering involving skills of helping relationships, and that over the last three years is positive

http://www.grad.uottawa.ca/Default.aspx?tabid=1727&monControl=Admission&ProgId=672
4-year baccalaureate degree: 3.0 GPA calculated over last 60 credits

3-year baccalaureate degree with an additional 30 credits: 3.0 GPA calculated over last 60 credits

## Summary of Ontario Schools

<table>
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<th>Approximate Class Size</th>
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<th>Extra info</th>
</tr>
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<tbody>
<tr>
<td>University of Toronto</td>
<td>84</td>
<td>3.0</td>
<td><a href="mailto:occupational.therapy@utoronto.ca">occupational.therapy@utoronto.ca</a></td>
</tr>
<tr>
<td>University of Western Ontario</td>
<td>55</td>
<td>3.5 – 3.7</td>
<td><a href="mailto:czyzewsk@uwo.ca">czyzewsk@uwo.ca</a></td>
</tr>
<tr>
<td>McMaster University</td>
<td>64</td>
<td>3.0</td>
<td><a href="mailto:otpt@mcmaster.ca">otpt@mcmaster.ca</a></td>
</tr>
<tr>
<td>Queen’s University</td>
<td>66</td>
<td>3.5</td>
<td>Info session: Oct 13(^{th}) 2:30pm-3:30pm, Email <a href="mailto:l.kerr@queensu.ca">l.kerr@queensu.ca</a></td>
</tr>
<tr>
<td>University of Ottawa</td>
<td>66</td>
<td>3.0</td>
<td><a href="mailto:grad.info@uottawa.ca">grad.info@uottawa.ca</a></td>
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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
Employment Opportunities

- Occupational Therapy and Physiotherapy are both practiced in a wide range of settings, including hospitals, health centres, homes and clinics.
Helpful Links

- **Canadian Physiotherapy Association**

- **Canadian Association of Occupational Therapists**

- **ORPAS 2010 GPA Conversion Table**
  - [http://www.ouac.on.ca/docs/orpas/c_orpas_b.pdf](http://www.ouac.on.ca/docs/orpas/c_orpas_b.pdf)

- **ORPAS Instruction Booklet**
  - Important to read!
  - [http://www.ouac.on.ca/docs/orpas/b_orpas_e.pdf](http://www.ouac.on.ca/docs/orpas/b_orpas_e.pdf)
Guest Speaker

- Busaina Amijee
  - Contact Info: busaina.amijee@gmail.com
  - York Alumni
  - Graduate of McMaster PT Class of 2011

- Program Overview
- Career Decision Tips
- Application Tips
- Questions
Thank you for coming out to the seminar, and be sure to check out:

- **MEET THE PROFS !!**
  - Wednesday September 28\(^{th}\) Bethune College
    BC320 @ 2:30pm …. Refreshments served 😊