Physiotherapy & Occupational Therapy
Agenda

• PT vs. OT
• Application Process
• Physiotherapy
  • Schools in Ontario
  • Schools Outside of Ontario
• Occupational Therapy
  • Schools in Ontario
  • Schools Outside of Ontario
• Employment Opportunities
## Physiotherapy vs. Occupational Therapy

<table>
<thead>
<tr>
<th></th>
<th>Physiotherapy</th>
<th>Occupational Therapy</th>
</tr>
</thead>
<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</td>
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<tr>
<td></td>
<td></td>
<td>hair, going to the bathroom, etc.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Adapting 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>
Application Process

• 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 ($190 + $100 for each program you select)

• ORPAS Application Guide: https://www.ouac.on.ca/guide/orpas-guide/
Application Fees

• The ORPAS processing fee: $190 + $100 for each program selection
• All fees and levies are non-refundable
• The total fee, including the ORPAS processing fee, is as follows:
  • One program $290
  • Two programs $390
  • Three programs $490
• UofT is the only school that charges a $100 fee regardless of the number of programs selected
Some Universities/programs may require you to:
  • Answer additional questions
  • Submit an essay

**Required Documentation:**

• References
  • Referee must complete a Confidential Assessment Form
  • Submit reference letters

• Transcripts
  • Sent from York’s Registrar Office to ORPAS
  • $15 per transcript
GPA Calculation

• Each individual grade is converted to its ORPAS equivalent on a 4.0 scale
  • 6.0 credit courses are given a weight of 2; 3.0 credit courses are given a weight of 1
• The sub-GPA is based on the 10 most recent full/20 half undergraduate courses
• International transcripts are non-convertible and will not be included in GPA calculation
• For applicants currently enrolled in the fourth year → the GPA calculation will start with the applicant's final fall term grades (completed by December 31) and will move back in chronological order based on the order in the transcript
**ORPAS GPA Conversion**

<table>
<thead>
<tr>
<th>Type</th>
<th>Numeric/Numérique</th>
<th>Percentage/Pourcentage</th>
<th>Alpha/Alpha</th>
<th>ORPAS Value/Echelle 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</td>
<td>4.00</td>
<td>9</td>
<td>8</td>
<td>90-100</td>
</tr>
<tr>
<td>3.90</td>
<td>8</td>
<td>8</td>
<td>9</td>
<td>85-89</td>
</tr>
<tr>
<td>3.80</td>
<td>8</td>
<td>7</td>
<td>7</td>
<td>80-84</td>
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<tr>
<td>3.70</td>
<td>7</td>
<td>6</td>
<td>6</td>
<td>77-79</td>
</tr>
<tr>
<td>3.30</td>
<td>6</td>
<td>5</td>
<td>5</td>
<td>70-72</td>
</tr>
<tr>
<td>3.00</td>
<td>5</td>
<td>4</td>
<td>4</td>
<td>67-69</td>
</tr>
<tr>
<td>2.70</td>
<td>4</td>
<td>3</td>
<td>3</td>
<td>60-62</td>
</tr>
<tr>
<td>2.30</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>57-59</td>
</tr>
<tr>
<td>2.00</td>
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<td>1</td>
<td>1</td>
<td>53-56</td>
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<td>1.70</td>
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<td>49-49</td>
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<tr>
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<td></td>
<td></td>
<td>≤ 49</td>
</tr>
<tr>
<td>0.70</td>
<td>1</td>
<td></td>
<td></td>
<td>≤ 49</td>
</tr>
<tr>
<td>0.00</td>
<td>1</td>
<td></td>
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<td>≤ 49</td>
</tr>
</tbody>
</table>

Please note: The above scales are applicable to the current grading schemes.
Physiotherapy Schools in Ontario

- University of Western Ontario
- McMaster University
- University of Toronto
- Queen’s University
- University of Ottawa
University of Western Ontario

Master of Physical Therapy

• Two year program - 70 students admitted each year
• 60 weeks of classroom/lab work, 30 weeks of clinical experience
• Each year is divided into 3 terms → students are enrolled in a predetermined schedule
• Admission Requirements:
  • 4-year undergraduate degree
    • 6.0 credits: General Science; SOSC or Liberal Arts
    • 3.0 credits: Human, Mammalian or Vertebrate Physiology; Statistics, Research Methods or Research Design
  • CASPer test: online ethics test, video-scenario, situational judgement test
    • Test consists of 12 sections with open-ended questions that measure soft skills such as communication, ethics, and empathy
University of Western Ontario

- GPA calculations are completed by ORPAS
- Sub-GPA calculated using final 60 credits of study completed by Dec. 31 of application cycle
  - Last 10 full courses or 20 half courses
  - Cut off Sub-GPA for 2019 was 3.81
- 2 letters of reference → 1 academic reference and one professional (physical therapist)
- Applicant statement (400 words)
- Accomplishment statement → 50 words per accomplishment
- No Interview
McMaster University

Master of Science (Physiotherapy)

• Two year program, full-time

• Course Prerequisites for MScPT:
  • 4 year undergraduate degree (120 Credits)
  • All prerequisites must have a minimum grade of 3.3/4.0
  • One half credit in human anatomy, human physiology, statistics and humanities course
  • Prerequisite courses must be completed by December 31, 2021

• Letter of reference not required
McMaster University

Master of Science (Physiotherapy)

- Minimum GPA of 3.3/4.0 (B+ or 77%) in the last two years or 60 credits of university study
- Approximately 300 of the top-ranked applicants are invited for an online interview (Kira Talent)
  - Interview fee of $40
- All applicants who are interviewed are ranked on:
  - Pre-admission sub-GPA (25% of final ranking)
  - Online interview score (75% of final ranking) to determine final ranking for offers of admission
- 65 students are admitted to the program
Master of Science in Physical Therapy

- Two year program
- Prerequisites:
  - 4-year Bachelor’s degree
  - Minimum grade of B (70%) is required in prerequisite courses
  - 6.0 credits:
    - Life/Physical Sciences
    - SOSC/HUMA/Languages
  - 3.0 credits:
    - Statistics/Research Methods
    - Human Physiology
    - Human Anatomy
  - 2 letters of reference: 1 academic and 1 professional
Master of Science in Physical Therapy

• **Required GPA:**
  - GPA from the 10 most recent completed full courses (or last 20 half courses) completed by Dec 31 of the application year
  - 2019 Admission sub-GPA cutoff: 3.81

• **CASPer Test:**
  - Online situational judgment test that evaluates personal and professional characteristics

• **Computer Administered Profile (CAP) Evaluation:**
  - Only top applicants are invited to write the CAP
  - Applicants are first screened by CASPer score and then ranked by GPA
  - Two-hour evaluation assessing personal/life experiences, knowledge of the profession, critical thinking & problem-solving skills
Queen’s University

Master of Science in Physical Therapy

• Two year program, full time only
• 74 students are admitted to the program annually
• Prerequisites:
  • 4-year Bachelor’s degree
  • 3.0 credits:
    • Statistics
    • Human Anatomy
    • Human Physiology
  • 6.0 Credits:
    • Introductory Psychology
Queen’s University

Master of Science in Physical Therapy

- Required Undergraduate GPA:
  - **Sub-GPA**: most recently completed 10 full (or 20 half) courses
    - Cut-off ≥70%

- 2 letters of reference: 1 academic and 1 professional

- Personal Information Form
  - Reasons for choosing PT as career and knowledge of profession
  - Strengths, experiences and abilities
  - Community involvement
University of Ottawa

Master of Health Sciences in Physiotherapy

• 2 year program, 6 full-time terms

• Admission Requirements:
  • Must be fluent in French (written and spoken)
  • 6 credits: Anatomy or Human Physiology
  • 3 credits: Psychology; Statistics or Research Methodology
  • CASPer Test

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

• No reference letters required
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

• Admissions are determined through 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
University of Toronto

• **Recommended** background knowledge in:
  • human growth & development
  • introductory physiology OR introductory human biology
  • psychology
  • sociology OR anthropology
  • statistics & research design

✓ **No** interview required
✓ 2 Letters of reference: 1 academic and 1 personal
University of Toronto

- **Required GPA:**
  - Final Year: **Mid-B** (competitive: **A**)
  - Initial Ranking: GPA from the most recently completed **10** full courses (as of **Dec 31st**)
  - Students in a 3-year program must complete an additional **5** full university courses at the senior level (third and fourth year)
  - [http://app1.rehab.utoronto.ca/ps/admissions.asp](http://app1.rehab.utoronto.ca/ps/admissions.asp)
University of Western Ontario

- **Two** year program, full time only
- **Application process:**
  - Completed application through ORPAS; official transcripts; personal submission section of the online application
  - **No** interview
- **Prerequisites:**
  - **4-year** Bachelor’s degree any major
  - **CASPer Test** with competitive score of **Z**
  - **No** course prerequisites and **No** letters of reference
University of Western Ontario

- **Required Undergraduate GPA:**
  - GPA from the most recently completed 10 full courses OR 20 half courses (as of Dec 31st)
  - Competitive sub- GPA: **3.75 - 3.98**

- [http://www.uwo.ca/fhs/ot/programs/mscot/admission.html](http://www.uwo.ca/fhs/ot/programs/mscot/admission.html)
Queen’s University

- **Two** year program, full time only
- **Admission Requirements:**
  - 4-year Bachelor’s degree or equivalent

- **Supplementary Documents:**
  - 2 letters of reference: 1 academic & 1 academic/professional
  - Statement of intent (Personal Submission section of online application)
  - Resume
Queen’s University

- **No** course prerequisites
- **No** interview

**Required GPA:**

- First cut-off: applicant-pool-dependent minimum GPA for all undergraduate years *(typically 3.3 or higher)*
- Second cut-off: assessment of the candidate’s Confidential Assessment Forms and Statement of Intent

[https://rehab.queensu.ca/programs/rhbs/admission](https://rehab.queensu.ca/programs/rhbs/admission)
University of Ottawa

- Two year program.
- **Admission Requirements:**
  - Must be fluent in French (written and spoken)
  - 6 credits:
    - Psychology
  - 3 credits:
    - Statistics
    - Sociology
    - Anatomy
  - CASPer Test
University of Ottawa

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

• **Experience:**
  • Experience working or volunteering involving skills of helping relationships, and that over the last three years is positive

McMaster University

• 4-year baccalaureate degree (120 units/credits) or equivalent

• **Academic Requirements:**
  • **3.3 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
  • The cut-off was 3.48/4.00 in 2012 and 3.60/4.00 in 2013.
McMaster University

- **Other Requirements:**
  - All eligible applicants are ranked solely on the basis of their GPA for an interview
  - **Requires** an interview (Multi Mini 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...
  - [http://graduate.mcmaster.ca/graduate-students/future-students/programs/174-future-students/programs-offered/747-occupational-therapy](http://graduate.mcmaster.ca/graduate-students/future-students/programs/174-future-students/programs-offered/747-occupational-therapy)
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
  - Clinics
Helpful Links

**PT:**
- [http://www.uwo.ca/fhs/](http://www.uwo.ca/fhs/)
- [http://www.srs-mcmaster.ca/](http://www.srs-mcmaster.ca/)
- [http://www.physicaltherapy.utoronto.ca/prospect/application.htm](http://www.physicaltherapy.utoronto.ca/prospect/application.htm)
- [http://rehab.queensu.ca/programs/msc_pt/admission](http://rehab.queensu.ca/programs/msc_pt/admission)

**OT:**
- [http://app1.rehab.utoronto.ca/ps/admissions.asp](http://app1.rehab.utoronto.ca/ps/admissions.asp)
- [http://www.uwo.ca/fhs/ot/programs/mscot/admission.html](http://www.uwo.ca/fhs/ot/programs/mscot/admission.html)
- [https://rehab.queensu.ca/programs/rhbs/admission](https://rehab.queensu.ca/programs/rhbs/admission)
- [http://graduate.mcmaster.ca/graduate-students/future-students/programs/174-future-students/programs-offered/747-occupational-therapy](http://graduate.mcmaster.ca/graduate-students/future-students/programs/174-future-students/programs-offered/747-occupational-therapy)

**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)
- [http://www.ouac.on.ca/docs/orpas/c_orpas_b.pdf](http://www.ouac.on.ca/docs/orpas/c_orpas_b.pdf)
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.