

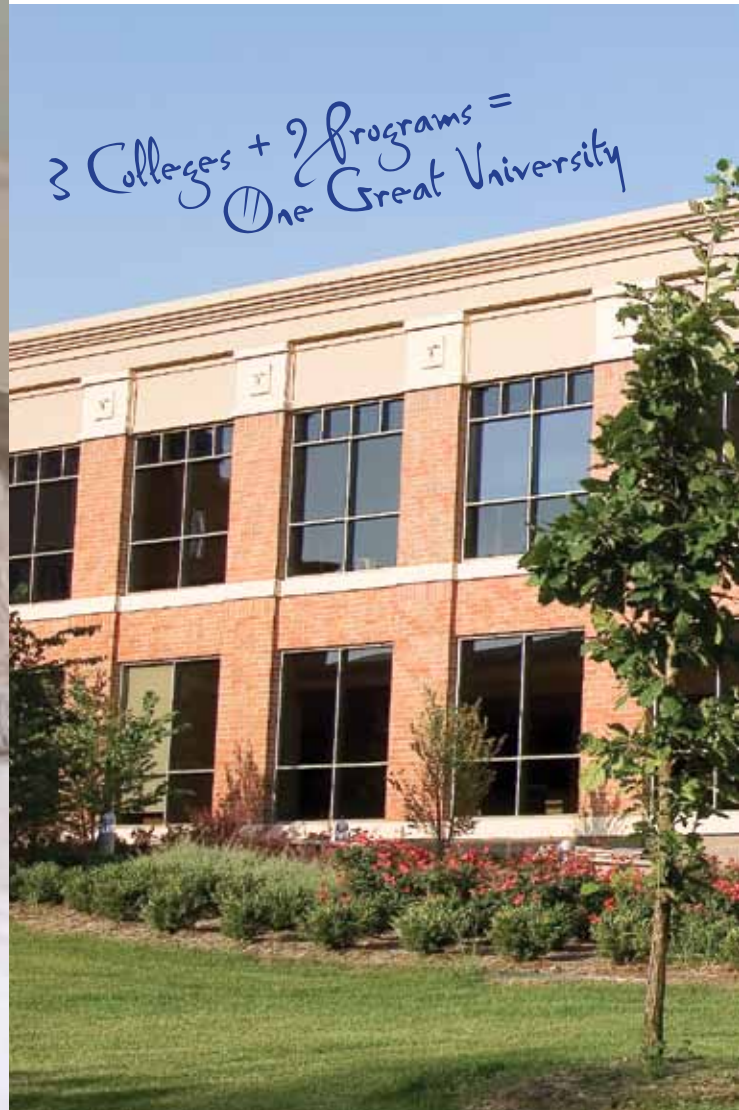
## The passion to empower

- Physical therapists directly enhance the quality of life of their patients by assisting their return to work, leisure activities and function following illness or injury.
- Because disease and injury can occur at any stage of the lifespan, physical therapists work with patients of all ages, from newborns to older adults.
- Physical therapists incorporate the principles of health promotion and wellness to help their clients reduce risk of illness and injury.
- Physical therapists use their knowledge and expertise in the human body to diagnose and provide care to patients with cardiopulmonary, orthopedic and neurological health issues.

For more information about the PT profession, visit the American Physical Therapy Association website, [www.apta.org](http://www.apta.org).

# Keep

3 Colleges + 2 Programs =  
One Great University





## Qualifying for admission

### Here's what you need:

- A bachelor's degree in any field
- Biology: 16 semester hours with labs
- Physics: 8 semester hours with labs
- Chemistry: 8 semester hours with labs
- Statistics: one course
- Psychology: 9 semester hours
- English: two courses
- Humanities: 6 semester hours
- Graduate Record Examination (GRE) scores

PLUS 80 hours of observation with three patient populations

– See more detailed information on pages 10-11.

# your career and patients moving

**A** child with cerebral palsy. An aspiring college athlete. A veteran who has lost his legs. A senior citizen who's had knee surgery. These are just some of the people whose lives you can improve as a physical therapist. Des Moines University will prepare you to advance in this powerful profession.

In DMU's Doctor of Physical Therapy Program, you develop decision-making

skills for treating patients of all ages and highly diverse needs. You gain abilities and expertise to care for people in a variety of settings, from hospitals and clinics to work places, school systems and clients' homes. Along with clinical competence, the program promotes compassionate care. You learn to recognize patients' psychosocial needs and develop a treatment plan best suited to each individual.

### DES MOINES UNIVERSITY: ALL GRADUATE, ALL HEALTH CARE

Founded in 1898, Des Moines University offers all graduate programs in its three colleges: Health Sciences, Osteopathic Medicine, and Podiatric Medicine and Surgery. The College of Health Sciences established a physical therapy program in 1988. The college also offers programs in health care administration, public health and physician assistant studies. Its Post-Professional DPT Program allows practicing physical therapists to augment their knowledge and skills to earn the DPT degree. Total University enrollment is nearly 1,800 full- and part-time students.

**WHAT THIS MEANS FOR YOU:** All DMU programs focus on medicine and the health sciences, so faculty and students share a common orientation toward patient care.



*“After I visited DMU, I canceled my interviews at other schools. Rotations are interspersed throughout the curriculum, which allows students to learn the material, use it and then come back and learn more. There’s a great balance here between really challenging courses and fun times with class members. Physical therapy offers great opportunities as a career, too.”*

ALICIA THOMPSON, DPT'11, ALGONA, IOWA

Enjoy

**GO AHEAD, ASK.** Need to talk with a faculty member? It's best to schedule an appointment during office hours. But don't be shy. Faculty members make it a point to be accessible and approachable. It's in their nature. It's part of our culture.

## PROGRAM OVERVIEW

# Doctor of Physical Therapy

Physical therapists need superior manual skills to evaluate and treat patients; these skills form the foundation of our program. Manual therapy includes a variety of specific hands-on techniques used by the physical therapist to diagnose and treat a range of dysfunctions in the musculoskeletal, neuromuscular and cardiopulmonary systems for patients of all ages. Techniques may include mobilization of joints, relaxation of muscles and therapeutic activities that increase strength and facilitate movement to help improve function.

### QUICK FACTS ABOUT THE DPT CLASS OF 2013

- 57 percent of students are from Iowa.
- Cumulative grade point average: 3.59
- Prerequisite grade point average: 3.48
- Average Graduate Record Examination score: 1020
- The average age is 24.
- The entering class size is 52.

## the distinctive advantages of DMU

Along with this hands-on focus, classroom and clinical instruction emphasize problem-solving and critical thinking that prepare you to be an exceptional care provider and lifelong learner. The experienced faculty, a challenging curriculum of integrated learning experiences, practical opportunities and DMU's student-centered environment add depth and breadth to your education. You will learn to incorporate preventive care and promote positive health behaviors with your patients.

State-of-the-art facilities further enhance your preparation. You will gain in-depth insights in the body's structure with real dissections and computer-aided instruction in the gross anatomy laboratory. In addition, the DPT Program works with area health care facilities to provide students with laboratory experiences in hospitals and clinic settings.



- The first DPT class of 32 students graduated in 1990.
- Graduates live and work in 40 states.
- 34 percent of graduates live in Iowa.
- The program has a faculty: student ratio of less than 1:13.





## Learning for a lifetime

### Connect me

Technology is incorporated throughout the program to support your education. This connected learning is **an on-going process of discovery and innovation** that blends the Internet, hardware and software in ways that benefit you on campus and during off-campus clinical training. Here are its components:

- You receive a **laptop computer** for use on campus, at home and during clinical internships. Upon graduation, you own the computer.
- **Wireless access** points connect you to the University's computer network and Internet anywhere on campus without cables or data ports.
- **The student portal is your gateway** to web-based services. You can view your grades, class schedule and e-mail inbox and access other services and information through just a few customizable pages.
- **A web-based learning management system** called Angel gives you access to course material, quizzes, discussion lists and other services.
- Most lectures are recorded and made **available in MP3 format online**.
- Nearly all examinations are **conducted online**.



**A**s a student in the professional Doctor of Physical Therapy Program, you study in a cooperative campus environment. You develop lifelong skills to stay abreast of changes in physical therapy and health care delivery. Instruction throughout the block-format curriculum reflects current thinking in clinical training and technology while emphasizing manual skills.

Evidence-based practice models, clinical cases, laboratory practice in the classroom and clinic, and current technology are incorporated throughout the curriculum to enhance learning. Through this integrated approach, you learn to appreciate lifelong learning and the value of service as the basis for your career in physical therapy.

### Length of the program

The curriculum consists of 127 weeks of study divided among eight curricular blocks of varying length. The 34-month program comprises five didactic and three clinical blocks. The block schedule provides the best atmosphere for you to learn the skills to become a physical therapist. Each didactic block focuses on the following sections:

#### Core courses

##### *Professional Issues and Development*

- Professional behaviors, ethics, educational theory, administration and management

##### *Foundational Sciences*

- Basic and applied sciences and research

##### *Patient Management*

- Care of patients/clients
- Skill acquisition in laboratory settings

##### *Clinical Applications*

- Applying clinical problem-solving skills to case presentations

### Clinical experience

Our primary goal is to help you become a proficient, compassionate physical therapist. You're in the clinic early on in your studies so you can develop competencies and communication skills throughout the program. Clinical



experiences are interspersed throughout the curriculum—another important distinction of our program.

### Classroom time

We strive to schedule an average of 20 to 22 hours of lecture each week. This allows students enough extra time to study, complete small-group work, practice manual therapy techniques and collaborate with faculty.

### Innovative teaching tools

The DPT Program incorporates teaching tools that help strengthen your understanding and application of knowledge in the classroom and in clinical settings.

You have access to the advanced Human Performance Lab, which combines diagnostics and biotechnology to evaluate and treat movement deficits and physical conditions. The lab uses computerized motion analysis to assess problems related to the muscles, joints and nerves. Students learn to recognize the range and complexity of movement disorders while gaining an

**BUILDING WITH BLOCKS —** Students appreciate the block-format curriculum, which blends classroom teaching and clinical training throughout the program. Physical concepts are easier to comprehend as clinical training is correlated with didactic material.



	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	
Year 1			BLOCK 1 – 22 weeks Anatomy, Health Promotion					Health Promotion and Prevention Practicum 2 weeks	BLOCK 2 – 18 weeks Musculoskeletal Lower Quadrant				
Year 2	BLOCK 3 – 15 weeks Musculoskeletal Upper Quadrant			BLOCK 4 – 10 weeks Clinical Internship 1			WINTER BREAK	BLOCK 5 – 20 weeks Neuromuscular System, Cardiopulmonary System					
Year 3	BLOCK 6 – 10 weeks Clinical Internship 2			BLOCK 7 – 15 weeks Practice Topics				SPRING	BLOCK 8 – 16 weeks Clinical Internships 3 and 4				

appreciation for the team approach to diagnosing and treating patients.

You hone your clinical skills and communication aptitude through a lab where you practice on other students. In addition, the latest teaching tools—medical models—in DMU’s Iowa Simulation Center mimic nearly endless physical symptoms in a lifelike manner. You experience symptoms, vital signs and physical responses strikingly similar to those in human patients.

### Training sites

You complete 36 weeks of clinical internships at four different sites. DMU maintains more than 350 contracted sites in nearly all 50 states, so you will have up to 100 sites to choose from at a given time. A two-week practicum in prevention and health promotion is scheduled in addition to the four clinical internships.



*“Faculty and students enjoy informal yet professional relationships. Many students are drawn here by our welcoming atmosphere.”*

KATHY MERCURIS, P.T., D.H.S.,  
ASSOCIATE PROFESSOR  
OF PHYSICAL THERAPY

Life as you'll know it  
at DMU...

## CAMPUS LIFE

DMU is the **nation's first university or college to earn platinum status for its wellness program**, the highest recognition granted by the Wellness Councils of America.

You don't like ice and snow? Not to worry. **The temperature is always 72 degrees on campus.** Underground tunnels connect all four of the main buildings on campus so you can bypass Iowa's cold winter.

You'll get to know new people from day one as you share classes and labs. You'll also discover that **cooperation prevails instead of competition**—a characteristic of students throughout DMU.

Step up where needed. **DPT students are always quick to serve others.** Among other activities, students help with the Iowa Special Olympics, build houses with Habitat for Humanity and promote knowledge about wellness and prevention.

The student commons is a welcoming place to call home while on campus. **So go ahead, get comfortable.** Meet your friends there. Eat lunch. Or grab a latte, pull up a comfy chair, and study by the fireplace.

**Student government is a great way to develop or sharpen leadership skills.** Many students choose to become involved with student government or with the professional physical therapy association at the state and national level.

Feeling unplugged? It's OK. **You won't need to hunt for a data port.** The entire campus, and even some apartments across the street, have a wireless Internet connection.

Start the academic year off right with a "Welcome Back" picnic for new and returning students. **There's plenty of good food and music.**

# Work hard/play hard



**S**tudents at DMU work hard, but they also know how to play. It's all about balance... getting an excellent education in a place that feels like home. Here are some of the distinctions that students say drew them to Des Moines University.



### Get physical.

The wellness center has everything you need to stay (or get) in shape. Treadmills, elliptical machines, free weights, basketball court, exercise classes, healthful cooking—there's something going on all the time, and something for everyone.

### Find your place.

Finding a club or interest group to join on campus won't be a problem. Students participate in more than 50 clubs and professional organizations that provide opportunity for community service, interaction with professional associations, fund-raising opportunities, social gatherings, and forming lifelong friendships.

### Play a game.

Join an intramural or interschool basketball team. Shoot baskets or play one-on-one over the noon hour. Grab a football and a friend or two, head out to the courtyard or the front lawn, and see whether you've still got the arm.

### Get social.

Physical therapy students work closely together as they learn; they play well together, too. Classmates study in small groups, hang out in the Student Education Center commons, volunteer in the community, play basketball and golf and together enjoy all the metro has to offer, from restaurants and farmers' markets to concerts and the nationally recognized Des Moines Arts Center.



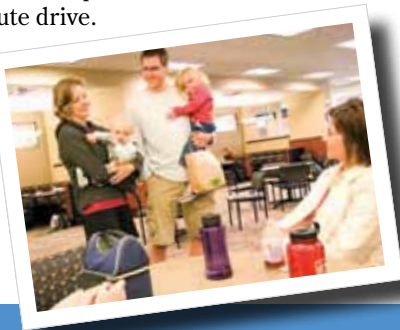


## A place to call home ...

### THE DMU NEIGHBORHOOD

is known for its historic homes, shaded lawns, and stately surroundings. The governor's residence at Terrace Hill Mansion is just a few blocks east. If you're wondering where you'll live, finding suitable housing is rarely a problem. Many reasonably priced apartments are within walking distance of the campus. Many students, in fact, live right across the street. Grocery stores, pharmacies, banks, restaurants, shops, and service stations are located nearby. And while many students live near campus, others choose to live elsewhere in Des Moines or in one of the suburbs. Wherever you live, the campus is within a 30-minute drive.

And that's during rush hour.

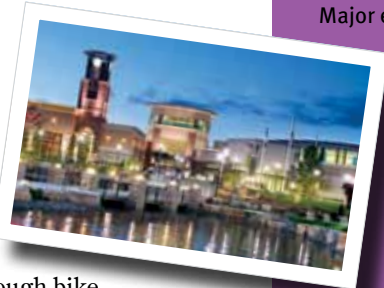


### THE DOWNTOWN

is a contemporary urban center with something for everyone. The city's accessible, dynamic downtown features an architecturally striking public library, the Science Center of Iowa and IMAX Theater, Wells Fargo Arena, Broadway shows, I-Cubs baseball, an outdoor sculpture garden and a wide variety of concerts and loft-style housing. The historic Court Avenue District offers diverse restaurants and music, and East Village offers distinctively different art, home furnishings and cuisine. During warm weather, the Downtown Farmers' Market on Saturday draws thousands, as does the annual Des Moines Arts Festival, fifth-ranked in the country.

### THE SURROUNDING AREA

is large enough to have great places to go and things to do, but small enough that it doesn't take hours to get there and back. The greater Des Moines area offers variety in dining, upscale shopping, specialty shops, movie complexes, and more. Go dancing at one of the clubs. Enjoy an evening of live blues. And be sure to take in the sights, sounds, and aromas of the world-renowned Iowa State Fair. Just outside the city you can enjoy numerous lakes, parks, and recreational areas, several of which are connected to the city through bike paths. As the city motto says, "Do More."



### NOTHING TO DO?

- Pigs and corn—Iowa has plenty of both, but not in Des Moines! Contrary to what you may have envisioned, **Des Moines is a real city with a relaxed metropolitan atmosphere supported by an area population of 534,230.**
- **Education and cultural diversity abound in Des Moines.** The metro area has 12 colleges and universities, and nearly 300 houses of worship that represent 79 different denominations or faiths.
- Des Moines has **safe neighborhoods**, great public and private schools, and many kid-focused events, attractions, and programs.
- **With miles of bike paths, at least 3 lakes and more than 130 parks in the Greater Des Moines area,** there are plenty of ways to enjoy the outdoors.

### • Third largest insurance center in the world.

Major employers include EMC Insurance, Nationwide/Allied Insurance, Principal Financial Group, Wells Fargo and Wellmark Blue Cross Blue Shield of Iowa.

- **Explore Iowa.** Take a day trip to the German Amana Colonies or the historic Dutch town of Pella. Take in a national car race at the nearby Iowa Speedway. Spend a day knocking around the historic French town of Dubuque on the Mississippi River. Enjoy a picnic at Saylorville Lake. Or hike the Loess Hills on Iowa's western border.

## You can get there from here

Des Moines is located in the center of America's heartland, right at the junction of Interstates 80 and 35 ... making it easy to get to and from several large metro areas.



THERE'S NO "S" IN DES MOINES. Amaze your friends — pronounce Des Moines correctly: "di-moin." The "s" is silent.

FOR MORE INFO ABOUT DES MOINES, CHECK OUT:  
[www.seedesmoines.com](http://www.seedesmoines.com)  
[www.desmoinesmetro.com](http://www.desmoinesmetro.com)

# 1

## Have you taken what it takes?

### ✓ REQUIRED COURSES

#### **Biology: 16 semester hours**

One course each of human anatomy and human physiology is required. All courses should be taken through the biology department. Courses taken through another department, are subject to review by the Admission Committee.

Anatomy and physiology requirements can be fulfilled by two courses of combined anatomy and physiology. The requirement can also be fulfilled through a combined anatomy and physiology course plus a human physiology course. Exercise physiology does not fulfill the human physiology requirement.

Labs are preferred with all biology classes.

#### **Physics: 8 semester hours**

Each course must include a lab.

#### **Chemistry: 8 semester hours**

Each course must include a lab.

#### **Statistics: One course**

This can be taken either through a math or psychology department.

#### **Psychology: 9 semester hours**

One general (introductory) course is required. Two upper-division courses other than statistics are required. Psychology prerequisites should be taken through a psychology department.

#### **English: 6 semester hours**

One course of English composition is required. Writing across the curriculum and writing-intensive courses will be considered.

#### **Humanities: 6 semester hours**

Literature, history, philosophy, theology, sociology, foreign language, art, music or theater appreciation fulfill this requirement.

#### **Highly recommended courses**

Medical terminology, computer applications, kinesiology, exercise physiology, math (trigonometry or calculus), abnormal psychology, developmental psychology.

#### **Prerequisites**

You must have a bachelor's degree in any field of study to begin the program in August. Early in the application process, compare your course work to the prerequisites so you can plan your class schedule and complete the required courses on time. Note that you'll need to complete all required courses before beginning classes, but you do not need to have all courses completed at the time of application. The bachelor's degree and all prerequisite coursework must be completed at regionally accredited institutions in the United States, or foreign equivalents. Note that no grade below C- will be accepted for prerequisite courses. We highly recommend a minimum grade point average of 3.0 on a 4.0 scale for all prerequisite courses.

### ✓ OBSERVATIONAL EXPERIENCES

We require a minimum of 80 hours of observation under the supervision of licensed physical therapists. The objective of required observation is exposure of prospective students to different practice settings and patient populations. You must observe at least three different patient populations for at least 20 hours each. The more observation you complete, the more competitive your application may be. Options for patient populations to observe include:

- Cardiovascular and pulmonary
- Geriatrics
- Neurology
- Orthopedics
- Pediatrics
- Sports
- Women's health

# 2

## Apply yourself

### ✓ APPLICATION PROCESS

You apply to the DPT program online. We participate in the web-based Physical Therapist Centralized Application Service (PTCAS), which is offered through the American Physical Therapy Association and manages all applications.

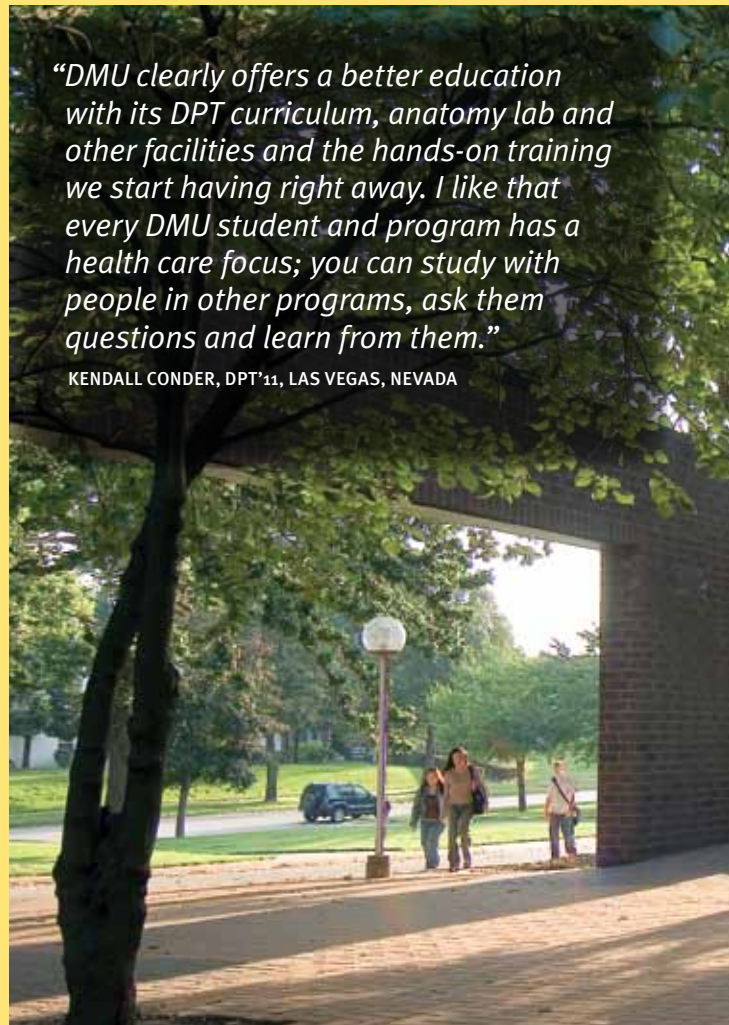
- 1) Submit your application online at [www.ptcas.org](http://www.ptcas.org). Applications are available beginning in July for the class that begins the following year in August.
- 2) Submit transcripts to PTCAS for all postsecondary schools you've attended.
- 3) Submit two letters of recommendation to PTCAS. You'll need one from a licensed physical therapist and one from an academic instructor.
- 4) Submit the application to PTCAS no later than January 15 of the year you anticipate entering the program. Because we have rolling admissions,\* those who apply early are more likely to be offered an interview than those who apply later in the cycle.

#### **\*WHAT IS ROLLING ADMISSIONS?**

Here's how it works: We evaluate applications throughout the year as they are completed. By the nature of this process, the entering class could be filled early during the admission cycle. By applying early, you have a greater likelihood of being interviewed and accepted into the program.

*"DMU clearly offers a better education with its DPT curriculum, anatomy lab and other facilities and the hands-on training we start having right away. I like that every DMU student and program has a health care focus; you can study with people in other programs, ask them questions and learn from them."*

KENDALL CONDER, DPT<sup>11</sup>, LAS VEGAS, NEVADA

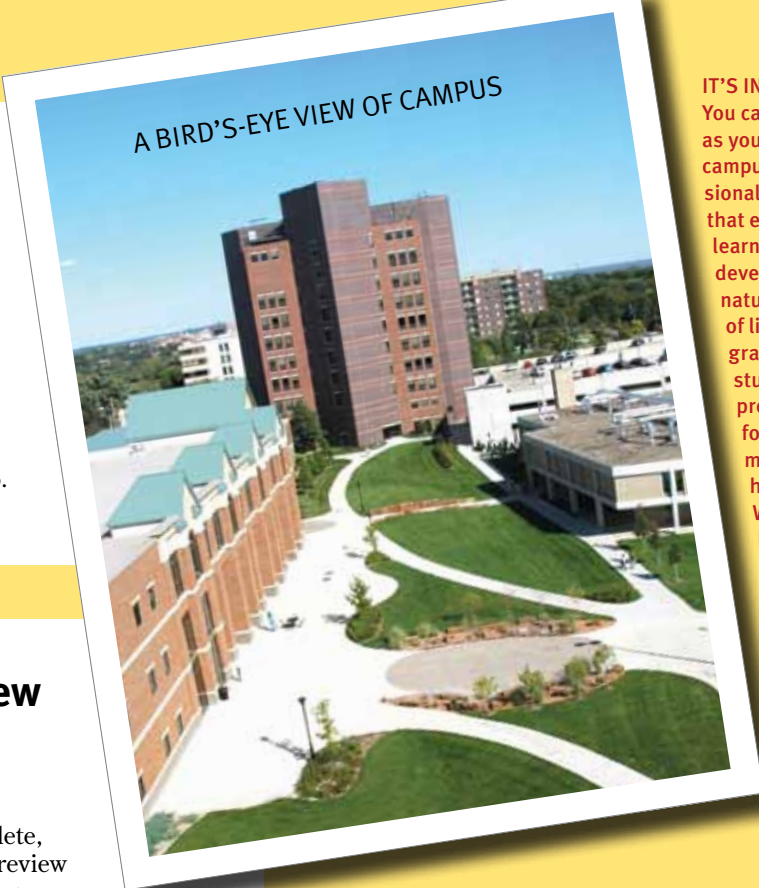


# 3

## Get it on paper

### ✓ SUBMIT GRE SCORES

Graduate Record Examination (GRE) scores must be submitted to complete your application. Note that the GRE institution code for Des Moines University is 2256. The department code for physical therapy is 0619.



**IT'S IN THE AIR.** You can feel it as you walk on campus—a professional atmosphere that encourages learning and personal development. It's a natural outgrowth of like-minded, graduate-level students preparing for careers in medicine and health sciences. We think you'll like it.

### Don't Ignore... THE FINE PRINT

**ACCREDITATION**  
The Professional DPT Program is accredited by the Commission on Accreditation in Physical Therapy Education of the American Physical Therapy Association, 1111 North Fairfax St., Alexandria, VA 22314; www.apta.org.  
Des Moines University is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools, 30 North LaSalle St., Suite 2400, Chicago, Ill. 60602-2504. 312-263-0456; 800-621-7440; fax 312-263-7462; www.ncahigherlearningcommission.org.

**FINANCIAL AID**  
Many students need help with tuition and living expenses, and financial aid is available for this program. For current tuition rates and more information on financial aid, please visit our web site or contact the Financial Aid office directly at 800-240-2767, ext. 1470 (outside 515 area code), or 515-271-1470. E-mail: financial.aid@dmu.edu.

**TECHNICAL STANDARDS**  
Candidates for the DPT Program must be able to quickly, consistently, and accurately integrate all information received, and must have the ability to learn, integrate, analyze, and synthesize data. Candidates must be able to meet minimal technical standards in order to be admitted. A list of these standards is available at [www.dmu.edu/PT/admissions/standards](http://www.dmu.edu/PT/admissions/standards).

**STATEMENT OF NONDISCRIMINATION**  
Des Moines University does not discriminate on the basis of race, color, gender, creed, national origin, age, marital status, sexual orientation, or disability in employment, admission, or access to education programs, activities, or health care.

**DEFINITION OF DIVERSITY**  
Diversity at Des Moines University is a campus environment shaped by individuals and groups that offer a broad spectrum of cultural differences, life experiences, and distinct characteristics they bring to our institution. These include, but are not limited to: educational background and performance, gender, ethnicity, age, socio-economic background, leadership qualities, employment experiences, talents, geographical background, and other attributes that affirm the University's commitment to creating an inclusive environment.

This brochure has been prepared for only general information purposes. Des Moines University reserves the right to make program changes without notice. 2.5K 9-10

# 4

## The interview

### ✓ COME PREPARED

Once your application is complete, the admission committee will review your file and determine whether you will be invited for an interview. We conduct on-campus interviews from September through March. An on-campus interview is required for admission.

# 5

## Welcome to DMU!

Admission decisions are made within two weeks of your interview, so you'll know right away whether you are accepted. Then you can start packing your bags to begin the first steps in your DPT education.

### Want an up-close look at the program?

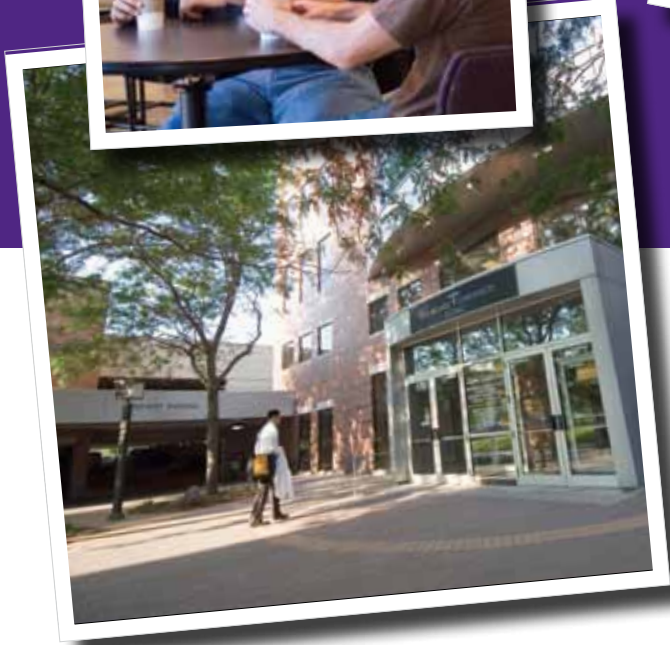
Come visit campus! You can sign up for one of our Discover DMU visit days, which includes tours of our facilities as well as specific information about the program. You may also plan an individual visit at any time of the year. For information call 800-240-2767, ext. 7864, or 515-271-7864, or visit [www.dmu.edu/visit-campus](http://www.dmu.edu/visit-campus).

### Get a real glimpse of DMU on the web:

Watch campus videos on YouTube, be our friend on MySpace or a fan on Facebook, and learn fun and useful stuff on the DMU blog. Find links to all these opportunities at [www.dmu.edu/prospective\\_students/social\\_media](http://www.dmu.edu/prospective_students/social_media).

Check us out at [www.dmu.edu](http://www.dmu.edu)





For more info,  
check us out at  
[www.dmu.edu](http://www.dmu.edu)

## CHOOSE DMU

THE ACADEMIC RIGOR YOU NEED,  
THE QUALITY OF LIVING YOU WANT

### Questions?

We've tried to cover everything, but may have overlooked something. So give us a call. If we can't answer your question when you call, we'll get back to you as soon as possible. You can also reach us via e-mail at [PTadmit@dmu.edu](mailto:PTadmit@dmu.edu). For more information about the DPT Program, visit our web site at [www.dmu.edu/chs/pt](http://www.dmu.edu/chs/pt).

### How to Reach Us

DPT Program Admissions  
515-271-7854  
Outside the 515 area code  
call 1-800-240-2767,  
extension 7854  
e-mail: [PTadmit@dmu.edu](mailto:PTadmit@dmu.edu)

