a degree of difference

Doctor of Physical Therapy

Des Moines University
Percent of DPT faculty who maintain clinical practice: 83%

The mission of DMU’s doctor of physical therapy program is to provide collaborative educational experiences that foster the development of autonomous practitioners who are actively engaged in the community and reflect excellence in manual and holistic concepts within a diverse health care environment.

The University was founded in 1898.

8 GRADUATE PROGRAMS

DOCTORATE
- Physical Therapy
- Osteopathic Medicine
- Podiatric Medicine

MASTERS
- Physician Assistant
- Public Health
- Health Care Administration
- Anatomy
- Biomedical Sciences

Percent of DPT faculty who maintain clinical practice: 83%
Gain the power to change people’s lives for the better

Des Moines University's doctor of physical therapy program will give you the knowledge and skills to improve patients' function, overcome injuries or the effects of disease and enjoy greater mobility.

### Class of 2020 Profile

<table>
<thead>
<tr>
<th>Average cumulative GPA</th>
<th>Average GRE score</th>
<th>Class size</th>
<th>Approximately</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.67</td>
<td>304 TOTAL</td>
<td>52 students</td>
<td>25% males, 75% females</td>
</tr>
<tr>
<td></td>
<td>verbal 152, quantitative 152</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Average science GPA</td>
<td>Average age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.50</td>
<td>23 YRS</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>with a 3.02 to 3.98 range</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.34 to 3.99 range</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Faculty:student ratio</th>
<th>Alumni reside in</th>
<th>Students and faculty are highly engaged in community service and professional involvement.</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;1:13</td>
<td>47 STATES</td>
<td></td>
</tr>
<tr>
<td></td>
<td>with the highest numbers in Iowa, other Midwestern states and Texas.</td>
<td></td>
</tr>
</tbody>
</table>

**Quick Facts**

- 7,000+ patient visits per year in the DMU Physical Therapy Clinic on campus
- DMU's campus-wide focus on medicine and the health sciences gives students and faculty a shared priority: EXCELLENT PATIENT CARE.
- Students can conduct research in physical therapy topics, often involving local patients.
- High student outcomes mean you will gain the preparation you need to become an exceptionally well prepared health care provider.
- Graduates work in a wide variety of practice settings.
Why DMU?

GAIN PREPARATION FOR PROFESSIONAL EXCELLENCE

Des Moines University’s physical therapy program emphasizes strong skills in manual therapy. Its hands-on focus, class and clinical instruction that emphasize problem-solving and critical thinking, and promotion of compassionate care all will prepare you to be an outstanding health care provider.

I love anatomy and our anatomy lab. I also really like our professors. They have such great breadth of knowledge. They’re so varied in their expertise and teaching styles, which keeps you on your toes.”

Kate Holmer, D.P.T. Class of 2017

DMU IS A GREAT PLACE TO LEARN, COLLABORATE AND PREPARE

The DMU campus is a great place to learn, collaborate and prepare for success. Students across programs enjoy collegial interactions with each other and with faculty. The curriculum includes opportunities for interprofessional education to let you learn with, from and about students pursuing other health professions. That will ready you for interprofessional practice: working with patients, families and other clinicians to deliver the highest quality of care.

Exceptional manual therapy

ADVANTAGES FOR YOUR PATIENTS AND IN YOUR CAREER

Superior manual skills enable physical therapists to evaluate and treat patients. That’s why these skills form the foundation of the DMU program. Manual therapy is a patient-centered approach to care that benefits a wide array of patients with a variety of conditions, helping them return to optimal health and activity. It emphasizes examination, communication and clinical decision-making abilities while incorporating scientific and clinical evidence.

DMU’s DPT students gain evidence-based knowledge and skills in manual therapy every academic term. Extensive lab-

DISCOVER NEW KNOWLEDGE

In state-of-the-art laboratories on campus, physical therapy faculty involve students in research on topics including the effects of manual therapy in patients with spinal pain; gait rehabilitation interventions for older adults with mobility disability and persons with Parkinson’s disease; ways the mechanisms of microvessels change functionally with age; and interventions for individuals with neurological impairments. Participating in research exposes students to scientific literature, lets them learn from and interact with expert faculty and, in some cases, present and publish their work.

Superior manual skills enable physical therapists to evaluate and treat patients. That’s why these skills form the foundation of the DMU program. Manual therapy is a patient-centered approach to care that benefits a wide array of patients with a variety of conditions, helping them return to optimal health and activity. It emphasizes examination, communication and clinical decision-making abilities while incorporating scientific and clinical evidence.

DMU’s DPT students gain evidence-based knowledge and skills in manual therapy every academic term. Extensive lab-
DMU students frequently volunteer in the community and at campus events such as DMU’s popular annual Senior Health Fair and Girls in Science Day. DMU’s Physical Therapy Clinic features therapists with diverse areas of expertise and patients with a wide variety of treatment needs, giving students additional insights and opportunities to practice. All DPT students also fulfill a civic engagement requirement, in which they serve the University, community and profession.

You’ll graduate among the best in your profession. High student outcomes – in job placement, board exam pass rates and career satisfaction – demonstrate how the DPT program will equip you with the knowledge and skills to treat patients of all ages with diverse needs in different health care settings.

The high quality clinical experience and practice interests of DMU’s physical therapy faculty mean you’ll learn from exceptional teachers committed to your success and their patients’ health. They bring expertise in diverse areas, from orthopedics, fall prevention and motor control to women’s health, wound care, and running/cycling rehabilitation. They actively pursue and maintain relationships with other health care providers; work to offer innovative therapies, such as the University’s annual “camp” for patients who’ve suffered stroke and exercise classes for older adults; and emphasize lifelong learning, all skills that will contribute to your education.

And really, what’s not to love about anatomy?!”
Don Matz, Ph.D., Chair and professor of anatomy
The DPT curriculum consists of 34 months of study divided into eight terms. The curriculum is designed to foster students’ professional and personal development through integrated and sequential learning experiences that provide the knowledge and skills needed for the practice of physical therapy. You can expect an average of 20 to 22 hours of lecture per week. That allows students time also to study, complete small-group work, practice manual therapy techniques and collaborate with faculty. A hallmark of the DMU DPT program is that in addition to classroom time, you’ll get into the clinic early on in the program, so you can develop competencies and communication skills. Four clinical internships totaling 36 weeks, scheduled at approximately 370 sites across the country, are spaced throughout the curriculum, which allows you to apply, practice and perfect what you’re learning. The DPT program
has a long history of outstanding relationships with clinical educators, and DMU students are consistently commended by these educators for their knowledge and manual therapy skills.

**INNOVATIVE TOOLS FOSTER LEARNING**

DMU’s Human Performance Lab combines diagnostics and biotechnology to evaluate and treat human movement deficits and physical conditions. Students learn the applications of the lab through patient care and research.

You will hone your clinical and communication skills and teamwork in DMU’s Iowa Simulation Center. It combines clinical scenarios with lifelike high-fidelity mannequins and equipment, allowing students to perform real-world, hands-on assessments and interact with the mannequins as though they were human patients.

**STELLAR PREPARATION FOR THE NEXT STEP: LICENSURE**

While licensure requirements vary by state, all states require physical therapists to achieve a passing score on the National Physical Therapy Examination (NPTE), administered by the Federation of State Boards of Physical Therapy, in order to practice. In the past three years, 100 percent of DMU graduates passed the NPTE on their first attempt.

You’ll be ready to do so, too: DMU’s DPT program administers a comprehensive examination during the final didactic term. Structured in the same format as the NPTE, this exam allows students to assess their knowledge and identify strategies to prepare for the national exam. In addition, you can participate in an NPTE preparation course while on campus.

**YOU’RE PART OF A GREAT PROFESSION**

DMU DPT students are members of both the American Physical Therapy Association (APTA) and the Iowa Physical Therapy Association (IPTA), and faculty have held leadership positions in both organizations. Students routinely attend the Combined Sections Meeting (CSM) of the APTA and serve as liaisons to the IPTA board of directors.
A great place to live and learn

You aren’t one-dimensional; nor is life at DMU. Dive into an engaged campus and vibrant community with virtually unlimited options.

CLUBS AND ORGANIZATIONS
DMU’s more than 40 clubs and organizations offer speakers, presentations, hands-on workshops, opportunities to attend conferences and a wide variety of social and community service activities. Many are affiliated with national professional organizations; others focus on special interests, from pediatrics to infectious disease to holistic medicine. Student government and club leadership are great ways to network, have a voice and develop or sharpen leadership skills as you gain lifelong friends.

GET FIT AND HAVE FUN
DMU is the nation’s first and only university or college to earn platinum status for its wellness program, the highest recognition granted by the Wellness Councils of America. In the wellness center on campus, you’ll find supportive staff members, treadmills, spinning and elliptical machines, free weights, a basketball and volleyball court, exercise classes, intramural sports, healthful cooking sessions and more. It’s a great place to take a break and stay in shape.

RESOURCES THAT SUPPORT YOU
DMU’s mission is to prepare highly competent and compassionate health care professionals, and the University provides students with resources to fulfill that goal. The Center for Teaching and Learning offers individual and group services in areas including study strategies, test-taking skills, time management skills and more. The Student Counseling Center helps students meet the personal challenges in accomplishing academic, career and life goals with counseling services, workshops, support group facilitation and referral services.

GAIN PERSPECTIVES
DMU’s multicultural affairs office strives to help students become culturally competent. Its programs help and challenge members of the DMU community to examine their own cultural biases as they learn about other cultures, populations and perspectives, enhancing their ability to deliver positive health outcomes in our increasingly diverse society.

YOUR HOME AWAY FROM HOME
The DMU campus is welcoming and user-friendly. In the Student Education Center, you can study with friends, use the library, grab a beverage and a bite to eat in the cafeteria, curl up by the fireplace, take a TV break or unwind with a game of pool or ping-pong in the game room.
Your ultimate goal is to become an exceptionally prepared health care professional, so choose a university that will get you there. At DMU, you will learn from and with faculty and students who all share a common focus on the health sciences and patient care. You will become ready for both independent and interprofessional practice, in which multiple health care professionals work together with patients, families and communities to deliver the highest quality of care.

I would recommend the physical therapy program to anyone in a heartbeat. I cherish what I have learned and the friendships gained, and I’m excited to start applying it on my first clinical internship.”

Dyllan Frahm, D.P.T. Class of 2017

DMU: because of where you want to go afterward

Community service is common among DMU students and employees. For example, the Physical Therapy Club volunteers for several organizations in the metropolitan area. Faculty and students provide physical therapy services to the community by offering flexibility testing, cardiovascular and pulmonary examinations, and fall prevention seminars at health fairs, senior centers and retirement communities.

I love that DMU is a health sciences university and everyone is studying similar things. It’s easy to help one another and learn interprofessionalism. I really like the way the clinical internships are spread throughout the curriculum also.”

Brenda Truong, D.P.T. Class of 2017

DMU will put the power in your head, hands and heart to change people’s lives for the better as you enjoy a rewarding career with meaningful relationships with patients and colleagues.

“ I love that
Des Moines

Des Moines features safe neighborhoods, great public and private schools, a wide variety of entertainment and shopping venues, many family-friendly events and attractions, three lakes and multiple bike paths and parks. Like DMU, Iowa’s capital is collegial and accessible.

The city has a diverse and thriving economy, but its cost of living is distinctly affordable. More than 634,725 people call the metropolitan area home.

DMU is located in a lovely historic neighborhood in the heart of the city. While many students live nearby, the campus is also easily accessible for those who choose to live in Des Moines’ suburbs.

For more info, go to WWW.CATCHDESMOINES.COM

“...You really can’t beat the environment at DMU. The entire school is filled with students striving to become medical professionals, just like you. From the moment I walked through the door, I knew DMU was the school for me.”

Stephanie Freeland,
D.P.T. Class of 2017

GET A REAL GLIMPSE OF DMU ON THE WEB.

Watch campus videos on YouTube, become a fan on Facebook, post comments and meet DMU people. Or read the blog, “Dose of DMU,” for news about campus events, people, activities around Des Moines and more. Find these links and additional information at dmu.edu.
REQUIRED COURSES

• BIOLOGICAL SCIENCES: 16 hours; must include one course of human anatomy and one course of human physiology OR a series of two courses in combined anatomy and physiology. All courses should be taken through the biology department if possible. Exercise physiology does not fulfill the human physiology requirement. Labs are required with all biology classes.

• CHEMISTRY: 8 semester hours; each course must include a lab. A two-semester chemistry sequence is required. Courses designed for science or health science majors are preferred.

• PHYSICS: 8 semester hours; each course must include a lab. A two-semester physics sequence is required. Courses designed for science or health science majors are preferred.

• STATISTICS: 1 course; this can be taken either through the math or psychology department.

• PSYCHOLOGY: 3 courses; one course of general or introductory psychology is required. Two upper division courses (other than statistics) are required. Abnormal and developmental psychology courses are strongly recommended to fulfill this requirement. Psychology courses must be taken through the psychology department.

• ENGLISH COMPOSITION/SPEECH/COMMUNICATIONS: 2 courses; one course of English composition is required. Testing out is acceptable if it is reflected on an official transcript. Literature courses do not fulfill this requirement. Writing across the curriculum and writing-intensive courses will be considered. Course descriptions should be included with your application.

• MEDICAL TERMINOLOGY: 1 course

• HIGHLY RECOMMENDED (not required) COURSES: biomechanics, kinesiology, exercise physiology, genetics, abnormal psychology, developmental psychology, math (trigonometry or calculus).

OBSERVATIONAL EXPERIENCES

Applicants are required to observe physical therapists at work in various settings. We require that you spend at least 50 hours observing licensed physical therapists, to include experiences in both inpatient and outpatient settings. While applicants have until matriculation to complete the physical therapy observation requirement, you must complete at least 40 total hours of observation to be considered for an interview.

GRE SCORES

GRE scores are required and must be submitted via the Physical Therapy Centralized Application Service (PTCAS) for your application to be complete. Des Moines University’s PTCAS GRE code is 0463. See www.ets.org/gre for more detailed information.

INTERNATIONAL STUDENTS: Applicants who are not U.S. citizens or permanent residents are not eligible for admission to the physical therapy program at Des Moines University. If you have questions about the University’s international student policy, e-mail dmuaudit@dmu.edu.

The application process

Apply to the DPT program online via PTCAS. Applications are available beginning in July for the class that begins the following year in August.

1. Submit transcripts to PTCAS for all postsecondary schools you’ve attended.

2. Submit two letters of recommendation to PTCAS. You’ll need one from a licensed physical therapist whom you’ve observed and one from an academic instructor from whom you’ve taken a class.

3. Submit your application to PTCAS no later than December 15 of the year before you want to begin the program. Because DMU has rolling admissions, those who apply early are more likely to be offered an interview than those who apply later in the cycle.

   ➤ Rolling admissions: DMU evaluates applications throughout the year as they are completed. By the nature of this process, the entering class could be filled early during the admissions cycle. By applying early, you have a greater likelihood of being interviewed and accepted into the program.

   ➤ DMU participates in the PTCAS Early Decision program. For more information, visit our website at www.dmu.edu/pt/how-to-apply.

4. Once your application is complete, the admission committee will review your file and determine whether you will be invited for an interview. DMU conducts on-campus interviews from August through February. An on-campus interview is required for admission.

5. Admission decisions are made within four weeks of your interview, so you’ll know soon whether you are accepted.
Choose DMU and you’ll get ...

The best education in health care in a uniquely supportive environment.

Don’t settle for less.

QUESTIONS? We welcome all inquiries!

MAIL
DPT Program Admissions, Des Moines University
3200 Grand Avenue, Des Moines, IA 50312-4198

EMAIL
PTadmit@dmu.edu

PHONE
515-271-1499
Outside the 515 area code: 800-240-2767, x1499

WEB
www.dmu.edu/pt