



2022 NSCA *NATIONAL* CONFERENCE

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#NSCACon22

› *KNOWLEDGE*
› *ADVANCEMENT*
› *COMMUNITY*

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest
in relation to this presentation.

Career Pivot: Transitioning from Strength & Conditioning Professional to Physical Therapist

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Who Am I?

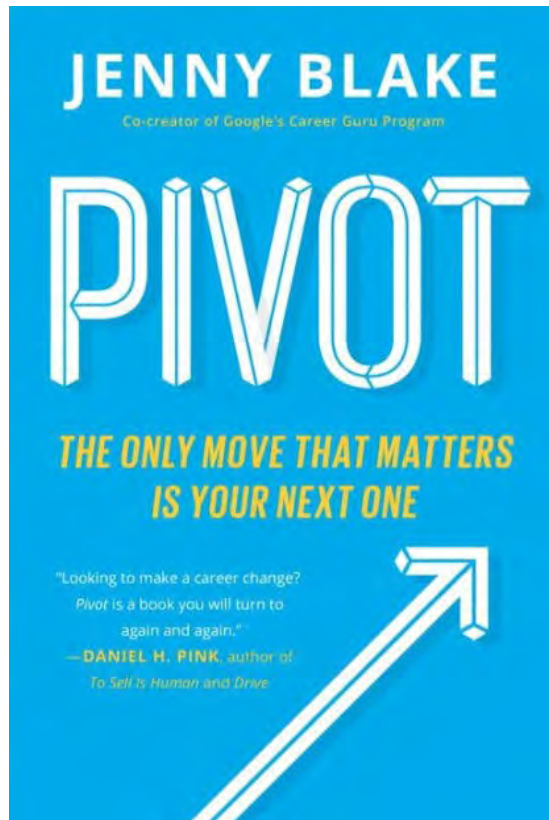
HELLO

My name is

Why are we here today?

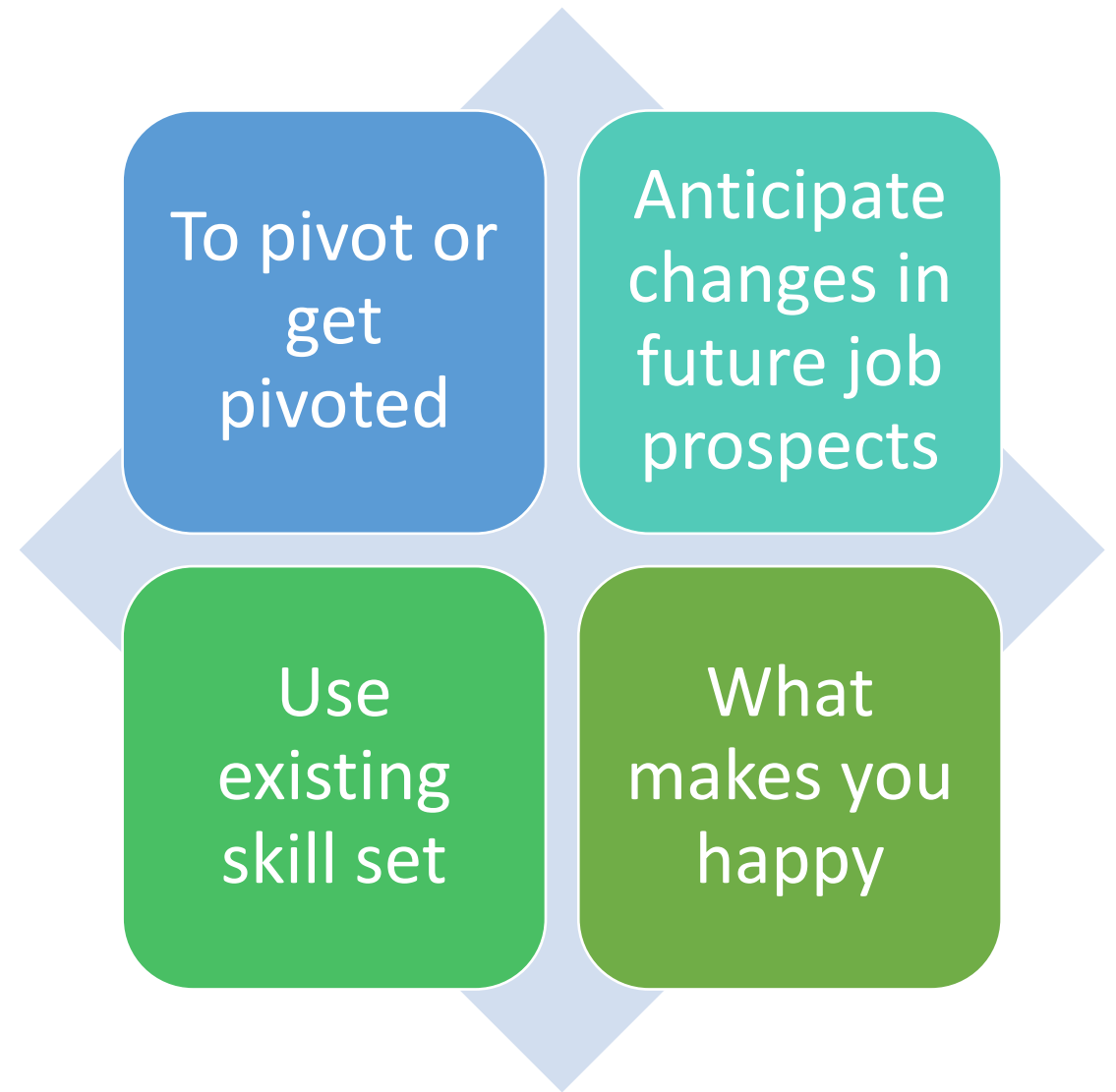
- Background of the Strength & Conditioning Professional
- Background of Physical Therapy
- Why the Strength & Conditioning Professional will make great PT
- Applying to PT school
- post graduate PT opportunities





What is a Career Pivot?

Why a career pivot?



What is a
logical pivot for
the Strength &
Conditioning
pro?

Athletic Training

Physical Therapy

Alternative health care

Consultant

Sales

Strength & Conditioning Professional

Background

STUDENTS MUST RECEIVE FORMAL INSTRUCTION IN THE FOLLOWING CONTENT MATTER AREAS:

REQUIRED CONTENT	COURSE NAME(S)	COURSE #/A	HOURS
Human Anatomy Physiology			
Exercise Physiology			
Kinesiology/Biomechanics			
Nutrition (Sports Nutrition is preferred)			
Scientific Principles of Strength and Conditioning			
Resistance Training and Conditioning (Activity Class)			
Exercise Technique/Exercise Prescription w/ Emphasis in Anaerobic Exercise			
Program Design as Related to Strength and Conditioning			
**YOU MUST ATTACH A CURRENT SYLLABUS DESCRIBING THE COMPETENCIES TO BE ACHIEVED FOR BOTH DIDACTIC AND PRACTICAL COMPONENTS, FOR EACH COURSE IDENTIFIED ABOVE **			


National Strength and Conditioning Association
Education Recognition Program®

Institution name as you would like it to appear on the NSCA website




APPLICATION
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Strength & Conditioning Professional - Work Environment

- Athletic setting
- Wellness facility
- Fitness Studio
- Corporate Setting
- Industrial Setting
- Performance Arts

Attributes of the Strength & Conditioning Professional

- Understanding of basic human sciences
- Communication
- Assessments
- Training programs
- Administration



Experts in exercise dosing

- Dose-Response

MEET
THE
EXPERTS

We Don't Know Our Own Strength

- 777 physical therapist & 648 student participants.
- 90% of therapists & students frequently prescribed strength training.
- 48% of therapists felt their professional education did not prepare them to apply strength training
- 68% believed that strength training is inadequately applied in physical therapy
- 62% therapists and 55% of students scored $\geq 70\%$ for knowledge items.
- Additional strength training education increased the odds of scoring $\geq 70\%$ on knowledge items.

PTJ: Physical Therapy & Rehabilitation Journal | *Physical Therapy*, 2021;101:1–13
<https://doi.org/10.1093/ptj/pzab204>
Advance access publication date August 27, 2021
Original Research



We Don't Know Our Own Strength: A Survey of Strength Training Attitudes, Behaviors, and Knowledge in Physical Therapists and Physical Therapist Students

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Career pivot, why Physical Therapy?

- Expand skill set to include different populations
- Neuro
- Pediatrics
- Amputees
- Manual therapy



Physical Therapist

Background

What do Physical Therapists do?

- Movement experts
- Diagnose & treat individuals of all ages
- Examine and treat movement impairments
- Improve function
- Help achieve goals
- Help people be independent
- Check out [ChoosePT.com](https://www.choosept.com)

Where to Physical Therapists work?



- Hospitals
- Outpatient clinics
- People's homes
- Schools
- Sports and fitness facilities
- Workplaces
- Nursing homes

Physical Therapy Education

- 80% Didactic
- 20% Clinical
- Generally, 3 years in length
- Accredited by CAPTE



Didactic Coursework

- Basic Sciences
- Clinical Sciences
- Administration and Policy
- Research



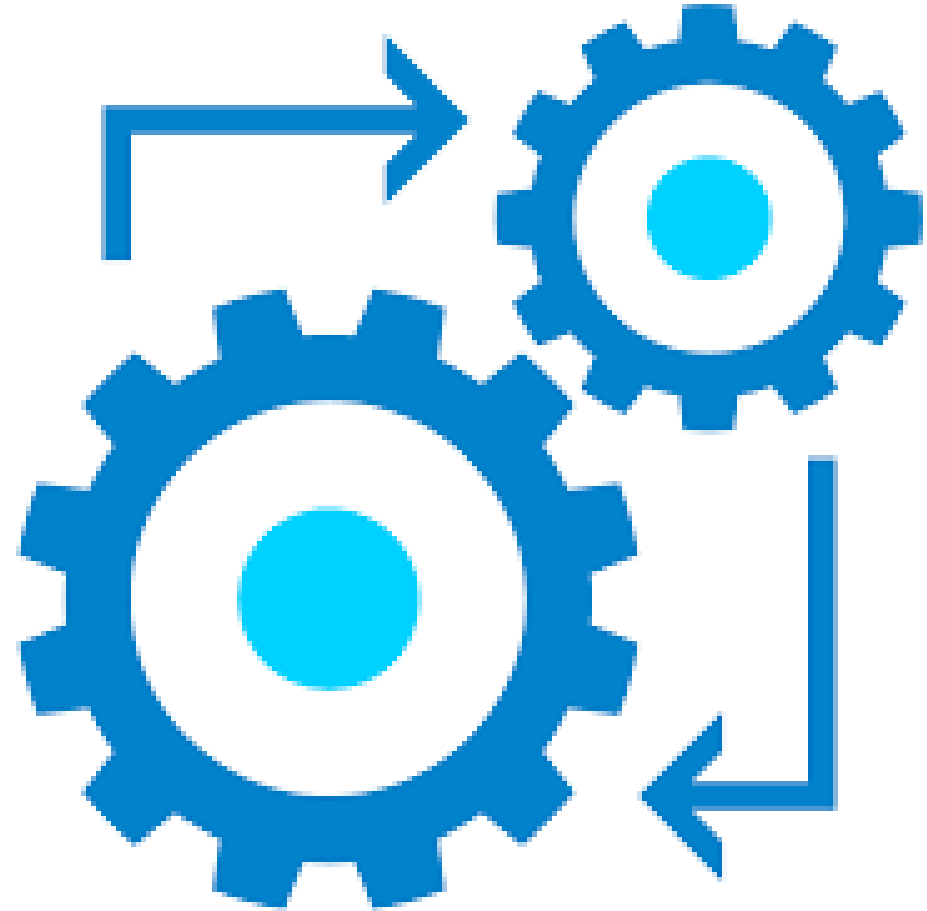
Clinical Education

- Consists of various clinical sites
- Full time clinical experience
- ACCE/DCE
- CCCE
- Clinical Instructors
- CPI



DPT programs configurations

- Bachelors > DPT
- 3+3
- Freshman entry



Choosing the right program

- Location
- Students
- Clinical rotations
- Board Pass Rates
- Cost



Prerequisites

Chemistry

Two courses with labs and a minimum of 8 credit hours is required. Introduction and survey courses are NOT accepted.

Examples of courses that meet this requirement:

- Chemistry I*
- Chemistry II
- Biochemistry
- Inorganic Chemistry
- Organic Chemistry

**UCF courses CHM 2040 & CHM 2041 (combined) will be accepted as meeting the requirement for Chemistry I.*

Physics

Two courses with labs and a minimum of 8 credit hours is required. General Physics and Physics with Calculus are both acceptable courses.

Statistics

One course / 3 credit hours is required. Examples of courses that meet this requirement:

- Biology (Biostatistics)
- Business: Statistics
- Mathematics: Statistics
- Psychology: Statistics

Anatomy and Physiology

Two courses with labs and a minimum of 8 credit hours is required. One of two options must be met:

Option 1: One semester of Human Physiology with lab and one semester of Anatomy with lab.

Option 2: Two semesters of Anatomy/Physiology combined courses with labs.

Examples of courses that meet this requirement:

- Anatomy & Physiology I
- Anatomy & Physiology II
- Comparative Anatomy
- Human Anatomy
- Mammalian Anatomy
- Human Physiology
- Vertebrate Anatomy

NOTE: Exercise Physiology is NOT accepted.

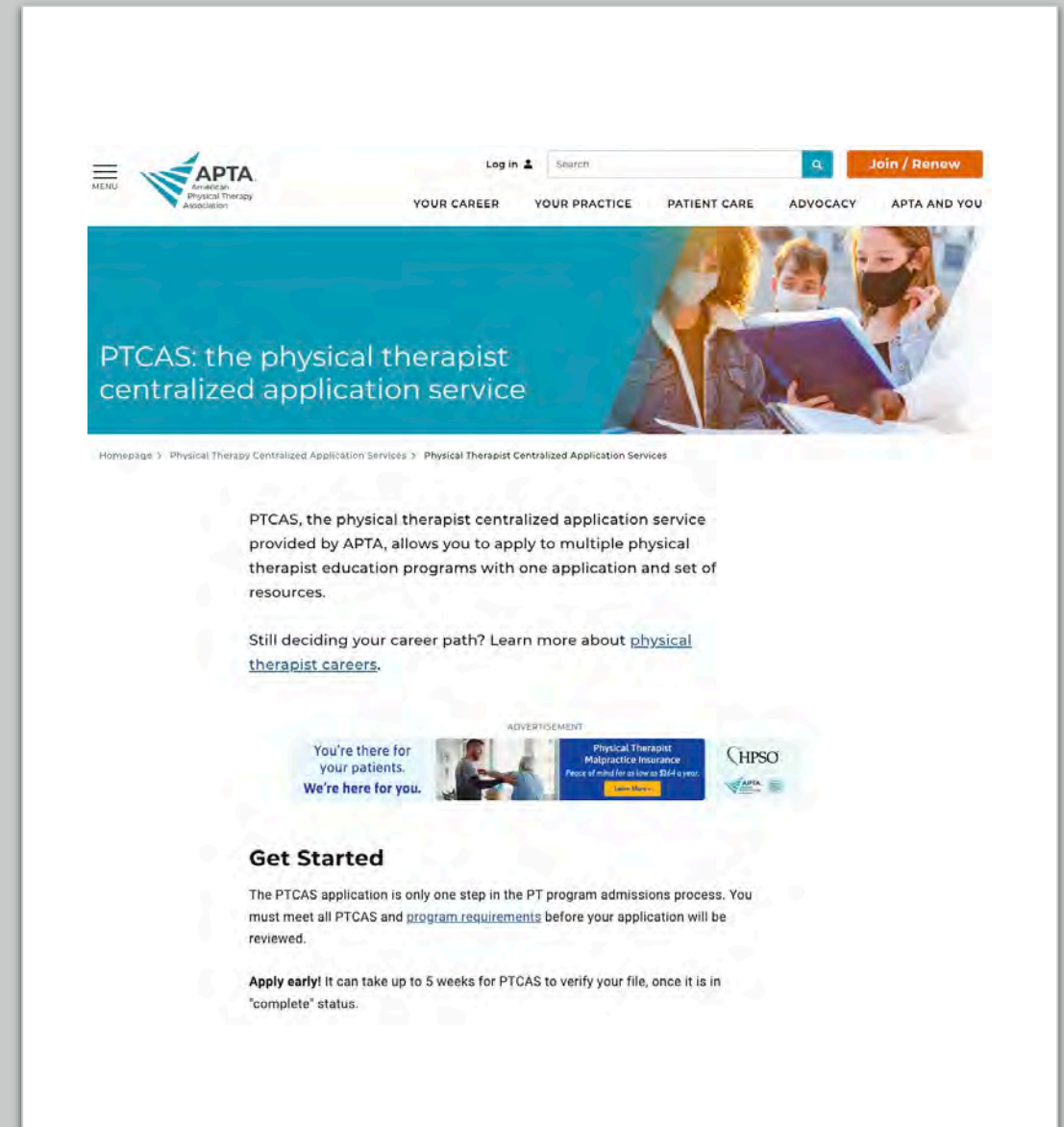
Biology/Biological Sciences

Two courses and a minimum of 6 credit hours is required. Labs are not required. Must be courses for science majors. Introduction and survey courses are NOT accepted. Examples of courses that meet this requirement:

- General Biology I
- General Biology II
- Cell Biology
- Embryology
- Genetics
- Histology
- Human Biology
- Microbiology
- Molecular Biology
- Zoology

Requirements

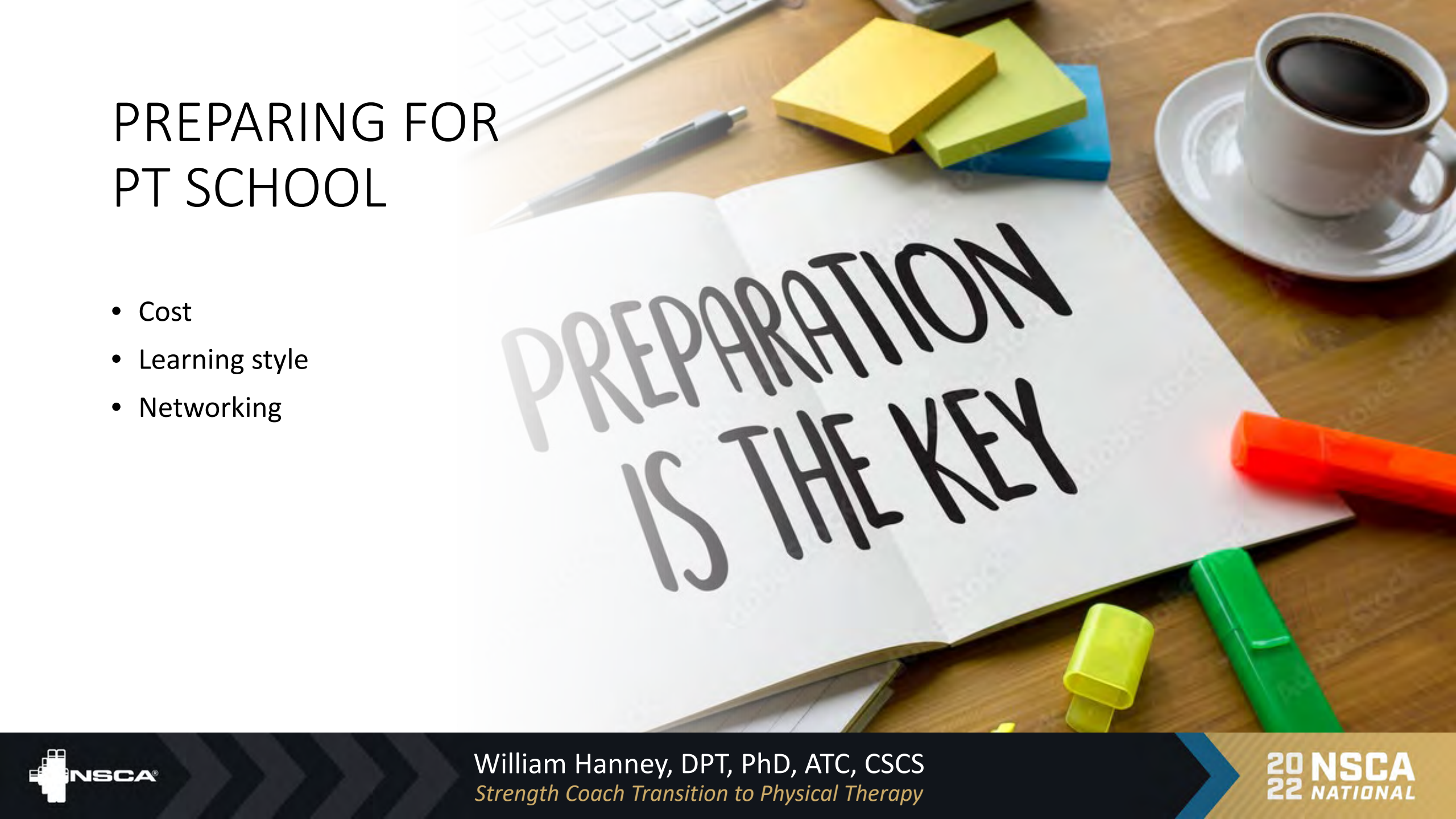
- Transcripts
- GRE scores
- Letters of Recommendation (1 from a PT recommended)
- Hours of Observation with a PT (50 recommended)
- www.ptcas.org



The screenshot shows the APTA PTCAS website. At the top, there is a navigation bar with the APTA logo, a search bar, and links for 'Log in', 'Join / Renew', 'YOUR CAREER', 'YOUR PRACTICE', 'PATIENT CARE', 'ADVOCACY', and 'APTA AND YOU'. Below the navigation bar is a large banner image of three people looking at a tablet, with the text 'PTCAS: the physical therapist centralized application service'. Below the banner is a breadcrumb trail: 'Homepage > Physical Therapy Centralized Application Services > Physical Therapist Centralized Application Services'. The main content area explains that PTCAS allows users to apply to multiple physical therapist education programs with one application. It also includes a link to 'physical therapist careers' and an advertisement for 'Physical Therapist Malpractice Insurance' from CHPSO. The 'Get Started' section states that the PTCAS application is only one step in the PT program admissions process and that users must meet all PTCAS and program requirements before their application will be reviewed. It also mentions that it can take up to 5 weeks for PTCAS to verify a file once it is in 'complete' status.

PREPARING FOR PT SCHOOL

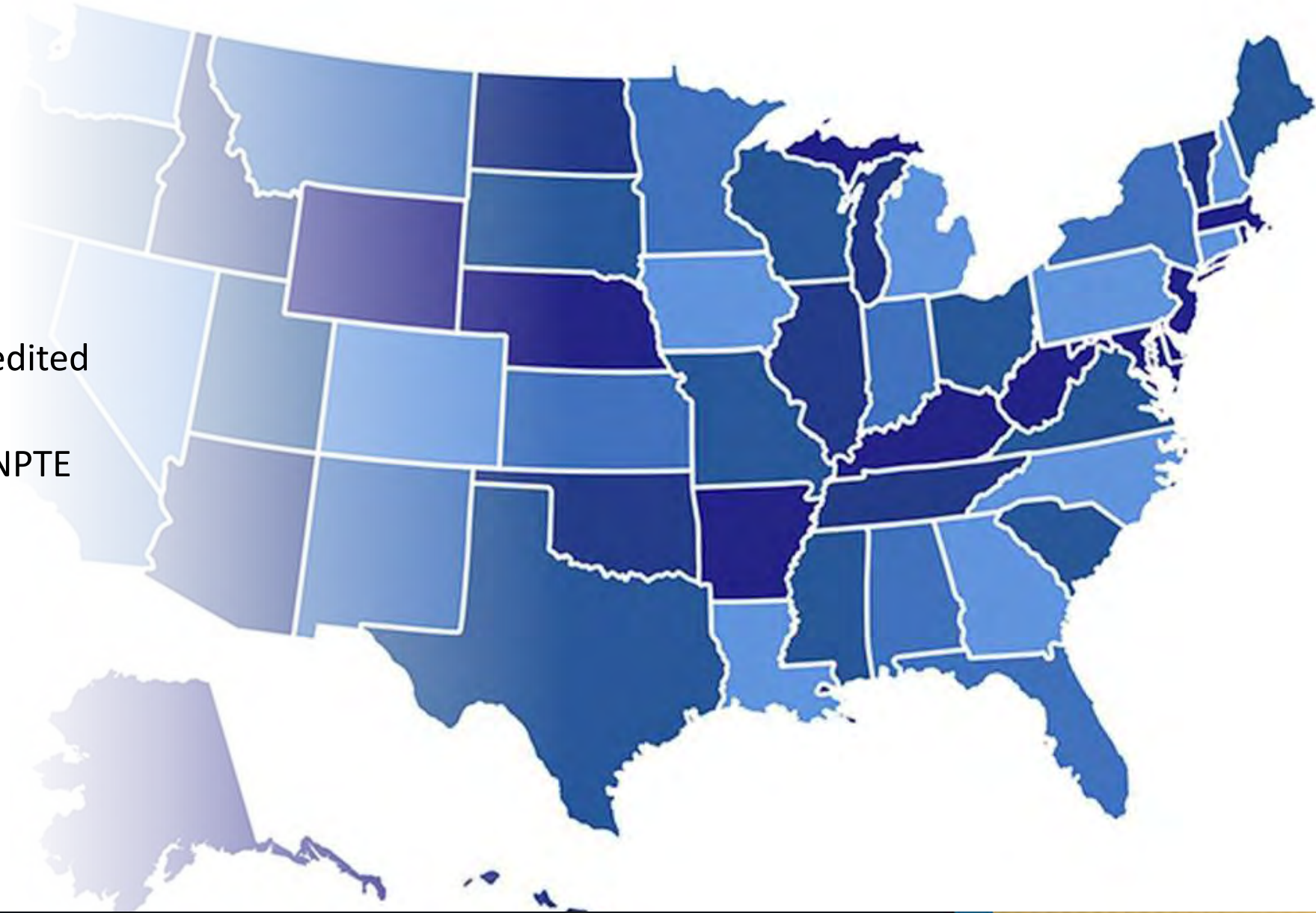
- Cost
- Learning style
- Networking

A top-down view of a wooden desk. In the center is an open notebook with the words 'PREPARATION IS THE KEY' written in large, bold, black marker. To the top left is a white keyboard and a grey pen. To the top right is a white cup of black coffee on a saucer. Above the notebook are several sticky notes in yellow, green, and blue. To the right of the notebook are three highlighters: orange, green, and yellow.

PREPARATION
IS THE KEY

Licensure

- Graduation from an accredited PT program
- Successfully passing the NPTE
- Apply for state licensure
- Jurisprudence Exam
- Temporary Licenses



Post Graduate Training

- Residency
- Fellowship
- abptrfe.apta.org
- Certifications

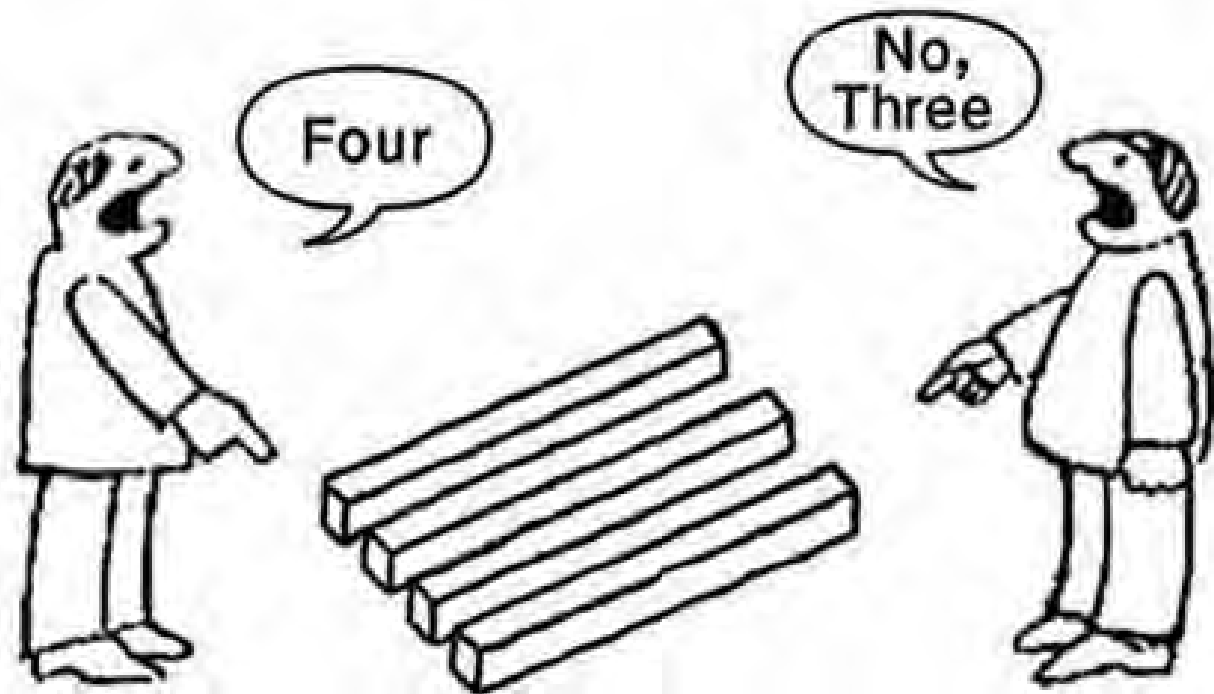


Complimentary Skill Set

- Existing skills
- New skills
- Complementary skill set



Perspective



Skill set to
Drive Change



Summary

- Pivots
- Background
- Why the Strength & Conditioning Professional will make great PT
- Applying to PT school
- post graduate PT opportunities

SUMMARY

