What is Physical Therapy (PT)?

Physical therapy is “a professional health discipline directed towards the prevention or alleviation of movement dysfunction, and towards the enhancement of physical capacity. The ultimate goal of Physical Therapy is to assist the client/patient to achieve the highest possible level of independent function. Exercise, therapeutic modalities and consultative strategies are used to maximize function. In addition, physical therapists educate their patients and the community about the prevention of disabilities and promotion of health.” (Department of Physical Therapy, University of Toronto)

What are the common academic requirements for PT programs?

- Completion of a 4-year undergraduate degree
- Minimum B/75%/3.0 in the final 2 years/10 credits, but this is typically insufficient due to competition for admission
- Prerequisites vary by institution but may include courses in biology/life science (human anatomy and physiology), statistics, psychology and humanities

Where can I study PT?

There are 5 physical therapy programs in Ontario:
- McMaster University
- Queen’s University
- University of Ottawa (program only offered in French)
- University of Toronto
- Western University

Be sure to visit each university’s website for more information on their program and specific admission requirements.

How do I apply?

The application process is centralized through OUAC’s Ontario Rehabilitation Sciences Programs Application Service (ORPAS): www.ouac.on.ca/orpas

Applications are typically due at the beginning of January.

Looking for Related Experience?

Review the Volunteering and Internships tip sheets, attend a Work Search Strategies workshop or speak with a Career Counsellor or Career Strategist.

Start Early!

Physical Therapy (PT) programs require a high GPA. Many look for demonstrated interest in PT on your application.

Improve your GPA:
Visit the AA&CC and the CTL to improve your academic skills.

Cultivate References:
Get to know your professors. Their research is interesting! Professors who know you fairly well are able to write strong reference letters for you.

Get Involved:
Join volunteer and co-curricular activities that demonstrate your skills and ongoing interest in a career in PT.

When do I apply?

Begin 1 year prior to your desired Fall start:
- October – Create your OLSAS account
- November – Complete the online application
- By January – Submit all supporting documents
- April – Interviews at McMaster and U of Ottawa
- May – Admission decisions are sent to applicants

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www.utsc.utoronto.ca/aacc
### Application & Personal Statement Resources

- **Effective Admission Letters (U of T Writing Centre):**
  [www.writing.utoronto.ca/advice_specific-types-of-writing/admission-letter](http://www.writing.utoronto.ca/advice_specific-types-of-writing/admission-letter)
- **Purdue University Online Writing Lab:**
  [owl.english.purdue.edu/owl/resource/642/01/](http://owl.english.purdue.edu/owl/resource/642/01/)
- **CTL’s Graduate School Application and Personal Statement Assignment Calculator:**
  [ctl.utsc.utoronto.ca/assignmentcalc](http://ctl.utsc.utoronto.ca/assignmentcalc)