



The Institute of
Physical Therapy
AND APPLIED SCIENCE

Prospectus 2012





Welcome

Physical therapy is an enormously rewarding profession, recognised and respected among the public and a widening healthcare community.

As founder of the profession, this Institute has led its growth and driven its development since 1989. But the success and popularity it enjoys today is due as much to the commitment and professionalism of our graduate practitioners as it is to the ongoing development of education and practice.

At the College we are very proud of the pioneering and innovative approach that has established this as a most accessible healthcare profession. It has brought a patient-centred focus and hands-on skills to the fore in the care of all kinds of muscle related conditions.

The efficacy of this manual approach is now accepted, recognised and valued. Our commitment is to continue developing the college and programme to reflect best practise and to setting the highest standards in clinical education and patient care. We are dedicated to helping you achieve your potential in becoming a skilled and thoughtful practitioner. Our focus is on developing the four roles of a physical therapist; Practitioner, Learner, Educator and Practise Manager.

At the Institute, we have fostered a nurturing and supportive environment with your professional development in mind. We look forward to meeting and welcoming you and guiding you toward a most satisfying career.

Anne Mangan
Director



Our Philosophy

The philosophy we follow springs from a belief in the benefits of an holistic and natural approach to the prevention and treatment of disease. Founded on a tradition which recognises the healing properties of touch, physical therapy is and continues to develop as an integrated system with a clearly defined profile and identity. The Institute is dedicated to the advancement of physical therapy through the amalgamation of the best of the traditional with more recent and ongoing research and development.

Programme Aims:

- To prepare learners academically and professionally for a career in physical therapy through a programme designed to be both challenging and motivating
- To assist learners to realise their full potential by providing a challenging course within an appropriately resourced learning environment
- To educate and train high-calibre graduates capable of critical analysis, diagnosis, problem-solving and reflective thinking in the strategic management of musculoskeletal problems
- To nurture an approach to practice that emphasises personal growth and awareness of self and others
- To develop learners who are capable of embracing and leading the development of the profession

Roles of the Physical Therapist

On completion of the B.Sc. in Applied Health Science (Level 7) graduates are positioned to work as self-employed physical therapists, having met the requirements of the professional body, The Irish Association of Physical Therapists (IAPT). Graduates possess the know-how and skill set to manage



musculoskeletal injuries and conditions encountered by the general population and recognise the scope and limitations of their discipline. Emphasis is on a manual approach to the therapeutic interventions combined with exercise prescription.

The four roles of the physical therapist - Practitioner, Learner, Educator and Practice Manager are developed over the programme at varying levels. There is a strong focus on the role of the *Practitioner* throughout all stages of the programme with the graduate being able to: carry out a client-centred consultation; assess clinical presentations, make a differential diagnosis, devise a treatment/management plan, and make referrals; carry out appropriate physical therapy techniques and modalities; communicate effectively within a physical therapy context; apply ethical and legal principles to practice; act professionally; apply scientific methods and principles to practice; and promote musculoskeletal health.

The role of *Learner* is emphasised throughout the programme, ensuring that graduates, as autonomous practitioners can manage their learning. Graduates are skilled in the use of reflective practice and therefore learn effectively from their experiences. They can recognise their learning needs and address those needs. They can also work collaboratively with their colleagues to enhance their level of knowledge and skill in order to benefit their clients.

As *Educators*, graduates can facilitate their colleagues' learning through working effectively in small groups and in a peer-supervision group. They educate their clients on the nature of their condition and provide coaching on the use of therapeutic exercise and other home-care modalities.

In the role of *Practice Manager*, graduates are equipped to establish and manage their own practice. They have had firsthand experience of developing a business plan, marketing their services, managing a case-load efficiently and effectively and managing follow-up.



Course Design & Content

The Institute was established to pioneer and develop courses aimed at managing muscle and joint problems.

Courses were originally designed with a view to the professional requirements of students as practitioners but have since been developed to ensure a wider range of options for graduates especially with regard to further study and academic advancement in other or similar fields. There is a thorough, systematic and structured approach to learning where the importance of understanding the basics is emphasised.

The physical therapy course is designed specifically for mature students and takes a minimum of three years to complete. Most study whilst working full-time. This Level 7, B.Sc. in Applied Health Science course is unique to The Institute. Each year



consists of about 20 week-ends of class and exams, falling about two weekends per month over the year. Classes take place on Saturday from 09.00 to 18.00 hrs and on Sundays from 09.00 to 17.00 hrs. There are additional hours of clinical practice each year arranged in consultation with the individual - normally occurring on weekday evenings from 16.30 hrs to 22.00 hrs.

Year One - Massage Therapy

In practical class students acquire skills in the use of diagnostic and therapeutic techniques such as mechanotherapy, postural assessment, Swedish massage, myofascial techniques, muscle-energy techniques, trigger point therapy and rehabilitation. By the end of their first year on the degree course, students are competent in assessing and treating non-specific muscle problems such as neck and shoulder tension, chronic calf/hamstring injury, postural aches and pains. Successful completion of the year brings certification as a Massage Therapist allowing the student to register with any of the professional associations and commence private practice. Clinical Practice in this year introduces the student to physical therapy in the workplace. Health science subjects such as musculoskeletal analysis and introduction to pathophysiology provide a foundation from which to make clinical decisions.

If you previously studied in this area please note it is being taught here as part of a degree course whereas you may have studied it before as a certificate course and to a different level.

Years Two & Three - Physical Therapy

Having successfully completed year one students can progress to years two and three and gain their B.Sc. in Applied Health Science degree and physical therapy qualification. Emphasis now moves to a more thorough study of applied anatomy, biomechanics, neurology, orthopaedic and soft tissue pathology. Students develop skills in the assessment and treatment of conditions and injuries of the upper and lower limbs, spine and pelvis. Building on the techniques developed in year one, emphasis is on more advanced soft tissue techniques, joint articulation and rehabilitation. The treatment of sporting injuries is included, emphasising on-field first aid, strapping and cryotherapy.

In third year, focus turns more to back and neck problems while students develop skills in the application of gentle functional techniques, further enhancing palpatory skills. Evidence-based practise is introduced through Clinical Reasoning and Clinical Decision-Making with Clinical Audit being central to the process. Professional Ethics and Patient Management Skills are explored in supervised Clinical Practise. Rehabilitation is developed further to include devising a rehabilitation programme. As effective communication is of the essence in Clinical Practice, listening, questioning and explaining skills are highlighted throughout the course.

In years two and three the College's clinical internship programme facilitates students to build progressively on their skills. The scope of practice increases from dealing exclusively with chronic problems in year one to co-managing acute and more complex conditions in year three. Throughout the programme there is support for developing practice management skills, essential for successful private practice. Finally, the student assumes the role of team leader in supporting junior team members while managing a varied caseload.



A Career in Physical Therapy

- Individual Practice
- Group Practice
- Fitness Centres
- Teaching
- Community Care
- Consultancy
- Self-Employed
- Sports Massage
- Team Specialist
- Medical Centres
- Private Practice
- Health Clubs

As a graduate of the Institute you will be educated to practise autonomously as a healthcare practitioner. This means that you will be competent to work independently with patients who refer themselves.

Your studies are therefore focused on your preparation to commence in private practise. Progressing to manage your own caseload during final year clinical internship helps build both your competence and confidence. Institute graduates commence in practise, very soon after graduation.

Physical therapy is a health profession which has gained wide recognition. You will be highly skilled in the treatment of a wide range of musculo-skeletal disorders, including back pain, muscle and joint pain and general soft tissue dysfunction.

A career in physical therapy is challenging, creative, personally satisfying and immensely rewarding. Graduates are highly skilled professionals for whom there is a growing demand.

Career opportunities

Once qualified, physical therapists have an ideal opportunity to achieve an ambition of becoming self-employed and setting up in private practise. Set-up costs are minimal and in many cases graduates decide to work within communities who may not be



already served by a graduate therapist. They can organise their own working hours and this feature facilitates a gradual transition from the old regular job to a new, fulltime practise.

Sports massage and rehabilitation in Ireland are emerging areas experiencing growth with the potential for significant further expansion. Many prospective students, with a background in sport or a qualification in massage or rehabilitation are attracted to physical therapy having themselves experienced its benefits or because they see it as way of broadening their skills and the range of services they will be able to offer to potential patients.

Now as practitioners they have an opportunity to give something back and also an opportunity to stay involved. As a hands-on, holistic, non-invasive and drug free prevention and treatment, which is highly effective, our approach is recognised by both the amateur and professional sports person. Institute graduates have worked with a wide cross-section of teams, Olympians and professional sports people.

Students of the Institute have also chosen to work in many other diverse areas: in health and fitness centres; with women's groups and counsellors; with beauty or massage therapists; with homeopaths, chiropractors and acupuncturists; in specialist physical therapy clinics; or in the area of stress and stress management. Institute graduates have established a reputation in third level institutions, particularly as practical instructors. Your B.Sc. in Applied Health Science degree will also improve access to further study and open the door to academic progression.

An assured future

Physical therapy is an holistic and natural approach to health care. The "hands-on" nature of the work guarantees that it can never be replicated or substituted by machine, and that the skills learned will never be outmoded or become obsolete.



Enrollment

Fees & Dates

The 2012 course will commence in Dublin on Saturday, September 22nd, and in Limerick (subject to numbers) on the same weekend. Course fees for the year 2012/13 are unchanged at €5,400 which are payable in two instalments; the first of €2,700 in August and the second of €2,700 due in the first week of January 2012. Students can also opt to pay by way of ten instalments commencing September 2012, incurring an additional cost of €200. It is the responsibility of the student to ensure that all payments throughout the course are made in a timely manner. Please note that tuition fees (for subsequent years) are subject to annual increase, usually in line with inflation.

Student Selection

The physical therapy course is designed primarily for mature students (over 23) for whom most places are reserved. All



applications are dealt with individually and each applicant is required to show both written and spoken fluency in English. Applicants also need to demonstrate the potential to study to third level. Good communication skills are essential and these will be assessed at interview. Candidates who have not yet attained 23 years, but have a post Leaving Certificate qualification, or a qualification in a related area (Sport Science, Personal Training, Exercise and Fitness, Sports Therapy, Massage etc.) are also encouraged to apply. Where an applicant depends on their Leaving Certificate to gain entry, the minimum requirement is a pass Leaving Certificate to include a pass in Ordinary Level Maths and honour at Higher Level in each of English and a Science subject. Professional, academic and life experiences are taken into consideration in assessing each application.

Credits & Exemptions

Candidates who have been offered a place on the course may apply for credits or exemptions for any module(s) they deem appropriate. Exemptions are only allowed for certificated prior learning from a recognised college. Credit may be awarded on the basis of experiential learning. All such applications must be accompanied by documentary evidence specifying the modules for which Exemption/Credit is sought. The Institute does not guarantee the award of exemption to any student who makes an application. Workshops are available to help applicants decide the level at which they should apply for entry; details on application.

Location

The Institute will offer the course in Dublin and in Limerick (subject to numbers) for the year commencing September 2012.

Class is held in Dublin at the Milltown Institute, Ranelagh, Dublin 6 and in Limerick City. Student Clinics for Dublin and Limerick are held in the Priory Clinic Stillorgan and in Limerick City respectively.

Students who are successful on year one can progress to year two which is also available in both Dublin and Limerick (subject to numbers). Year three of the course is available in Dublin only.

When to Apply

Applications for the course are now being accepted and are dealt with on a first come, first served basis. On receipt, we will contact you to schedule an interview time. Class sizes are limited and enrolment is closed when the class is full.

You should submit your application as soon as possible. An early acceptance can help you in many ways; to plan your year with reference to class weekends; plan and schedule your clinical placement; locate and purchase the texts, uniforms and table required for home study and practise.

Course Costs

There are currently no additional fees for examinations or for class notes. Books cost extra; essential texts for first year around €300. A uniform, needed for Clinical Practise costs around €30.



How to Apply

Application

There are 3 parts to an application:

- **Application Form**
- **Curriculum Vitae**
- **Personal Statement**

You may complete the application form attached to this prospectus or you can apply online at www.iptas.ie.

You should also attach a CV paying particular attention to your education details and include a copy of the award for the highest level you have achieved. This might include professional training or further study. Your CV should also show your work experience, past and present with a brief outline of duties and responsibilities.

Please tell us about your interests and hobbies including academic, sporting or community awards. Please give details if you have a disability or health condition about which you consider the Institute should know.

The third part of your application is the Personal Statement. Your Personal Statement tells us about you. We want to know why you are interested in physical therapy in particular.

You may like to tell us about a personal experience of a physical therapy treatment. Perhaps a member of your family is a Therapist. How did you find out about physical therapy or first hear of it? What motivated you to learn more?

Your Personal Statement is a very important part of your application. Please include any information that you think will help us to understand your motivation for taking this course of study.



Interview

On receipt of your completed application form, CV and personal statement, you will be invited for interview. Interviews are scheduled throughout the year. They give us an opportunity to further assess and evaluate your potential to benefit from the course. We can also address any further queries you may have. Candidates who can show an understanding of the proposed content, workload, profession and employment opportunities will be favoured for selection and you can best achieve this by attending either a practising graduate of the College or our Student Clinic prior to interview.

Offer

An offer of a place on the September course will be posted to suitable candidates soon after successful interview. At this time, candidates intending to take up that offer must pay a non-refundable Registration fee of €500 to secure their place. This sum is then deducted from their first tuition fee payment leaving a sum of €2,200 due in August. An offer of a place is valid for the current year only and may not be deferred to future years.

If you are undertaking the course while continuing in full-time employment, an early offer facilitates your organising time off work for class and clinic.

APPLICATION



INTERVIEW



OFFER



F.A.Q.

(Frequently Asked Questions)

What is the difference between physiotherapy and physical therapy?

There are a number of significant differences between the two professions. Firstly, physiotherapy and physical therapy have been organised within Ireland as discrete professions for two decades. Physiotherapy is a four-year, Level 8 university degree course designed in the main for school leavers, whereas physical therapy is a three-year Level 7 degree course from a private college, designed for mature students and adult learners. Physiotherapy training focuses primarily on hospital work whereas physical therapy is designed for conditions seen mostly in private practice.

Physical therapy training concentrates on the use of manual (or hands-on) techniques exclusively, whereas physiotherapy incorporates electrical modalities where available, such as interferential, ultrasound, tens, laser and other non-manual treatments. Physical therapists are trained with a view to a longer client consultation, incorporating a more holistic approach and a treatment, which by virtue of its hands-on nature, may be more client-centred.

How do job opportunities differ between physiotherapy and physical therapy?

At the moment, roles within the public health service are designed for physiotherapists; physical therapists must look to private practise for employment. Notwithstanding, physiotherapists seem to require a "hospital-type apprenticeship" on graduation whereas physical therapy education prepares for work in private practise. Health cutbacks or a ban on recruitment within hospitals can adversely affect new physiotherapy graduates; no such impediments restrict access to private practise.

Physical therapists being primarily self-employed, face a different challenge in establishing their business and becoming self-employed. Additionally, physical therapists have developed skills from their first class days in the treatment of soft tissue/sports injuries, an area new to physiotherapists until post graduate study.



Is it possible to keep my full-time job and study at the same time?

Yes. Most students are in full-time paid employment during the first year of our course and may even stay working through the three years of study. However, being certified as a Massage Therapist at the end of first year allows successful students to start in practice any time during their second or third year if they so wish. This means that our course facilitates a gradual changeover from the 'old job' to full-time work as a healthcare professional causing a minimum of financial stress. Some like to begin the changeover while still studying, others choose to wait until fully qualified. Either way is up to you!

How many hours study are needed?

Class weekends are generally accepted as being quite intense. Most students find it helpful to begin their study as soon as possible after a weekend and then meet outside of class in small groups to practise techniques. While each student differs, successful students set aside twenty or so hours for home study each week.

The workload looks daunting. What can I do?

While the workload is similar to that of most other third level institutions, we offer a number of options. In first year you can opt for a reduced workload carrying only the Health Science subjects from the outset. Alternatively, you can undertake all subjects and if you find the workload more than is manageable, you can opt to complete part of the course in the following year, thereby extending the course length. Remember three years is the minimum to achieve the B.Sc. in Applied Health Science degree. Frequent exams and lots of feedback from our small classes keep you well in touch with your progress and this will help you decide how best to proceed.



What is the course cost?

Tuition fees for 2012/13 are €5,400 (year two and year three also currently cost €5,400 each). Fees are subject to increase in line with inflation each year.

Is it possible to pay by instalments?

Yes. Students can spread payments over ten months commencing in September each year. The extra cost of direct debit is €200 for the year. Otherwise, fees are payable in moieties; the first totalling €2,700 is due before the course starts in September and the balance of €2,700 is due in the first week of January. Payment by cash, cheque, bank draft and charge card are all accepted.

Is this the same as sports massage?

No, though sports massage training can vary a lot. Courses range in different territories from a few hours duration to around two thousand hours. Many have no Clinical Internship and many don't focus on diagnosis or assessment. Often, sports massage therapists are not educated to be involved in primary care. Ireland tends to have some (not all) shorter type courses but none of these carry recognition as a degree. We find that our physical therapy is a more in-depth study, giving you enhanced exposure to clinical practice whilst in training, better assessment skills and more techniques as a practitioner and a very sound scientific knowledge for further study. Almost all of those who complete our course achieve their dream of setting up their own successful business. These days, our course carries formal recognition which will help you advance your studies with other colleges in Ireland or across the world.

Is the course internationally recognised?

The B.Sc. in Applied Health Science awarded by HETAC is an internationally recognised *academic qualification*. The accompanying Diploma in Physical Therapy awarded by the College is a *professional qualification* recognised for more than twenty years by the Irish Association of Physical Therapists. The IAPT regulates physical therapy practise in Ireland. Travelling abroad to work, you should check local requirements with regard to *professional recognition* and recognise where language is used differently. The academic qualification is internationally recognised - but the professional one may not, depending on the country.

Is it possible to get insurance?

Yes. There are a number of insurers who cover physical therapy but members of the IAPT have access to a more comprehensive cover at a very competitive rate under the umbrella of the Association.

I already have a qualification in massage. Will that qualify for exemptions?

The Institute welcomes applications from students who have studied previously in this area. If you have received an award from ITEC, the NTC or another, we will be happy to discuss areas of overlap and exemptions that could apply. If the exemptions are for a significant part of the course there may also be a reduction in fees. Each application is individually assessed and the College holds free workshops to help you decide the stage at which you should apply to join.

When I qualify will I be recognised?

Your *professional qualification* will be recognised by The Irish Association of Physical Therapists (IAPT) the body that currently regulates physical therapy in Ireland. Your *academic qualification* will be recognised internationally and is internationally accepted for the purposes of academic progression (access via Level 8 degree to Master's courses and other).

At present there are no laws specific to physical therapists regulating practice in Ireland. If this is to change it will be a matter for the profession and the regulators. The qualification and expertise is also recognised by many other Professional Associations including the Health Insurers, State Departments and private employers.

I have no previous study in this area. Will that be a disadvantage?

Not at all. Students turn to physical therapy from a very wide variety of backgrounds and professions. Though an interest in sport is a frequent theme, a significant number of therapists never develop an interest in sport and still have a rewarding career as a physical therapist. We have never identified a single group as being more likely to succeed. However, we rate communication skills as being important, as is an interest in people and thirdly the potential to study to third level. One of the most exciting parts of the course is the different life skills that students bring to the classroom. At the Institute we try to ensure you know as much as possible about the course before you enrol.

How can I learn more?

The best way to have a specific question answered is to call us and the best way to get general information is to schedule an appointment for a treatment. You can do this with a local physical therapist; call us for the name of a graduate near you. Or you can visit our Student Clinic in Dublin or in Limerick. As well as experiencing the therapy first hand, you can also chat informally with a student and discuss the course and career with them.

**Call our freephone number
to schedule an appointment:
1800 254 642**



To complete this form online goto: www.iptas.ie

Personal Details

First Name: _____ Last Name: _____

Gender: _____ Date of Birth: _____ Nationality: _____

Accuracy of Information: It is essential that your answers and contact details are true and accurate.

Privacy Policy: We keep your details for our use only, to evaluate your application for enrolment.

Home Address and Contact Details:

Address1: _____

Address2: _____

City/Town: _____ County: _____ Country: _____

Telephone: _____ Mobile: _____ Email: _____

Next of Kin: *(Who to contact in case of emergency)*

Name: _____ Relationship: _____

Telephone (Day): _____ Telephone (Eve): _____

Education

Please provide details only of the highest course undertaken.

If Leaving Certificate is the highest level completed to date, please attach a list of subjects, level and grades.

Leaving Certificate Third Level Degree Post Graduate Professional

Course Title: _____

Subjects Covered: _____

Institution: _____

Did you complete the course? Yes No Year Completed: _____ Result: _____

Additional Information: _____

Education: A Third Level degree is not mandatory for acceptance at the Institute.
You will have to provide documentary evidence to support your qualifications before registration can be completed.

Employment:

Current Employer: _____

Your Position: _____ Time at this Employment: _____

Role/Responsibilities: _____

If your current employment is less than 3 years, please give your previous work history below:

Your employment details are for our consideration only and are not shared with anyone.
Please give from and to dates, employer, position, and your responsibilities. If you prefer, attach a CV

Personal Statement: *(please attach - approx. 500 words)*

Your personal statement tells us about you. We want to know a little of your own background and why you are interested in physical therapy in particular. Please include any additional information that you think will help us assess if you would be likely to benefit from the course. The following questions might help organise your thoughts:

- Are you starting out or changing careers?
- What kind of work do you do?
- Where would you like to be in 5 years time?
- What changes are you looking for?
- What motivates you to learn more?
- How did you first hear of us?
- Have you had experience of a treatment? – Tell us.
- Do you have knowledge or experience of other therapies?
- Where do you think you could apply your skills as a therapist?
- Are you a "people person"?

I confirm that the information above is true to the best of my knowledge

Signature: _____

Date: _____