



**NORTH CENTRAL COLLEGE**

Doctor of  
Physical Therapy

### **Essential Skills**

The admitted Doctor of Physical Therapy student must possess the following skills and abilities from matriculation through graduation. These essential skills are required as a foundation for the Doctor of Physical Therapy curriculum and a career as a physical therapist. The admitted student must be able to:

1. Communicate effectively, efficiently, and sensitively in English
2. Collaborate effectively with others
3. Demonstrate respect for all people
4. Demonstrate ability to critically appraise data and situations
5. Demonstrate physical ability that would support employment in an area of physical therapy practice

### **Technical Standards**

Program faculty have identified the following technical standards necessary for completion of the North Central College Doctor of Physical Therapy curriculum and to perform clinical skills consistent with contemporary physical therapy practice. Students must demonstrate these abilities independently and fully from matriculation through graduation with or without reasonable accommodations. It should be understood that no disability can be reasonably accommodated with an intermediary that provides cognitive support, substitutes for essential skills, or supplements clinical and ethical judgement. Such reasonable accommodations should be designed to help the student meet learning outcomes without eliminating essential program elements or fundamentally altering the Doctor of Physical Therapy curriculum.

North Central College views disability as an important aspect of diversity and is committed to providing equal opportunity and meaningful access for all students. Student Disability Services has been designated by North Central College to coordinate reasonable accommodations in compliance with Section 504 and 508 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990 and the ADA Amendments Act of 2008. Student Disability Services engages in an interactive process with each student on an individual, case-by-case basis to determine reasonable accommodations. To be eligible for academic accommodations, students must register with Student Disability Services and provide documentation of disability as defined by the Americans with Disabilities Act. Additional information regarding accommodations can be requested at [sds@noctrl.edu](mailto:sds@noctrl.edu). Reasonable accommodations to meet these technical standards are supported and encouraged by the Program faculty.

Habits of the Head: Cognitive skills and abilities necessary for success in the field of physical therapy. The student is expected to:

1. Retain, recall, and synthesize information from a variety of sources
2. Critically appraise situations in real time
3. Use critical reasoning to develop and defend responses

4. Approach problem solving with creativity
5. Maintain flexible thinking as new information/ideas are presented
6. Recognize and respond appropriately to emergency situations

Habits of the Hand: Physical skills and abilities necessary for success in the field of physical therapy. The student is expected to:

1. Perform physical manipulation of parts of or whole persons including but not limited to pushing, pulling, lifting, rolling, compressing, palpating, and moving
2. Physically navigate the clinical setting independently
3. Maintain and assume a variety of positions repeatedly or for prolonged periods (>60 minutes) including but not limited to sitting, standing, squatting, and kneeling
4. Perform commonly used physical therapy assessment and intervention procedures for patients across the lifespan
5. Lift and move a minimum of 20# frequently, 50# intermittently, and >75# rarely
6. Assess vital signs and perform cardiopulmonary resuscitation
7. Perform skills or impart information within set time constraints
8. Manage the environment to maintain emotional, physical, mental, and behavioral safety of self and others
9. Engage in academic or clinical coursework for a minimum of 40 hours per week on a pre-determined schedule

Habits of the Heart: Attitudes and attributes necessary for success in the field of physical therapy. The student is expected to:

1. Demonstrate respect to all people without showing bias or preference on the grounds of age, race, gender, sexual preference, disease, mental status, lifestyle, opinions, or personal values
2. Acknowledge and respect individual values, beliefs, and opinions in order to foster effective relationships
3. Empathize with others
4. Receive, interpret, and send communication in both written and oral formats with appropriate non-verbal components
5. Display behaviors that are consistent with all APTA Core Values, Code of Ethics, and professional standards of practice
6. Maintain adaptability to changing environments and/or schedules
7. Adhere to set schedules and expectations to respect the time of others
8. Accept responsibility for actions
9. Utilize effective stress management strategies to sustain the mental and emotional rigors of a demanding educational program