

# KINESIOLOGY

## Physician Assistant Concentration



### ***What is a Physician Assistant?***

A physician assistant practices medicine under a physician after obtaining their masters degree through a specialized program. PA schooling follows a medical model that has a didactic and clinical portion of learning. PAs are able to do examinations, make diagnosis, assist in surgery, as well as write prescriptions. PAs and Nurse Practitioner's have very similar roles but their schooling background and education are based on different models. Nurse Practitioners are required to pick a specialty whereas physician assistants are trained in all areas.

### ***Courses Needed***

#### *GPA*

Most schools require that you have a GPA of at least 3.0 on a 4.0 scale, but competitive applicants possess one of 3.5 or greater. Schools vary in their requirements and in most cases the GPA requirement and the average GPA of the previous class are posted on the school website.

#### *Classes Gordon requires*

CHE111 Chemistry I	KIN112 Introduction to Human Movement and Studies
CHE112 Chemistry II	KIN212 Musculoskeletal Anatomy
PHY119 OR PHY121 Physics	KIN222 Foundations of Exercise Physiology
KIN213 Human Anatomy and Physiology I	KIN310 Motor Control and Learning
KIN214 Human Anatomy and Physiology II	KIN322 Clinical Exercise Physiology
MAT220 Biostatistics	KIN350 Disorders of Voluntary Movement
BIO150 Cells and Genetics	KIN370 Advanced Readings in Kinesiology
BIO314 Microbiology	KIN 420 Neurophysiological Basis of Movement
PSY220 Person in Psychological Context (one additional PSY recommended)	KIN491 Senior Seminar

*Graduate Physician Assistant schools and classes they require*

Each school is different in what they require so looking up schools that interest you is very important!! Below is a sample of a few schools that have good ratings and have been attended by Gordon alumni. There are many, many schools out there and when deciding where to go you should consider, location, cost, and if the mission of the school lines up with your passions. Another factor to consider when deciding is whether you want to go to a 2-year or 3-year program. Below each of the listed schools is the classes need above what Gordon requires if applicable.

•UNIVERSITY OF COLORADO

[http://www.ucdenver.edu/academics/colleges/medicalschoo/education/degree\\_programs/PAProgram/prospectivestudent/Pages/Prerequisites.aspx](http://www.ucdenver.edu/academics/colleges/medicalschoo/education/degree_programs/PAProgram/prospectivestudent/Pages/Prerequisites.aspx)

- 1 semester of 300 or 400-level biology class (in addition to microbiology to make the requirement of two)
- 1 semester genetics

•DUKE <http://paprogram.mc.duke.edu/Admissions/Prerequisites>

- will need to take one additional biology course as they require 5 biological sciences. (you will already have two A&P, biology cells and genetics, and microbiology)

•MASSACHUSETTS COLLEGE of PHARAMACY and HEALTH SCIENCES

<http://www.mcphs.edu/academics/programs/physician-assistant-studies-postbaccalaureate-mpas>

- 1 semester of organic chemistry
- 1 semester biochemistry

•NORTHEASTERN <http://www.northeastern.edu/bouve/pa/prerequisites.html>

- all prerequisites met but this school requires you have a solid B in the required classes (2 semesters biology, A&P, 2 semester chemistry, statistics)

•QUINNIPIAC <http://www.quinnipiac.edu/academics/colleges-schools-departments/school-of-health-sciences/programs-of-study/graduate-programs/master-of-health-science-physician-assistant>

- 1 semester of 300 or 400- level biology class (in addition to microbiology to make the requirement of 2)
- 1 semester of organic or biochemistry

•UNIVERSITY of TOLEDO COLLEGE of MEDICINE

[http://www.utoledo.edu/med/grad/pa/prospectus.html#ad\\_req](http://www.utoledo.edu/med/grad/pa/prospectus.html#ad_req)

- 1 semester organic chemistry or biochemistry
- 1 semester medical terminology or be able to pass their test

•TUFTS UNIVERSITY <http://publichealth.tufts.edu/Academics/Physician-Assistant-Program/Prerequisites>

-all prerequisites met

•YALE <http://paprogram.yale.edu/admissions/prerequisites/index.aspx>

-1 semester of organic chemistry or biochemistry

-1 300 or 400-level biology class (in addition to microbiology to make the requirement of two)

This is just a handful of schools and you can find more schools by their location at this site, which organizes the school by state:

<http://www.paeaonline.org/index.php?ht=d/ContentDir/pid/255>

## Patient Care Hours

Most schools require that you have experience interacting with patients. The reason behind this is that these programs are so condensed they don't have the time to teach you bedside manner, only the academics needed. It will be a lot easier on you once you enter clinical rotations if you are already comfortable with patient interaction so you can concentrate on the medical knowledge rather than your interpersonal skills. The number of hours required ranges from 100-2,000 with 2,000 equaling one year of full time work. You can obtain these hours in various ways, but to ensure that the schools accept your hours it is best to get certified so they know you have been actually working and touching the patients. Some common ways are nurse's aide, EMT, and physical therapy assistant.

Classes in the Northshore area:

•CNA

-North Shore Community College

<http://www.northshore.edu/search/courses>

-Winchester Hospital

<http://www.winchesterhospital.org/our-services/community-education--training/nurse-assistant-training>

-Check your hometowns for summer classes but make sure that the license can transfer to Massachusetts, if that is where you plan on working.

•EMT

-Elite Medical Educators (Classes at Endicott and in Beverly)

<http://www.elitemedicaeducators.com/emtprograms.html>

-Essex County Fire Chiefs Association (Topsfield, MA)

<http://www.nerac.us/fireservices/ECFCA/default.aspx>

-McNeilly EMS educators (Danvers, Manchester, Rockport)

<http://www.mcneillyems.com/EMT-B%20Course.htm>

-North Shore Community college

<http://www.northshore.edu/search/courses/quick?page=1&termCode=&subjectCode=EMS&subjectCodeCredit=&subjectCodeNonCredit=&query=EMS104>

### *Shadowing*

Shadowing does not count toward patient care hours but it looks great on your applications. Schools like to see that you have seen a PA work and understand their role and what the actual job entails. Shadowing is also a good way to confirm if this is the path for you and it is a good idea to shadow a doctor and nurse to compare. A common application essay or interview question is about why you chose the PA role and why you aren't going to medical school or becoming a nurse. Be informed!

### ***The Application Process***

#### •GRE

Not all schools require GRE scores but a good majority do. This test is like the SAT for people who have obtained their bachelors degree. It contains a verbal section with vocab and sentence completion, a math portion as well as writing two essays. The best way to prepare is to take practice tests to get familiar with the style of questions and the material.

#### •CASPA/ Supplemental application

CASPA is a central application for physician assistant schools and most participate in this process. This is where schools access all your transcripts and letters of recommendation. In addition to this, a lot of programs have their own applications that contain essays and information specific to the mission of their school. CASPA application open in April of the year prior to applying so if you want to go to school September 2014, you can start applying April of 2013.

#### •Interview

Applicants with strong GPAs and essays will be asked for an interview that may be one-on-one or may be before a board. In addition, some schools require you to attend a class and meet with a current student.

### ***Advice from previous students***

•*Take organic chemistry.* This class is not a requirement of Gordon but a lot of schools do require that you take this as a prerequisite. Not only that but most students have thoroughly enjoyed this class.

•*Apply early-* you have a better chance of getting in. Some schools do rolling admission, which means that they accept people into the program as they get applications. If you apply early, more seats will be open and you will be giving yourself a better chance to start off with.

•*Look up possible interview questions and be confident.* If you have a good idea of the questions they will ask, you will be less nervous and feel more prepared. Even if they do not ask a question that you reviewed, you will be prepared to share that information as it will be fresh in your head.

- Know as much as you can about the PA profession and the particular school you are interviewing with.* You need to convince the school that you know about their program and that you are a good fit for it.
- Get direct patient care hours early!* If you start working in a patient care setting as a freshman, you can easily accrue enough hours just working over the summer.