Pre-Physical Therapy

Physical therapy is an allied health profession that focuses on the prevention and rehabilitation of various musculoskeletal injuries or problems. The ultimate goal of physical therapists is to facilitate the return of patients to pre-injury levels of functioning. Physical therapists are an integral part of any comprehensive health care team. They frequently work with other health care providers, such as physicians, occupational therapists, athletic trainers, nurses, dentists, psychologists, social workers, podiatrists, and speech pathologists and audiologists. Pre-physical therapy is a program of study, not an academic major. No specific academic major is required for pre-physical therapy. The majority of students will choose one of the following majors to complete their pre-physical therapy requirements:

- Kinesiology comprehensive major with emphasis in Rehabilitation Science
- Biology standard major

Although a large number of physical therapists work in hospitals, a majority can be found in private physical therapy offices, rehabilitation centers, community health centers, nursing homes, home health agencies, corporate or industrial health centers, sports facilities, research institutions, schools, pediatric centers, and universities.

Admission Requirements:

- Bachelor’s degree with any major from an accredited institution (required by most programs)
- Completion of all prerequisite courses
- Competitive overall and science GPAs (3.5 overall average for those accepted)
- Competitive Graduate Record Exam (GRE) score (required for some programs)
- Observational or work experience in physical therapy
- Letters of recommendation
- Completed application with Physical Therapy Centralized Application Service (PTCAS) (for most programs)
- Face-to-face interview required by many programs

Required Pre-PT Courses: (Admission requirements and prerequisites may differ so it is important to check for specific requirements.)

<table>
<thead>
<tr>
<th>Courses</th>
<th>Required Credits</th>
<th>Suggested UWEC Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Anatomy and Physiology</td>
<td>2 semesters</td>
<td>BIOL 214 &amp; 314 (8cr)</td>
</tr>
<tr>
<td>General Biology</td>
<td>1-2 semesters</td>
<td>BIOL 221 (4cr)</td>
</tr>
<tr>
<td>Chemistry</td>
<td>2 semesters</td>
<td>CHEM 105 &amp; CHEM 106 &amp; CHEM 109 (8-9cr)</td>
</tr>
<tr>
<td>Physics</td>
<td>2 semesters</td>
<td>PHYS 211 &amp; 212 (9cr)</td>
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<tr>
<td>Mathematics</td>
<td>Statistics</td>
<td>MATH 246 (4cr)</td>
</tr>
<tr>
<td>Med Terminology</td>
<td>1 semester</td>
<td>NRSG 220 (1cr)</td>
</tr>
<tr>
<td>Psychology</td>
<td>2-3 semesters</td>
<td>PSYC 100 (3cr); 230 (3cr); 251 (3cr)</td>
</tr>
<tr>
<td>Sociology</td>
<td>1 semester</td>
<td>SOC 101 (3cr)</td>
</tr>
</tbody>
</table>

Recommended Courses: The following courses are recommended by some physical therapy programs:

- KINS 304 Biomechanics
- KINS 308 Exercise Physiology
- MATH 111 or 114 Calculus

Non-Academic Considerations: All physical therapy programs require observational or actual work experience in physical therapy prior to admission. Check the admissions requirements for each physical therapy program to determine the minimum number of hours and types of settings for observation.

Graduate Record Exam (GRE): This standardized exam is required for admission to most physical therapy programs. The exam consists of 3 sections, Verbal Reasoning, Quantitative Reasoning and Analytical Writing. It is often taken in the spring semester or summer following the junior year. Go to: http://www.ets.org/gre for more information on the GRE.
Suggested Pre-PT Curriculum: The following program is suggested for a student in any major. It is important that students work with a pre-PT advisor each semester. This is one example of how the pre-PT courses can be arranged. Courses will not necessarily be taken in this order. The order of courses taken will depend on the student’s major.

<table>
<thead>
<tr>
<th>Freshman year – Fall</th>
<th>Freshman year – Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>MATH*</td>
<td>PHYS 211</td>
</tr>
<tr>
<td>CHEM 105 + 106</td>
<td>KINS 294</td>
</tr>
<tr>
<td>LE &amp; Major courses</td>
<td>LE &amp; Major courses</td>
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</table>

<table>
<thead>
<tr>
<th>Sophomore year – Fall</th>
<th>Sophomore year – Spring</th>
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</thead>
<tbody>
<tr>
<td>BIOL 214</td>
<td>BIOL 314</td>
</tr>
<tr>
<td>CHEM 109</td>
<td>MATH 246</td>
</tr>
<tr>
<td>PSYC 100</td>
<td>PHYS 212</td>
</tr>
<tr>
<td>KINS 304</td>
<td>PSYC 230</td>
</tr>
<tr>
<td>LE &amp; Major courses</td>
<td>Additional science course</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Junior year – Fall</th>
<th>Junior year – Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYC 251</td>
<td>LE &amp; Major courses</td>
</tr>
<tr>
<td>KINS 308</td>
<td>(Take GRE and apply to schools in summer)</td>
</tr>
<tr>
<td>SOC 101</td>
<td></td>
</tr>
<tr>
<td>LE &amp; Major courses</td>
<td></td>
</tr>
<tr>
<td>(Prepare for GRE)</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Senior year – Fall</th>
<th>Senior year – Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete Major/Minor/LE</td>
<td>Complete Major/Minor/LE</td>
</tr>
<tr>
<td>Additional recommended courses</td>
<td>Additional recommended courses</td>
</tr>
</tbody>
</table>

*Beginning course in mathematics depends on UWEC Mathematics Placement Exam score

UWEC Pre-PT Advisors:
Ms. Michelle Mattes (mattesm@uwec.edu)
Dr. Saori Braun (braunsi@uwec.edu)
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Life & Health Science Advisors in the Advising, Retention and Career Center (ARCC)

More Information:
- Mayo School of Health-Related Sciences (Rochester, MN) [www.mayo.edu/education/education.html](http://www.mayo.edu/education/education.html)
- University of MN [www.med.umn.edu/physther/](http://www.med.umn.edu/physther/)
- University of Wisconsin – La Crosse [www.uwlax.edu/PT/](http://www.uwlax.edu/PT/)
- University of Wisconsin – Madison [www.orthorehab.wisc.edu/pt/program/index.shtml](http://www.orthorehab.wisc.edu/pt/program/index.shtml)
- University of Wisconsin – Milwaukee [www.uwm.edu/graduateschool/physical-therapy/](http://www.uwm.edu/graduateschool/physical-therapy/)
- Carroll University [www.carrollu.edu/gradprograms/physicaltherapy/](http://www.carrollu.edu/gradprograms/physicaltherapy/)
- Concordia University [www.cuw.edu/programs/dpt/index.html](http://www.cuw.edu/programs/dpt/index.html)
- Marquette University [www.marquette.edu/physical-therapy/](http://www.marquette.edu/physical-therapy/)
- St. Kate’s [www.stkate.edu/academics/graduate-degrees/academic-programs/dpt](http://www.stkate.edu/academics/graduate-degrees/academic-programs/dpt)
- St. Scholastica [www.css.edu/graduate/masters-doctoral-and-professional-programs/areas-of-study/doctor-of-physical-therapy-(dpt).html](http://www.css.edu/graduate/masters-doctoral-and-professional-programs/areas-of-study/doctor-of-physical-therapy-(dpt).html)
- Concordia – St. Paul [www.csp.edu/academic-programs/doctor-of-physical-therapy-program/](http://www.csp.edu/academic-programs/doctor-of-physical-therapy-program/)
- For a list of all schools: American Physical Therapy Association [www.apta.org](http://www.apta.org)

Visit the Health Careers Center in Schofield Hall 30 or go to uwec.ly/hcc.

Join the Pre-PT/OT Club to learn more about healthcare, professional school applications, and physical therapy programs.