Preparation for Physical Therapy programs involves curricular and extracurricular experiences which demonstrate communication, leadership, community service, research, and familiarity with the profession. Any major is appropriate. Study something you love!

❖ EXTRACURRICULAR ACTIVITIES

**Leadership Experience**
- Examples include offices held in organizations, committee work; leadership in church activities; coordinating a project; managing, training, supervising at work or in other activities; teaching experience of any kind; peer counseling or mentoring, etc.
- For U of U PT program (UUPT), leadership is considered equally important as observing PTs.

**Community Service**
- Having interaction with people coming from different backgrounds than your own will strengthen your interpersonal skills and communication skills.
- This experience does not have to be only in the medical field. Find various opportunities at the Bennion Community Service Center (http://bennioncenter.org).

**Observing and Clinical Experience with Physical Therapists**
- This should be one of your first experiences as a prePT student. Observing Licensed Physical Therapists working in different environments, in action will help you understand the profession. Shadowing also help you get to know PTs. This is important, as many PT programs require at least one recommendation letter from a PT. Many students find shadowing opportunities through volunteer experiences at medical facilities. *(UUPT suggests students shadow a minimum of 100 hrs, but the average number of observation hours among matriculated students to their program is 250 hrs with 1-2 different PTs.)*
- Interacting well with sick people is one of the key indicators of a successful healthcare provider. Your experience can provide direct “hands-on” care to a patient. Most students obtain a job as a PT Aide at hospitals, in nursing homes and in hospice care after volunteering several months at these facilities.

**Things to Remember**
- Make sure you have contact information for supervisors and health professionals you shadow or work with, in case you need to have them write recommendation letters. Even if you discontinue an activity, try to keep an open relationship with them.
- Keep a record of all hours of service and experiences. Writing your reflections in a journal will be helpful when you write a personal statement.
- You can download the PreHealth Planner Spread Sheet from our website; you will find it under Available Downloads.
USEFUL WEBSITES
- American Physical Therapy Association (http://www.apta.org/) --- Find PT programs in the nation.
- The University of Utah Physical Therapy Program (http://www.health.utah.edu/physical-therapy/degrees/doctor-physical-therapy.php) --- Information session is offered monthly.
- Pre-Physical Therapy Club (https://www.facebook.com/UofUPrePtPage) E-mail: utahprept@gmail.com
- Rocky Mountain University Physical Therapy Program (https://rmuohp.edu/academics/physical-therapy/)
- Tutoring Center (http://tutoringcenter.utah.edu/) --- 328 SSB, 581-5153

APPLICATION PROCESS
Your application process begins in spring or summer at the end of your junior year, if you have completed the necessary requirements. PT programs admit students once a year, for summer matriculation. You’ll take the GRE (Graduate Record Exam) and submit an application 10 months in advance of the year for which you are applying.

GRE
Most PT programs require the GRE. The GRE is administered throughout the year. Taking the exam by spring will enable you to apply earlier. August is the last GRE accepted by most programs for the following fall’s entering class. The GRE is divided into three multiple choice sections which are scored on a scale of 130-170: Verbal Reasoning, Quantitative Reasoning, and Analytical Writing. The exam may be repeated, but the best strategy is to prepare thoroughly and take the GRE once. For more information about content and structure, visit http://www.ets.org/gre/revised_general/about/content/.

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<thead>
<tr>
<th>Feb</th>
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<tbody>
<tr>
<td>GRE</td>
<td>Take exam. Deadline for the last GRE score accepted depend on program. It is usually the same as the application deadline. <strong>UUPT recommends to take it by Sept. 1 even though the deadline is Oct. 1.</strong></td>
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<tr>
<td>Recom. Letters</td>
<td>Request letters &amp; get contact info. from letter writers at least 3 months before your application submission. <strong>UUPT’s deadline is Oct. 1</strong></td>
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</table>
| Application | Prep
- Write draft of Personal Statement
- Research Programs |
| PTCAS is available Online on July 1. till early May of following year. However, many programs’ deadline is from August – January. **UUPT’s deadline is October 1.** |
| Supplemental Requirements; UUPT program does not have the supplemental requirements, but will have another essay you need to answer in the PTCAS. |
| Interviews; UUPT’s interview is in mid January for 2 days. Acceptance Notifications (UUPT will notify student between 2-4 weeks after the interview.) |
| Program Starts | UUPT starts in May |

PTCAS Physical Therapy Central Application Service
Most PT programs are part of PTCAS, which is available at http://www.ptcas.org/home.aspx.
- Application requirements include transcripts, personal background information, extracurricular experiences, personal statements, and fees.
- Because many programs use a “rolling” admission process (they begin reviewing applications and admitting before deadlines), it will enhance your chances if you **submit your application early** regardless of when you take the GRE.
- Completing the application will take at least 1 week; most students take several weeks. Make sure you will have plenty of time to fill out the application, and to have somebody **review** your entire application before you submit.

To help us advise other students, we would appreciate it if you would release your information to the Health Professions Advisor. This information will always be kept confidential.

Letters of Recommendation
Students are required to submit **Letters of Recommendation** through the PTCAS. Generally, you will need one letter from each of the following people. (The number and types of letters vary depending on each PT program). PTCAS limits applicants to 4 letters, but most programs just require 3 letters (*UUPT requirements):
1. Physical Therapists you shadowed*
2. Professor (Usually Science)*
3. Any Supervisor (Usually employment)*
4. Other professor (Possibly a professor in your major. UUPT also accepts a letter from an athletic coach.)
Pre-PT CURRICULUM

Policies

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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<tbody>
<tr>
<td>CLEP Credit &amp; Correspondence Study</td>
<td>You are required to report all of the courses and credit hours that you earned through CLEP exams or Correspondence/Independent Study courses. However, those credits may not be accepted as completed prerequisite coursework. Check each program’s requirements online.</td>
</tr>
<tr>
<td>AP Credits &amp; IB courses</td>
<td>You are required to report all of the courses and credit hours that you earned through AP credits and IB courses. However, those awarded hours may NOT be accepted as completed prerequisite coursework. Check each program’s requirements online (for example, UUPT will accept AP math courses with score 4 to fulfill Calculus I, but many other programs do not.)</td>
</tr>
<tr>
<td>Online Courses</td>
<td>Depends on program. Ask programs you are considering applying to directly.</td>
</tr>
<tr>
<td>Repeats</td>
<td>PTCAS will include all of the grades, but how each PT program view repeated courses varies; for example, UUPT will take the better grades only in prerequisite courses. However, many programs, including UUPT will consider your performance in each class and the frequency of repeats. It is better to take it once and do well.</td>
</tr>
<tr>
<td>Withdrawals</td>
<td>W’s should be used only for non-academic emergencies, though W’s will not affect GPA.</td>
</tr>
<tr>
<td>Minimum Grade Requirement</td>
<td>Most programs set a minimum grade requirement for prerequisite courses of C or better.</td>
</tr>
<tr>
<td>Grade Expiration</td>
<td>Many programs require certain prerequisite courses to be completed within 5 to 7 years of entering a PT program. Check each program’s requirements for more information. UUPT requires anatomy and physiology courses must be taken within 7 years and any math courses for 10 years.</td>
</tr>
<tr>
<td>Community College Courses</td>
<td>While many programs will accept prerequisite courses taken at a 2 year community college, students are encouraged to take some courses at a 4 year institution.</td>
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</tbody>
</table>

GPA

Most PT programs require minimum overall AND prerequisite GPA of 3.0. Competitive applicants for most programs have 3.3 or higher in both the overall and prerequisite GPA. For example, UUPT’s minimum to apply GPA is 3.0 for both cumulative and prerequisite GPA; but they recommend minimum prerequisite GPA of 3.2 or higher. The average prerequisite GPA for students accepted to the UUPT program is 3.4.

Bachelor’s Degree

Most PT programs require a bachelor’s degree before students matriculate to a PT program. There is no specific major you need to pursue in order to increase your chances of admission to a PT program.

University of Utah Physical Therapy Program (UUPT)

Established in 1969, this three year program has produced many excellent physical therapists. Ranked as one of top 10% of Physical Therapy Programs in the US, UUPT receives over 370 applications annually, interviews about 120 students, and accepts 48 students every year. They do not have a preference of Utah residents at this time. The program starts in May. Students will have 4 hours of clinical hours in the first fall semester. During the summer semesters, students will have 40 hrs. of clinical experiences for 10 consecutive weeks, and two 8 weeks in the final spring semester. Out of state internship opportunities are also available. PrePT students are encouraged to attend their monthly information session as soon as they consider this profession. Registration is not required and schedule is available at http://www.health.utah.edu/physical-therapy/degrees/doctor-physical-therapy.php.
PrePT Course Guide (Requirements are shaded)

Shading indicates most commonly required by PT schools

*= can be taken @ SLCC

^= must be completed & graded before application deadline for UUPT.

<table>
<thead>
<tr>
<th>BIOLOGY &amp; ESS</th>
<th>CHEMISTRY</th>
<th>MATH</th>
<th>PHYSICS</th>
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</table>
| *1210 (4) Principles of Biology  
Prereq for most bio classes  
Biol 1610 @ SLCC | ^2325 (4)  
Human Anatomy  
(Prereq: Biol 1210)  
Lab included  
Required by UUPT | 990 (0) Pre-Algebra  
1010 (4) Intermediate Algebra | 2020 (4)  
2220 (4)  
2210 (4) for Scientists  
& Engineers 1 + Lab  
(Prereq: Math 1210) |
| ^2420 (4)  
2425 (1)  
Human Physiology + Lab  
(Prereq: Biol &Chem 1210)  
Required by UUPT  
Lab is recommended. | ^*1210 (4)  
^1215 (1)  
Gen Chem 1 + Lab  
(Prereq: Math 1050) | ^*1050 (4)  
College Algebra  
(Prereq: Math 1010)  
Can be substituted with Math 1210 (Calc I) or 1080 | ^2010 (4)  
2015 (1)  
Gen. Physics1 +Lab  
(Prereq: Math 1060) |
| ESS 3091 (3)  
ESS 4301 (3)  
Ex. Physiology + Lab  
(Prereq: Biol 2325, 2420 & Math 1050)  
Required by UUPT | 2310 (4)  
2315 (2)  
O-Chem 1  
(Prereq: Chem 1210)  
Required by some programs | 1070 (3)  
Stats  
(Prereq: Math 1010)  
Required by UUPT  
Can be substituted by FCS 3210 or PSY 3000 | ^2020 (4)  
2225 (1)  
Gen. Physics2 +Lab |

< Non-Science Requirements >

- English Composition (WRTG 2010 + CW)
- 1 – 2 Psychology courses (PSY 1010 + Upper Division course such as Abnormal or Developmental Psychology. UUPT does not accept Psychology courses offered through ESS program.)
- UUPT requires current First Aid & CPR Certification (expires after 2 yrs) before matriculation.

< Additional Non-Science Courses >

- A semester of Sociology may be required or recommended by some PT programs.

Notes
1) This guide is designed for students preparing to apply to a range of PT programs. Some courses may not be required by all programs; some programs may require additional courses not on this list. See a PPA advisor for specifics.
2) In order to take the proper math class, you must have ACT, SAT or math placement test scores, or successfully pass a prerequisite math course.

Optional preparatory courses are available for Physical Therapy, Math, Chemistry and Physics:

- **PH TH 1010 (2) Foundation of PT** (Offered online)
- **MATH 10 Math Boot Camp for Intermediate Algebra** (1 week workshop offered the week before fall and spring semesters begin.)
- **MATH 15 Math Boot Camp for Precalculus** (1 week review workshop offered the week before fall and spring semesters begin.)
- **CHEM 10 Chemistry Boot Camp for General Chemistry** (1.5 hrs/day x 5days x 2wks)
- **CHEM 1200 (3) Prep for College Chemistry** (Usually offered online. Check class schedule for more information)
- **CHEM 1208 (1) Intro to Periodic Table** (Offered online between semesters for 2 weeks.)
- **CHEM 2308 (1) Intro to O Chem** (Offered online between semesters for 2 weeks.)
- **PHYS 1500 (3) Prep for College Physics** (Offered once a year. Check class schedule for more information)