PRE-PHYSICAL THERAPY INFORMATION SUMMARY
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❖ ACADEMIC PREPARATION
Academic preparation for a Physical Therapy program requires a completion of a set of prerequisite classes, usually science, which vary from school to school. The most common classes are outlined on the final page of this Summary. Most PT programs require a Bachelor’s degree in order to matriculate. For your degree, any major is appropriate. There is no preference in this regard, so study something you love!

❖ EXTRACURRICULAR ACTIVITIES
Preparation for Physical Therapy programs involves engaging in experiences that develop and demonstrate skills in communication, leadership, community service, and familiarity with the profession. What you do outside of class is as important as what you do in class so don’t neglect these activities. Keep in mind that these activities complement your coursework, but will not compensate for low grades. Both are important!

Leadership Experience
Examples includes 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; coaching, peer counseling or mentoring, etc. For U of U PT program (UUPT), leadership is considered equally important as observing PTs.

Community Service
Since you are preparing for a humanitarian profession, it is important to demonstrate compassion, and interact with people from different backgrounds from your own. This will strengthen your interpersonal and communication skills. This does not have to be only in the medical field. Find various opportunities at the Bennion 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 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 private facilities and wellness clinics. (UUPT suggests students shadow a minimum of 100 hours, but the average number of observation hours among matriculated students to their program is 250 hours with 1-2 different PTs.) Interacting well with sick people is one of the key indicators of a successful healthcare provider. In order to gain experience providing direct “hands-on” with patients, most students obtain a job as a PT Aide in hospitals, nursing homes or 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 a recommendation letter. Try to keep an open relationship with them after you discontinue the activity.
- Keep a record of all hours of service and experiences. You can download the PreHealth Planner Spread Sheet from our website; you will find it under Available Downloads.
- Writing your reflections in a journal will be helpful when you write a personal statement.
**APPLICATION TIMELINE**

| Feb | Mar | Apr | May | Jun | July | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun |
|-----|-----|-----|-----|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| GRE | Take exam. Deadline for the last GRE score accepted depend on program. It is usually the same as the application deadline. **UUPT recommends to take it by Sept. 1 even though the deadline is Oct. 1.** | Recom. Letters | Request letters & get contact info. from letter writers at least 3 months before your application submission. **UUPT’s deadline is Oct. 1 but recommends completion by Sept 1.** |
| Application Prep | Write draft of Personal Statement | PTCAS is available Online on July 1 through early May of the following year. However, many programs’ deadlines are from August – January. **UUPT’s deadline is October 1 but recommends completion by Sept 1.** |
| Program Starts | | | | | | | | | | | | | | | | |

**GRE**

Most PT programs require the GRE (Graduate Record Exam). **The GRE is administered throughout the year.** Take the exam by spring the year you apply in order to apply earlier. August is the last GRE accepted by most programs for the following Fall 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/](http://www.ets.org/gre/revised_general/about/content/).

**APPLICATION PROCESS**

You’ll take the GRE (Graduate Record Exam) and submit an application at least 10 months in advance of the year for which you are applying. Which means your application process can begins as early as spring or summer at the end of your Junior year, as long as you have completed the necessary requirements. PT programs admit students once a year, usually for Summer semester matriculation.

**PTCAS**

Most PT programs are part of PTCAS (Physical Therapy Central Application Service) which is available at [http://www.ptcas.org/home.aspx](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 may accept 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, <strong>those credits MAY NOT be accepted as completed prerequisite coursework.</strong> 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, <strong>those awarded hours MAY NOT be accepted as completed prerequisite coursework.</strong> Check each program’s requirements online (for example, UUPT will accept AP Math tests with a score of 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>
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<tr>
<td>Repeats</td>
<td>PTCAS will include all of the grades if you repeat, but how each PT program views repeated courses varies. For example, <strong>UUPT will take the better grades only in prerequisite courses.</strong> 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>
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<tr>
<td>Withdrawals</td>
<td>W’s should be used only for emergencies, though W’s will not affect GPA.</td>
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<td>Minimum Grade Requirement</td>
<td>Most programs set a minimum grade requirement for prerequisite courses of C or better.</td>
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<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. <strong>UUPT requires anatomy and physiology courses to be taken within 7 years, and math courses within 10 years.</strong></td>
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<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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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. **UUPT requires a minimum GPA of 3.0 for both cumulative and prerequisite GPA to apply, but they recommend a 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)

UUPT receives approximately 00 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 40 hours of mandatory clinical hours in the first fall semester. During the summer semesters, students will have a 40 hours clinical internship for 10 consecutive weeks. They will have two 8 week internships 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 suggested, check the website at [http://www.health.utah.edu/physical-therapy/degrees/doctor-physical-therapy.php](http://www.health.utah.edu/physical-therapy/degrees/doctor-physical-therapy.php) for the schedule.

USEFUL WEBSITES

- The University of Utah Physical Therapy Program ([http://www.health.utah.edu/physical-therapy/degrees/doctor-physical-therapy.php](http://www.health.utah.edu/physical-therapy/degrees/doctor-physical-therapy.php)) --- Information session is offered monthly.
  - Pre- Physical Therapy Club ([http://uofupreptclub.weebly.com/](http://uofupreptclub.weebly.com/), [https://www.facebook.com/UofUPrePtPage](https://www.facebook.com/UofUPrePtPage)) E-mail: utahprept@gmail.com
- Rocky Mountain University Physical Therapy Program ([https://rmuohp.edu/academics/physical-therapy/](https://rmuohp.edu/academics/physical-therapy/))
- Tutoring Center ([http://tutoringcenter.utah.edu/](http://tutoringcenter.utah.edu/)) ---328 SSB, 581-5153
# PrePT Course Guide

This guide is designed for students preparing to apply to a range of PT programs. Requirements may vary by school. Shading indicates courses most commonly required by PT schools (Classes with * may be taken at SLCC. However, some schools may prefer prerequisites from a 4 year school)

<table>
<thead>
<tr>
<th>BIOL &amp; KINES</th>
<th>CHEMISTRY</th>
<th>MATH&lt;sup&gt;2&lt;/sup&gt;</th>
<th>PHYSICS</th>
<th>NON-SCIENCE</th>
</tr>
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<tbody>
<tr>
<td><strong>1210 (4)</strong> Principles of Biology</td>
<td>OPTIONAL preparatory courses for CHEM, MATH, PHYS, and PT: In order to take the proper math class, you must have the accepted ACT, SAT or math placement test scores, or successfully pass a prerequisite math class.</td>
<td>1060 (3) Trigonometry (Prereq: MATH 1010) Required by UUPT Can be substituted with MATH 1210 (4) or 1080 (5)</td>
<td>UUPT requires any 1 year of a Physics sequence w/ labs which include the physics sequences listed below. However, most schools require the General Physics sequence.</td>
<td>2 Semesters English Composition (WRTG 2010 &amp; CW)</td>
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<tr>
<td>BIOL 1610 @ SLCC</td>
<td>*1210 (4) Gen Chem 1 1215 (1) Lab (Prereq: MATH 1050)</td>
<td>*1050 (4) College Algebra (Prereq: Math 1010) Can be substituted with MATH 1210 (4) or 1080 (5)</td>
<td>1-2 Psychology courses (PSY 1010+Upper Division course) UUPT does not accept PSY courses offered through the KINES department.</td>
<td>1 semester of Sociology Required or Recommended by some PT programs</td>
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<tr>
<td>2325 (4) Human Anatomy (Prereq: BIOL 1210) Lab included Required by UUPT</td>
<td>*1220 (4) Gen Chem 2 1225 (1) Lab (Prereq: CHEM 1210)</td>
<td>1070 (3) Stats (Prereq: MATH 1010) Required by UUPT Can be substituted by FCS 3210 or PSY 3000 or other Stats class</td>
<td>Physics has 2 options. Consult with both your major advisor and a PPA advisor to choose the right sequence.</td>
<td>First Aid &amp; CPR Certification (Expires after 2 years) Required by UUPT before Matriculation. NOT before Admission</td>
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<td>2420 (4) Human Physiology 2425 (1) Lab (Prereq: BIOL 1210 &amp; CHEM 1210) Required by UUPT Lab is recommended.</td>
<td>2310 (4) O-Chem 1 2315 (2) Lab (Prereq: CHEM 1220) Required by some programs</td>
<td>2010 (4) Gen. Physics 1 2015 (1) Lab (Prereq: MATH 1060)</td>
<td>2210 (4) for Scientists &amp; Engineers 1 2015 (1) Lab (Prereq: MATH 1210)</td>
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<tr>
<td>KINES 3091 (3) Exercise Physiology KINES 4301 (3) Lab (Prereq: BIOL 2325, 2420 &amp; MATH 1050) Required by UUPT</td>
<td>2310 (4) O-Chem 1 2315 (2) Lab (Prereq: CHEM 1220) Required by some programs</td>
<td>2020 (4) Gen. Physics 2 2025 (1) Lab (Prereq: PHYCS 2010)</td>
<td>2220 (4) for Scientists &amp; Engineers 2 2025 (1) Lab (Prereq: MATH 1220 &amp; PHYCS 2210)</td>
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**NOTE:** UUCP requires the following courses to be completed and graded before the application deadline: Anatomy, Physiology, Chemistry 1 & 2 + Labs, and Physics 1 & 2 + Labs