



PREPHYSICAL THERAPY INFORMATION SUMMARY

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ACADEMICS + ACTIVITIES = PHYSICAL THERAPY SCHOOL PREPARATION

These classes and activities will answer “Why Physical Therapy?” and prepare you for success in your physical therapy program and your career.

Academic Preparation

Academic preparation for a Physical Therapy program requires a Bachelor’s degree and completion of a set of prerequisite classes, usually science, which vary from school to school. Common classes are listed on the last page of this summary. For your degree, any major is appropriate. There is no preference in this regard, so study something you love! Competitive applicants have high grades so pace yourself in order to succeed, and remember that all grades will count when you apply even if you repeat classes.

Leadership Experience

Leadership is important skill. PTs lead a health care team as well as guide and teach their patients. Examples of leadership 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; coaching, peer counseling or mentoring, etc.

Why Physical Therapy?

Service to the Community

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 - Research Programs		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.																
			Supplemental Requirements. Some schools require supplemental applications or materials. UUPT program has a school specific essay question in the PTCAS system in the PTCAS.																
													Interviews; UUPT interviews are 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			

❖ 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/.

❖ 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 begin 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>.

- 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

CLEP Credit & Correspondence Study	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.
AP Credits & IB courses	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 tests with a score of 4 to fulfill Calculus I, but many other programs do not.)
Online Courses	Depends on program. Ask programs you are considering applying to directly.
Repeats	PTCAS will include all of the grades if you repeat, but how each PT program views repeated courses varies. For example, UUPT will take the better grades only in <u>prerequisite courses</u> . 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.
Withdrawals	W's should be used only for emergencies, though W's will not affect GPA.
Minimum Grade Requirement	Most programs set a minimum grade requirement for prerequisite courses of C or better.
Grade Expiration	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 to be taken within 7 years, and math courses within 10 years.
Community College Courses	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.

❖ 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)

PrePT students are encouraged to attend the UUPT monthly information session as soon as they consider this profession.

Registration is suggested, check the website at <https://health.utah.edu/physical-therapy-athletic-training/degree-programs/physical-therapy/advising.php> for the schedule.

❖ USEFUL WEBSITES

- American Physical Therapy Association <http://www.apta.org/> --- Find PT programs in the nation.
 - The University of Utah Physical Therapy Program <https://health.utah.edu/physical-therapy-athletic-training/degree-programs/physical-therapy/> --- Information session is offered monthly.
- Pre- Physical Therapy Club E-mail: utahprept@gmail.com
- Rocky Mountain University Physical Therapy Program <https://rmuohp.edu/academics/physical-therapy/>

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)

BIOLOGY & KINES	CHEMISTRY	MATH	PHYSICS	NON-SCIENCE
<p>*BIOL 1610 (4) Fundamentals of Bio I</p> <p>Prerequisite for most Biology courses</p> <p>Formerly BIOL 1210</p>	<p>OPTIONAL preparatory courses for CHEM, MATH, PHYS, and PT:</p> <p>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.</p> <ul style="list-style-type: none"> • MATH 10 Math Boot Camp for Intermediate Algebra • MATH 15 Math Boot Camp for Pre-Calculus • CHEM 1200 (3) Prep for College Chemistry • CHEM 1208 (1) Intro to Periodic Table • CHEM 2308 (1) Intro to O-Chem • PH TH 1010 (2) Foundation of PT 			<p>2 Semesters English Composition (WRTG 2010 & CW)</p>
	<p>➤ UUPT requires any 1 year of a Chemistry <u>sequence w/ labs</u> which include; CHEM 1210+1220 or CHEM 2310+2320 However, most schools require the Gen Chem sequence.</p>	<p>*MATH 1050 (4) College Algebra (Prereq: Math 1010) Can be substituted with MATH 1210 (4) or 1080 (5)</p>	<p>UUPT requires any 1 year Physics sequence w/ labs which include either physics sequence below. However, some schools require the General Physics sequence.</p>	<p>1-2 Psychology courses</p> <p>UUPT does not accept PSY courses offered through the KINES department.</p>
<p>BIOL 2325 (4) Human Anatomy (Recom Prereq: BIOL 1610) Lab included Required by UUPT</p>	<p>*CHEM 1210 (4) Gen Chem 1 CHEM 1215 (1) Lab (Prereq: MATH 1050)</p>	<p>*MATH 1060 (3) Trigonometry (Prereq: MATH 1010) Required by UUPT Can be substituted with MATH 1210 (4) or 1080 (5)</p>	<p><i>Consult with both your major advisor and a PPA advisor to choose the correct lab and lecture sequence</i></p> <p style="text-align: center;">OR</p>	<p>1 semester of Sociology Required or Recommended by some PT programs</p>
<p>BIOL 2420 (4) Human Physiology BIOL 2425 (1) Lab (Prereq: BIOL 1610 & CHEM 1210) Required by UUPT Lab is recommended.</p>	<p>*CHEM 1220 (4) Gen Chem 2 CHEM 1225 (1) Lab (Prereq: CHEM 1210)</p>	<p>MATH 1070 (3) Stats (Prereq: MATH 1010) Required by UUPT (Can be substituted by FCS 3210 or PSY 3000 or other Stats class)</p>	<p>PHYS 2010 (4) Gen. Physics 1 PHYS 2015 (1) Lab (Prereq: MATH 1060)</p> <p>PHYS 2210 (4) for Scientists & Engineers 1 PHYS 2215 (1) Lab (Prereq: MATH 1210)</p>	<p>First Aid & CPR Certification (Expires after 2 years) Required by UUPT before <i>Matriculation</i>. NOT before Admission</p>
<p>KINES 3091 (3) Exercise Physiology KINES 4301 (3) Lab (Prereq: BIOL 2325, 2420 & MATH 1050) Required by UUPT</p>	<p>CHEM 2310 (4) O-Chem 1 CHEM 2315 (2) Lab (Prereq: CHEM 1220) Required by some programs</p>		<p>PHYS 2020 (4) Gen. Physics 2 PHYS 2025 (1) Lab (Prereq: PHYCS 2010)</p> <p>PHYS 2220 (4) for Scientists & Engineers 2 PHYS 2225 (1) Lab (Prereq: MATH 1220 & PHYCS 2210)</p>	

NOTE: UUPT requires the following courses to be completed and graded before the application deadline: Anatomy, Physiology, Chemistry 1 & 2 + Labs, and Physics 1 & 2 + Labs