

PRE-PHYSICAL THERAPY

Applied Human and Sport Physiology Degree Track

Physical therapy, or PT, is a branch of medicine that helps patients recover from physical injury. It focuses on correct movement of the body for the best mobility, function, and quality of life for patients of all activity levels. To become a physical therapist, you'll need to first obtain a bachelor's degree. Applied human and sport physiology is a recommended program of study. After getting your bachelor's degree, you'll be ready to enter a professional physical therapy program at graduate school to obtain your physical therapy degree. The University of Nebraska Medical Center, Creighton University, and the University of South Dakota are popular choices for PT students, but there are many others. Information about the prerequisites for other PT schools can be found at www.ptcas.org.

fast facts

Degrees offered: This program is set up so you can receive your B.S. in applied human and sport physiology. Then you'll be ready to move on to graduate work in a professional physical therapy program.

Recommended GPA (to enter physical therapy school): 3.5 or better

Department: Health, Human Performance, and Sport

School: Science, Health, and Criminal Justice

Suggested program of study: Applied Human and Sport Physiology

Popular minors: Biology, Psychology, Spanish

focus on results

Skills Learned

- Anatomical dissection
- Body composition assessment
- Functional movement assessment
- Health status and risk factor identification
- Prevention and care of injuries
- Fitness appraisal
- Injury evaluation and rehabilitation
- Exercise technique and prescription
- Biomechanical or motion analysis
- Chemistry and lab techniques
- Nutritional assessment

Possible Careers

- Physical therapist
- Physiotherapist
- PT program director
- Rehabilitation specialist
- Physical therapy educator

Types of Employers

- Hospitals
- Outpatient clinics
- Nursing homes
- Sports clinics
- Sports teams or clubs
- Home health agencies
- Rehabilitation facilities
- Non-profit organizations
- Schools, colleges, and universities
- Wellness centers

outside the classroom

Activities/Opportunities

- Conduct research projects
- Conferences and presentations
- Peer mentoring and tutoring
- Service-Learning
- Study Abroad

Clubs/Organizations

- Health Science Club
- Exercise is Medicine on Campus (EIM-OC) Club
- Pre-Physical Therapy / Pre-Occupational Therapy Club



Visit www.wsc.edu/clubs to learn more about clubs and organizations on campus.

Sample program of study

2021-22 Academic Year

Every effort is made to ensure this information is current, but please be aware that some content may have changed. There is no substitute for developing a careful course registration plan in consultation with your advisor. The class sequence listed is suggested only. The final decision rests with the student and academic advisor.

This recommended sequence of courses includes completing a B.S. degree in applied human and sport physiology and is intended for those students who also may be interested in athletic training or human performance. A biology track is also available.

The four-year plan is provided as a suggestion. Final decisions rests with the student and advisor based on availability of courses. Summer courses are not included in this plan but may be an option. This should be discussed between the student and advisor.

General physical therapy program requirements:

Students must have a 3.0 cumulative GPA to apply.

Students must earn a grade of C or better in prerequisite courses. A C- is not acceptable.

WSC requirements:

Students must have a 2.75 cumulative GPA to enroll in PED 456, 457, 458, and 495.

Students must have a 2.5 GPA to enroll in PED 400 and 472.

Students must earn a "B" or better in PED 470 and show current First Aid and CPR/AED certification to enroll in PED 472.

To graduate, students must pass 120 total credit hours of which 40 hours must be upper level (300 or above).

Freshman - 1st semester

CHE 106 General Chemistry I.....	4
ENG 102 Composition Skills (General Studies CAT 1).....	3
PED 130 Introduction to Exercise and Allied Health Professions.....	3
PHI 105 Ethics and Values (General Studies CAT 6).....	3
General Studies CAT 10.....	3

Freshman - 2nd semester

BIO 108 Medical Terminology.....	1
BIO 110 Biology Concepts (General Studies CAT 7).....	4
CHE 107 General Chemistry II.....	4
PSY 101 General Psychology (General Studies CAT 5).....	3
General Studies CAT 2.....	3

Sophomore - 1st semester

BIO 220 Human Anatomy.....	4
FCS 207 Nutrition (General Studies CAT 9).....	3
PSY 230 Lifespan Development.....	3
General Studies CAT 4.....	3
General Studies CAT 8.....	3

Sophomore - 2nd semester

BIO 340 Human Physiology.....	4
ENG 200 Expository Writing.....	3
MAT 180 Applied Probability and Statistics (General Studies CAT 3).....	3
PED 227 Weight Training.....	1
PED 275 Prevention and Care of Athletic Injuries.....	3
PED 351 Biomechanics.....	3

Junior - 1st semester

PED 305 Exercise Physiology.....	3
**PED 456 Lower Extremity Evaluation.....	3
*PHY 201 General Physics I and PHY 321 Physics Lab.....	4
Elective.....	6

Junior - 2nd semester

PED 357 Principles of Strength and Conditioning.....	3
**PED 458 Rehabilitation of Musculoskeletal Injuries.....	3
PED 470 Fitness Evaluation and Assessment.....	3
*PHY 202 General Physics II and PHY 322 Physics Lab.....	4
*PSY 450 Abnormal Psychology.....	3

Senior - 1st semester

*PED 400 Exercise for Clinical Populations.....	3
**PED 457 Upper Extremity Evaluation.....	3
PED 472 Advanced Fitness Assessment, Exercise Prescription, and Applied Research.....	3
Electives.....	6

Senior - 2nd semester

*BIO 330 Histology.....	4
PED 480 Assessment Seminar.....	0
**PED 495 Research Design in Sports Medicine.....	3
Electives.....	6

* Designates courses offered spring only or fall only

** Designates courses offered once every two years

pre-physical therapy faculty



Visit www.wsc.edu/hhps to learn more about the Department of Health, Human Performance, and Sport

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