

PRE-PHYSICAL THERAPY

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. Wayne State's Applied Human and Sport Physiology degree or Biology degree are recommended programs 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 doctor of Physical Therapy (DPT) 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

Recommended majors:

Applied Human and Sport Physiology (B.A. or B.S.)

Life Sciences/Biology (B.A. or B.S.)

Departments: Health, Human Performance, and Sport; Life Sciences

School: Science, Health, and Criminal Justice

Suggested minors: Biology, Foods and Nutrition, Injury Science, Psychology, Public and Global Health, Spanish

focus on results

Skills Learned

- Human anatomy and physiology
- Evolutionary processes
- Biological systems and structures
- Research, data collection, and analysis
- Modern lab techniques
- Critical thinking and problem-solving
- Observation
- Communication

Possible Careers

- Physical therapist
- Pediatric physical therapist
- PT program director
- Research lab tech
- Rehabilitation specialist
- Physical therapy educator

Types of Employers

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

outside the classroom

Activities/Opportunities

- Peer mentoring and tutoring
- Rural Health Opportunities Program (RHOP)
- Service-Learning
- Study Abroad

Clubs/Organizations

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



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

The following information is provided to guide you in the pre-professional program described on this sheet. Every effort is made to ensure this information is current, but please be aware that some content may have changed. To develop a plan for choosing a major and registering for courses, please consult the current academic catalog and your advisor.

Suggested majors for Pre-Physical Therapy

The following majors are recommended for students planning to attend physical therapy school. Additional electives may be recommended. Participation in the Pre-Physical Therapy program at WSC does not guarantee acceptance to a graduate program.

Applied Human and Sport Physiology (B.A. or B.S.) — In Applied Human and Sport Physiology, you'll study anatomy and physiology, biomechanics, and injury identification, treatment, and prevention.

Life Sciences/Biology (B.A. or B.S.) — Our Biology program lays the groundwork needed for students entering medical school and provides plenty of time in our biology and research labs. This is the program you'll take if you are in RHOP Physical Therapy.

Sample courses

Students may be advised to take the following courses while pursuing one of the recommended majors. Please consult with your advisor to draft a final plan of study, and be sure to check with your intended graduate program to make sure you're meeting all prerequisite course requirements.

BIO 220 Human Anatomy	4
BIO 340 Human Physiology	4
BIO 443 Advanced Human Anatomy	3
PED 130 Introduction to Exercise and Allied Health Professions.....	3
PED 275 Prevention and Care of Athletic Injuries	3
PED 305 Exercise Physiology.....	3
PED 351 Biomechanics.....	3
PED 357 Principles of Strength and Conditioning.....	3
PED 400 Exercise and Clinical Populations.....	3
PED 456 Lower Extremity Evaluation	3
PED 457 Upper Extremity Evaluation	3
PED 458 Rehabilitation of Musculoskeletal Injuries.....	3
PED 472 Advanced Fitness Evaluation and Assessment.....	3

department faculty



Visit www.wsc.edu/health-human-performance-sport-department to learn more about the Department of Health, Human Performance, and Sport.

Visit www.wsc.edu/life-sciences-department to learn more about the Department of Life Sciences.

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