Degree: Bachelor of Exercise & Sports Science | Major: Exercise & Sports Science | Concentration: Pre-Physical Therapy

CORE CURRICULUM 42 Hours

Communication
- (010) ENG 1310: College Writing I 3
- (010) ENG 1320: College Writing II 3

Mathematics
- (020) MATH 1315: College Algebra
  (Prerequisite: See Undergraduate Catalog) 3

Life and Physical Sciences
- (030) CHEM 1311: General Chemistry I
  (Prerequisite: MATH 1315 w/ 'C' or better; Co-requisite: CHEM 1141; See Support) 3
- (030) CHEM 1342: General Chemistry II
  (Prerequisite: CHEM 1341 w/ 'C' or better Co-requisite: CHEM 1142; See Support) 3

Language, Philosophy, and Culture
- (040) PHIL 1305: Philosophy & Critical Thinking (WI) OR PHIL 1320: Ethics & Society (WI) 3

Creative Arts
- (050) Select one course from:
  - ART, DAN, MU, or TH 2313: Intro to Fine Arts 3

American History
- (060) HIST 1310: History of United States to 1877 (WI) 3
- (060) HIST 1320: History of United States from 1877 (WI) 3

Government/Political Science
- (070) POSI 2310: Principles of American Government 3
- (070) POSI 2320: Functions of American Government 3

Social and Behavioral Sciences
- (080) PSY 1300: Introduction to Psychology 3

Component Area
- (090) COMM 1310: Fund of Human Communication 3
- (090) Select one course from:
  - ENG 2310: British Literature before 1785 3
  - ENG 2320: British Literature after 1785 3
  - ENG 2330: World Literature before 1600 3
  - ENG 2340: World Literature after 1600 3
  - ENG 2359: American Literature before 1865 3
  - ENG 2360: American Literature after 1865 3

INSTITUTIONAL REQUIREMENT 1 Hour

US 1100: University Seminar (1-Hr Open Elec. if Exempt) 1

PROFICIENCY: Foreign Language
If two years of the same foreign language were not completed in high school, students must complete two semesters of the same foreign language at the college level to meet proficiency requirements

- Foreign Language Proficiency

INTERNSHIP: Clinical Settings 3 Hours

A 2.25 Major GPA is required to graduate, which includes all Major, Concentration, and Internship coursework

- AT 4360: Internship in Clinical Settings 3
  (Prerequisites: AT 3326/3126, 3326/3128, 3336/3136; 2.75 Texas State GPA)

MAJOR: Exercise and Sports Science 21 Hours

A 2.25 Major GPA is required to graduate, which includes all Major, Concentration, and Internship coursework

- ESS 1128: Aquatic Therapy 1
- ESS 1179: Weight Training 1
- AT 2356: Prevention and Care of Athletic Injuries 3
- ESS 3317: Exercise Physiology / ESS 3117: Lab
  (Prerequisite: BIO 2430 w/ 'C' or better; 2.5 Overall GPA) 4
- ESS 3320: Biomechanics 3
  (Prerequisite: BIO 2430 w/ 'C' or better; 2.5 Overall GPA; PHYS 1315/1115 recommended) 3
- ESS 3329: Introduction to Motor Learning 3
- AT 3358: Clinical Pathopharmacology
  (Prerequisite: BIO 2430 or PT 3400) 3
- ESS 4317: Fitness Assessment & Exercise Prescription 3

CONCENTRATION: Pre-Physical Therapy 16 Hours

A 2.25 Major GPA is required to graduate, which includes all Major, Concentration, and Internship coursework

- Athletic Training courses require a 2.75 Texas State GPA.
  Any additional prerequisites are indicated under specific courses
    (Prerequisites: AT 2356) 4
    (Prerequisites: AT 2356; BIO 2430) 4
  - AT 3336: Prin. & Tech. of Ther. Modalities / AT 3136: Lab 4
  - AT 3346: Therapeutic Exercise and Rehab. / AT 3146: Lab
    (Prerequisites: AT 3326/3126, 3328/3128, PT 3400) 4

SUPPORT COURSES 37 Hours

- BIO 2430: Human Physiology & Anatomy 4
- BIO 1330: Functional Biology / BIO 1130: Lab 4
- CHEM 1141: General Chemistry I Lab 1
- CHEM 1142: General Chemistry II Lab 1
- HIM 2360: Medical Terminology 3
- SOCI 1310: Introduction to Sociology 3
- Select one course from:
  - HP 3302: Biostatistics OR
    (Prerequisite: MATH 1315 or 1319 w/ 'C' or better) 3
  - PSY 2301: Intro to Statistics OR
    (Prerequisite: MATH 1315 or higher w/ 'C' or better) 3
  - SOCI 3307: Statistics of Behavioral Sciences 3

- NUTR 3362: Nutrition and Health OR 3
- NUTR 3364: The Science of Nutrition and Exercise
- PHYS 1315: General Physics I / PHYS 1115: Lab
  (Prerequisite: MATH 1315 w/ 'C' or better) 4
- PHYS 1325: General Physics II / PHYS 1125: Lab
  (Prerequisite: PHYS 1315/1115 w/ 'C' or better) 4
- PSY 3300: Lifespan Development OR 3
- PSY 3315: Abnormal Psychology
  (Prerequisite for both courses: PSY 1300) 3
- PT 3400: Human Structure and Function 4

Program Notes

Additional Degree Requirements: See Undergraduate Catalog for Residency, GPA, and Graduation with Honors requirements

Writing Intensive Hours: 9 Hours of designated Writing Intensive (WI) coursework must be completed in-residence with Texas State

Important Note: See Statements of Understanding sheet for additional notes regarding course sequencing and program requirements

Required GPA: A 2.75 Texas State GPA is required for graduation in addition to Major GPA requirements

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PRE-PHYSICAL THERAPY

DESCRIPTION OF DEGREE PROGRAM
This 120 credit-hour degree program blends rigorous basic sciences, Athletic Training, and Exercise and Sports Science courses relevant to physical rehabilitation. The main focus of this pre-professional program is to combine the prerequisite coursework required for entrance to a graduate-level allied health program with quality support courses from the Athletic Training and Exercise and Sports Science programs. This degree program will also prepare students for several other graduate programs such as: entry-level athletic training, occupational therapy, chiropractor, physician assistant, and exercise physiology.

For more information pertaining to physical therapy graduate programs and the profession, please visit the American Physical Therapy Association website: (www.apta.org/) and consider joining the Pre-Physical Therapy Student Organization (PPTO: http://www.health.txstate.edu/pt/resources/student-organizations/ppto-webpage.html).

EMPLOYMENT OPPORTUNITIES
Some of the most desirable allied health professions are Physical Therapy (doctor, assistant) and Occupational Therapy. Graduate training and licensure in one of these fields provides excellent prospects for employment in a variety of settings and locations in the United States. Admission to these graduate programs, however, is highly competitive so student academic performance and clinical experiences must be outstanding. Please note, Physical Therapy programs outside of Texas State may require additional prerequisite courses not included in this program.

AT 4360: INTERNSHIP IN CLINICAL SETTINGS
The internship allows Pre-Physical Therapy students to be introduced to the clinical aspects of an allied health profession by being assigned to two different clinical sites. This internship course is for mature, well-motivated students who are considering continuing their education by entering graduate school and requires active participation.

- Students must attend a mandatory orientation meeting the semester prior to the internship. Departmental and/or Instructor approval is required
- The internship is offered every semester and should be taken during the final semester of the program
- Students must complete the Internship Application before advanced registration for the respective semester
- The internship must be held at two approved sites for at least 200 hours
- The internship may be taken alongside additional coursework

ADDITIONAL DEGREE REQUIREMENTS

- If two years of the same foreign language were not completed in high school, students must complete two semesters of the same foreign language at the college level to satisfy foreign language proficiency requirements
- 9 hours of designated Writing Intensive (WI) coursework must be completed in residence at Texas State
- A maximum of 66 approved hours from an accredited two-year college may be applied toward degree requirements, not including hours transferred to satisfy foreign language proficiency requirements
- Graduation with honors requires 54 hours of coursework be completed in residence with Texas State
- Students must meet residency requirements to qualify for graduation. Specifically, at least 24 semester-hours of the last 30 completed that are required for the degree must be taken at Texas State. Correspondence, extension, and off-campus coursework completed through Texas State may be applied toward residency requirements. Credit-by-examination may not be applied toward residency

IMPORTANT NOTES

- To be a licensed Physical Therapist, additional education is required beyond this undergraduate program
- Completion of this program will not guarantee admittance into a graduate-level Physical Therapy program
- A Texas State GPA of 2.75 is required prior to registration for and enrollment in certain coursework
- ESS 1128: Aquatic Ther. and ESS 1179 Weight Trnn. are degree requirements and cannot be substituted with PFW ACT courses
- PT 3400: Human Structure and Function should be taken after successful completion of BIO 2430, AT 3326, and AT 3328
- AT 3326: Eval. of Upper Extrem. Inj. and AT 3328: Eval. of Lower Extrem. Inj. should not be taken in the same semester, and should both be completed before enrolling in PT 3400
- Regardless of catalog year, students are held to prerequisites and academic policies that are subject to change
- Many Doctor of Physical Therapy (DPT) programs require a 3.0 GPA for admission purposes, but a significantly higher GPA may be required to be considered competitive. Each institution will have specialized requirements and expectations that may differ from those required by Texas State. See the College of Health Professions website for more information.
- www.health.txstate.edu/pt >> Admissions >> Application Requirements
- Many AT and ESS courses have limited enrollments or are offered on a rotational basis (Fall only or Spring only, etc.)

Students are responsible for knowing and fulfilling all University, College, Major, and Certification requirements and should refer to the Texas State Undergraduate Catalog for additional information. Students are also encouraged to consult with Academic Advisors to ensure thorough understanding of all degree and graduation requirements.

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