# 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
- (010) ENG 1320: College Writing II

**Mathematics**
- (020) MATH 1315: College Algebra

**Life and Physical Sciences**
- (030) CHEM 1331: General Chemistry I
- (030) CHEM 1342: General Chemistry II

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

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

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

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

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

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

## INSTITUTIONAL REQUIREMENT 1 Hour
- (010) US 1100: University Seminar (1-Hr Open Elec if Exempt)

## FOREIGN LANGUAGE PROFICIENCY
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

## 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
- ESS 1179: Weight Training
- AT 2356: Prevention and Care of Athletic Injuries
- ESS 3317: Exercise Physiology / ESS 3117: Lab
- ESS 3320: Biomechanics
- ESS 3329: Introduction to Motor Learning
- AT 3358: Clinical Pathopharmacology
- ESS 4317: Fitness Assessment & Exercise Prescription

## CONCENTRATION: Pre-Physical Therapy 19 Hours
A 2.25 Major GPA is required to graduate, which includes all Major, Concentration, and Internship coursework

**These Athletic Training courses require a 2.75 Texas State GPA**
- AT 3336: Prin. & Tech. of Ther. Modalities / AT 3136: Lab
- AT 3346: Therapeutic Exercise and Rehab. / AT 3146: Lab
- AT 4360: Internship in Clinical Settings

## SUPPORT COURSES 37 Hours
- BIO 2430: Human Physiology & Anatomy
- BIO 1330: Functional Biology / BIO 1130: Lab
- CHEM 1141: General Chemistry I Lab
- CHEM 1142: General Chemistry II Lab
- HIM 2360: Medical Terminology
- SOCI 1310: Introduction to Sociology

**Select any one course from:**
- HP 3302: Biostatistics OR
- PSY 2301: Intro to Statistics OR
- SOCI 3307: Statistics of Behavioral Sciences
- NUTR 3362: Nutrition and Health OR
- NUTR 3364: The Science of Nutrition and Exercise
- PHYS 1315: General Physics I / PHYS 1115: Lab
- PHYS 1325: General Physics II / PHYS 1125: Lab
- PSY 3300: Lifespan Development OR
- PSY 3315: Abnormal Psychology
- PT 3400: Human Structure and Function

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**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
PRE-PHYSICAL THERAPY

PREREQUISITES
Regardless of catalog year, students will be held to current academic policies and course prerequisites which are subject to change. Updated course prerequisites are listed in the Undergraduate Catalog online at: http://mycatalog.txstate.edu/.

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 designed 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 for enrollment
• The internship is offered every semester (Fall, Spring, and Summer) 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

ADVISING TOWARD THE PROFESSION

• Doctorate-level Programs: Many Physical Therapy programs are now offered as a Doctorate of Physical Therapy (DPT), and not as a Masters-level degree. For this reason, students should anticipate higher expectations and a competitive atmosphere in gaining admission to the Physical Therapy program of their choice
• GPA(s): DPT programs are typically interested in numerous GPAs as calculated by each institution’s respective policies. These GPAs may include (as example by Texas State’s 2017 DPT program admission projections):
  o Overall GPA (Recommended 3.0+)
  o Last 60-Hours GPA (Recommend 3.68+)
  o Science GPA (Recommend 3.54+, includes ALL science coursework)
  o Prerequisite-specific GPA (Recommend 3.66+)
• Repeats: Students should take care in determining which courses, if any, should be repeated as governed by each institution’s repeat policy
• Progress: Given the rigorous requirements of this program, students need to be conscious of their workload as weighed against their ability to succeed. For many, timely degree progress may present a challenging academic load, and students must be mindful to approach difficult coursework at a rate that best guarantees success if hoping to advance into the Physical Therapy profession.
• Other Requirements: Many DPT programs require a combination of letters of recommendation from professors and/or professionals in the field, and observation/shadowing experience hours working in physical therapy or other similar clinical environments
• Apply: Applications for many DPT programs often begin the Fall term prior to admission. Other materials, such as letters of recommendation, or GRE/test exam results, may be required at that time for consideration. Students should research the requirements for their desired DPT institution ahead of time to be aware of necessary deadlines or program-specific requirements not included in this Pre-Physical Therapy program

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
• Additional GPA requirements (Overall, Texas State, etc.) may exist for registration and enrollment that varies by course
• 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
• 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:
  o www.health.txstate.edu/pt >> Admissions >> Application Requirements
  o www.health.txstate.edu/pt >> Student Resources >> Student Organization

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.