Pre-Physical Therapy (PT) Exploration & Preparation Guide

Exploration
- Enroll in GEN ST 297 Pre-Health 101 Seminar in the Fall
- Visit UW’s Pre-Health portal: prehealth.uw.edu
- Review UW Health Sciences “A Pathway for Every Passion” brochure and explorehealthcareers.org
- Schedule an appointment with your general advisor (UAA/Departmental/OMA&D) to discuss course planning
- Attend Pre-Health Course and Major Planning Workshop/Participate in workshops and Small Group Coaching Sessions
- Schedule an appointment with a Pre-Health Career Coach

Preparation

Clinical Experience
In addition to courses, students should actively gain clinical exposure. Students are encouraged to get both professional-facing (shadowing) and patient-facing time. Both are instrumental in demonstrating that students are a good fit for the profession with capabilities to be a good physical therapist as well as being able to work and empathize with patients. Most importantly, we encourage students to start documenting their clinical experiences so they can reflect on them later in the application process. Some schools require that a licensed PT verify your clinical experience hours.

Leadership
Leadership can be demonstrated in many ways. Students are encouraged to reflect on what leadership looks like in medicine and how their involvement in clubs, volunteering, employment, research, sports, and Greek Life may help them demonstrate that they have the leadership skills they will need.

Research
While research experience is not a requirement for physical therapy school, many students use research experience to explore the intersection of science and medicine. Staff in the Undergraduate Research Program (171 Mary Gates Hall) provide workshops and seminars on get started, identify, and explore different research opportunities at the UW.

Establishing Relationships
Letter of Recommendations are a vital part of a student’s medical school application. Professional schools vary in terms of how many letters they require and from whom. Establishing relationships with faculty, professors, TAs, mentors, principal investigators, and supervisors early on can help with creating strong letter of recommendations.

Required & Recommended Coursework
Every physical therapy school has different expectations in terms of coursework that is required or recommended. We encourage students to start researching physical therapy school requirements to better inform themselves of what specific classes they need to take. Students may need to exceed the requirements of some schools to meet the requirements of other schools. The following courses listed below are courses that are required by most physical therapy schools (as listed by the American Physical Therapy Association (APTA)).

<table>
<thead>
<tr>
<th>CHEM 120 (Principles of Chemistry I)</th>
<th>Additional required/recommended classes may include:</th>
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<tbody>
<tr>
<td>CHEM 220 (Principles of Chemistry II)</td>
<td>• Anatomy &amp; Physiology</td>
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<tr>
<td>CHEM 221 (Principles of Chemistry III)</td>
<td>• Psychology</td>
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<tr>
<td>BIO 180 (Introductory Biology)</td>
<td>• Behavioral Science</td>
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<td>BIO 200 (Introductory Biology)</td>
<td>• Statistics</td>
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<td>BIO 220 (Introductory Biology)</td>
<td>• English Composition</td>
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<tr>
<td>PHYS 114 + 117 (General Physics + lab)</td>
<td>• Medical Terminology</td>
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<tr>
<td>PHYS 115 + 118 (General Physics + lab)</td>
<td>• Math</td>
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<tr>
<td>PHYS 116 + 119 (General Physics + lab)</td>
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The template below includes five years of coursework and preparation, and may require two “gap years”.
Many students take multiple years after graduation to travel/work/mature before they are ready to apply.
Most pre-requisite courses are available at community colleges, and can be taken during summers or post-graduation.
Research your target schools to learn more about what courses they require or recommend (e.g. Calculus, English).
Use summers to spread course requirements over the entire year, or get more research/clinical/leadership experience.

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<tr>
<th>How to use this Pre-PT Planning Worksheet:</th>
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<td>PT School Pre-requisites:</td>
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<td>Co-Curricular Activities:</td>
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- **Fall**
  - **Coursework for Major**: CHEM 120
  - **PT School Pre-requisites**: CHEM 220
  - **Co-Curricular Activities**: GEN ST 297, Pre-Health 101

- **Winter**
  - **Coursework for Major**: CHEM 221
  - **PT School Pre-requisites**: CHEM 221
  - **Co-Curricular Activities**: RSO exploration, Establish relationships with faculty

- **Spring**
  - **Coursework for Major**: CHEM 221
  - **PT School Pre-requisites**: CHEM 221
  - **Co-Curricular Activities**: Leadership development

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- **Fall**
  - **Coursework for Major**: BIOL 180
  - **PT School Pre-requisites**: BIOL 200
  - **Co-Curricular Activities**: Identify future letter writers

- **Winter**
  - **Coursework for Major**: BIOL 200
  - **PT School Pre-requisites**: BIOL 220
  - **Co-Curricular Activities**: RSO exploration

- **Spring**
  - **Coursework for Major**: BIOL 220
  - **PT School Pre-requisites**: BIOL 220
  - **Co-Curricular Activities**: Leadership development

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- **Fall**
  - **Coursework for Major**: PHYS 114/117
  - **PT School Pre-requisites**: PHYS 115/118
  - **Co-Curricular Activities**: Clinical exposure, Clinical exposure

- **Winter**
  - **Coursework for Major**: PHYS 115/118
  - **PT School Pre-requisites**: PHYS 116/119
  - **Co-Curricular Activities**: Leadership development

- **Spring**
  - **Coursework for Major**: PHYS 116/119
  - **PT School Pre-requisites**: PHYS 116/119
  - **Co-Curricular Activities**: Research PT Schools

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- **Fall**
  - **Coursework for Major**: Anatomy/Physiology I
  - **PT School Pre-requisites**: Anatomy/Physiology II
  - **Co-Curricular Activities**: Request letter of recommendations

- **Winter**
  - **Coursework for Major**: Anatomy/Physiology II
  - **PT School Pre-requisites**: Anatomy/Physiology II
  - **Co-Curricular Activities**: GEN ST 297 Health App Seminar/Study for GRE

- **Spring**
  - **Coursework for Major**: Anatomy/Physiology II
  - **PT School Pre-requisites**: Anatomy/Physiology II
  - **Co-Curricular Activities**: Take GRE, Apply for PT School

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  - **Coursework for Major**: Anatomy/Physiology II
  - **PT School Pre-requisites**: Anatomy/Physiology II
  - **Co-Curricular Activities**: Request letter of recommendations

- **Winter**
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- **Summer**
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