



Physical Therapy (PT) Preparation at the University of Oregon

Did you know?

- Physical therapists (PTs) are movement experts who prescribe exercise, provide hands-on care, and patient education. PT's examine each patient and develop an individualized plan to increase mobility, reduce pain, restore function, and prevent disability.
- Physical therapists can treat patients in a variety of settings, including hospitals, private practices, outpatient clinics, schools, sports and fitness facilities, and nursing homes.
- **Certified DPT programs in the state of Oregon:** [George Fox University](#), [Oregon State University-Cascades](#), [Pacific University](#), [Western University of Health Sciences](#), [Oregon Institute of Technology/Oregon Health and Science University](#).

Physical Therapy Application Preparation

- Completing the prerequisite courses is just one aspect of the process. You must also have a well-rounded application consisting of experience (shadowing, volunteer work, undergraduate research, life experience, etc.), letters of recommendation, GRE (not all programs require this), and a strong admissions essay.
- Once your application is submitted, you may be required to complete a secondary/supplemental application and attend an on-campus interview (program specific).
- PT schools require applicants to have 20-400 observation hours in a physical therapy setting. Researching individual program requirements is an important step!
- Applying to PT school is a year-long process. Students applying in their final year at UO will have a gap year before starting PT school. Students can work, take courses, travel, etc. during the year.
- Be sure to research individual programs about any COVID-19 related changes (Pre-recs and GRE exceptions, Pass/Fail policy, etc).

Online Resources

UO Pre-Health Advising Website
American Physical Therapy Association
Physical Therapy Common Application Service
Exploring Health Careers

healthprofessions.uoregon.edu
apta.org
www.ptcas.org
explorehealthcareers.org

Campus Resources

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| <input type="checkbox"/> Student Organizations | <input type="checkbox"/> TAEC study support |
| <input type="checkbox"/> Undergrad Research & Distinguished Scholars | <input type="checkbox"/> Holden Center |
| <input type="checkbox"/> Tykeson College and Career Advising | <input type="checkbox"/> UO Pre-Health workshops |
| <input type="checkbox"/> Duck Nest | <input type="checkbox"/> University Career Center |
| <input type="checkbox"/> Global Education Oregon | |

Advising

Schedule an appointment with a Pre-Health Advisor by following one of the options listed here:

<https://healthprofessions.uoregon.edu/contact/>

Sample 4-Year Plan

The chart below illustrates one-way Physical Therapy program's prerequisitesⁱ can fit into a 4-year plan. Keep in mind a graduation plan is as unique as the student following it. Math placement, major, transfer credits, application timeline, and other factors will help shape your graduation plan and timeline. Pre-Health Advisors are here to help you create a graduation plan that works best for *you!*

First Year				
	Fall	Winter	Spring	Summer
Classes	CH 221 & 227 MATH 112Z	CH 222 & 228 STAT 243Z	CH 223 & 229	
Second Year				
Classes	BI 211 HPHY 211 ⁱⁱ	BI 212 HPHY 212 ⁱⁱ	BI 213 or BI 214 PSY 202 (<2) ⁱ	
Third Year				
Classes	HPHY 321 HPHY 322 PSY 308 ⁱ	HPHY 323 HPHY 324 Additional Psychology ⁱ	HPHY 325 Upper-division ENG lit (>1) ⁱ	
Fourth Year				
Classes	PHYS 201 & 204	PHYS 202 & 205	PHYS 203 & 206	

ⁱ **Prerequisites vary by school.** While some schools may require this course, others may not.

ⁱⁱ These courses are prerequisites for UO's anatomy & physiology sequence. They are not typically prerequisites for PT school.

Note: This advising handout lists all the *common prerequisites* for programs. Please research programs to identify additional courses you may need to include and work with your pre-health advisors for any alternate course options.

Questions? Email pre-health advisors at health@uoregon.edu.