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  [healthprofessions.uoregon.edu](http://healthprofessions.uoregon.edu)
American Physical Therapy Association  [apta.org](http://apta.org)
Physical Therapy Common Application Service  [www.ptcas.org](http://www.ptcas.org)
Exploring Health Careers  [explorehealthcareers.org](http://explorehealthcareers.org)

Campus Resources

- Student Organizations
- Undergrad Research & Distinguished Scholars
- Tykeson College and Career Advising
- Duck Nest
- Global Education Oregon
- TAEC study support
- Holden Center
- UO Pre-Health workshops
- University Career Center

Advising

Schedule an appointment with a Pre-Health Advisor by following one of the options listed here: [https://healthprofessions.uoregon.edu/contact/](https://healthprofessions.uoregon.edu/contact/)
Sample 4-Year Plan

The chart below illustrates one-way Physical Therapy program’s prerequisites 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!

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<th>Classes</th>
<th>First Year</th>
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<td>Fall</td>
<td>Winter</td>
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<tr>
<td>CH 221 &amp; 227 MATH 112Z</td>
<td>CH 222 &amp; 228 STAT 243Z</td>
<td>CH 223 &amp; 229</td>
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<th>Second Year</th>
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<td>BI 211 HPHY 211 ii</td>
<td>BI 212 HPHY 212 ii</td>
<td>BI 213 or BI 214 PSY 202 (&lt;2) i</td>
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<tr>
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<td>HPHY 323 HPHY 324 Additional Psychology i</td>
<td>HPHY 325 Upper-division ENG lit (&gt;1) i</td>
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<td>PHYS 202 &amp; 205</td>
<td>PHYS 203 &amp; 206</td>
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Prerequisites vary by school. While some schools may require this course, others may not.

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.

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