

EXERCISE, SPORT, & HEALTH SCIENCES

Pre-Physical Therapy



University of Idaho

College of Education,
Health and Human Sciences

The Exercise, Sport, & Health Sciences degree with an emphasis in Pre-Physical Therapy offers students the opportunity to be actively involved in helping people develop healthy active lifestyles. It also prepares students for post-baccalaureate study in numerous health professions including: physical therapy, occupational therapy, athletic training, public health, nursing, and preventive and rehabilitative exercise. Exercise, Sport, & Health Sciences majors must have a cumulative GPA of 2.30 or greater to graduate.

Curricular requirements – 120 semester credits total for graduation

MOVEMENT SCIENCES CORE (3CRS)

MVSC 201 Physical Activity, Wellness & Behavior Change 3
Prereq or coreq: PEP 100

MOVEMENT SCIENCES THEORY & LAB (33CRS)

BIOL 227 Human Anatomy and Physiology I (F) 4
Prereq: BIOL 102 or 115 Suggested sophomore standing

BIOL 228 Human Anatomy and Physiology II (S) Prereq: BIOL 227 4

FCS 205 Concepts in Human Nutrition 3

H&S 245 Introduction to Athletic Injuries (S) 3

H&S 451 Psychosocial Determinants of Health (S) 3
Prereq: MVSC 201

PEP 100 Introduction to Exercise Science & Health (F) 1

PEP 300 Applied Human Anatomy & Biomechanics 3
Prereq: BIOL 227 or permission

PEP 360 Motor Behavior (S) Prereq: BIOL 227 3

PEP 418/PEP 418L Physiology of Exercise & Lab 3
Prereq: MVSC 201, BIOL 227 & BIOL 227L; or permission.

PEP 455 Design & Analysis of Research in Movement Sciences Prereq: Junior or Senior standing 3

PEP 493 Fitness Assessment & Prescription 3
Prereq: Senior standing & PEP 418; or permission

PRE-PHYSICAL THERAPY EMPHASIS (38CRS)

CHEM 111/CHEM 111L Principles of Chemistry I & Lab 4
Prereq: see catalog

CHEM 112/CHEM 112L Principles of Chemistry II & Lab 5
Prereq: CHEM 111 or permission

H&S 450 Critical Health Issues (F) 3
Prereq: BIOL 227 & 228, or MVSC 201

MVSC 445 Internship Preparation & Professional Development Prereq: MVSC 201 1

PEP 495 Practicum (2 classes) Prereq: permission 2

PEP 498 Internship in Exercise Science & Health (all major coursework must be completed prior to internship) 9

PHYS 111/PHYS 111L General Physics I & Lab 4
Prereq: MATH 143

PHYS 112/PHYS 112L General Physics II & Lab 4
Prereq: PHYS 111

PSYC 305 Dev Psych OR **PSYC 311** Abnormal Psych 3
Prereq: PSYC 101

STAT 251 Principles of Statistics Prereq: see advisor 3

ELECTIVES TO ACHIEVE 120 TOTAL CREDITS (7CRS)

Pre-PT Elective BIO 102 or 115 w/Lab (Recommended) 4

Pre-PT Elective FCS 105 Individual & Family Development (Recommended) 3

ACTIVITY CLASSES (4CRS)

PEP, IFIT, DAN Activity/Skill Classes 3
It is preferred that you select 3 different classes (see advisor for selection)

PEP 132, 133 OR 134 Skill Analysis 1

UI GENERAL EDUCATION REQUIREMENTS

UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.

COMMUNICATIONS (5CRS)

ENGL 102 College Writing & Rhetoric 3
The UI catalog requires students take ENGL 109, 101 OR 102 (depending on placement scores) every semester until ENGL 102 is satisfied.

COMM 101 Speech (also a major requirement) 2

NATURAL & APPLIED SCIENCES (7-8CRS)

Gen Ed Lab Science 4

Gen Ed Lab Science 4

MATH, STATISTICS & COMPUTER SCIENCE (3-4CRS)

Gen Ed Math OR Stats (see advisor) 3-4
(Suggested completion of Math within first year)

ADDITIONAL UI GEN ED REQUIREMENTS (—CRS)*

Humanities (from 2 different disciplines) 6

Social Sciences (from 2 different disciplines) (PSYC 101 suggested) 6

American Diversity** 1 class

International** 1 class

PEP 498 Senior Experience 9

** Additional coursework may be required. See advisor for more information.*

***American Diversity & International Courses: One course each is required from approved list. There are some Humanities or Social Science courses that count for the International or American Diversity requirements. See advisor for more information.*

(F) = Class offered only in the Fall term
(S) = Class offered only in the Spring term
Prereq = Prerequisite is a class that is required prior to taking another class

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Sample Four-Year Plan 2020-2021

FRESHMAN FALL (16CRS)			FRESHMAN SPRING (17CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	FCS 205	Concepts in Human Nutrition	3
PEP OR IFIT	Activity Class	1	PEP —	Skill Analysis (PEP 132, 133 OR 134)	1
ENGL 102	College Writing and Rhetoric	3	STAT 251	Statistics	3
BIOL 102 & 102L	Biology and Society	4	COMM 101	Fundamentals of Public Speaking	2
CHEM 111 & CHEM 111L	Principles of Chemistry w/lab <i>Prereq: MATH 143 OR CHEM 101</i>	4	CHEM 112 & CHEM 112L	Principles of Chemistry w/lab <i>Prereq: CHEM 111 OR permission</i>	5
MATH	General Education Math	3	Soc Sci	General Education Social Science <i>(PSYC 101 suggested)</i>	3
SOPHOMORE FALL (14CRS)			SOPHOMORE SPRING (14CRS)		
BIOL 227	(Human Anatomy and Physiology I (F) <i>Prereq: BIOL 102 or 115 Suggested sophomore standing</i>	4	BIOL 228	Human Anatomy and Physiology II (S) <i>Prereq: BIOL 227</i>	4
MVSC 201	Physical Activity & Behavior Change <i>Prereq or coreq: PEP 100</i>	3	H&S 245	Introduction to Athletic Injuries (S)	3
PEP OR IFIT	Activity Class	1	PEP OR IFIT	Activity Class	1
Humanities	General Education Humanities	3	International	General Education International	3
Soc Sci	General Education Social Science <i>(SOC 101 suggested)</i>	3	Humanities	General Education Humanities	3
JUNIOR FALL (14CRS)			JUNIOR SPRING (16CRS)		
PEP 300	Applied Human Anatomy & Biomechanics <i>Prereq: BIOL 227 or permission</i>	3	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
PEP 418 & PEP 418L	Physiology of Exercise & Lab <i>Prereq: MVSC 201, BIOL 227 & BIOL 227L; or permission.</i>	3	PEP 455	Design & Analysis of Research in Movement Sciences <i>Prereq: junior or senior standing</i>	3
PEP 495	Practicum <i>Prereq: Permission</i>	1	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 227</i>	3
PHYS 111 & PHYS 111L	General Physics I & Lab <i>Prereq: MATH 143</i>	4	PHYS 112 & PHYS 112L	General Physics II & Lab (S) <i>Prereq: PHY 111 & 111L</i>	4
Am. Diversity	General Education American Diversity	3	Elective	Elective to reach 120 credits	3
SENIOR FALL (16CRS)			SENIOR SPRING (15CRS)		
H&S 450	Critical Health Issues (F) <i>Prereq: MVSC 201 OR BIOL 227 & 228</i>	3	PEP 498	Internship in Exercise Science & Health <i>(Prereq: All major courses)</i>	9
MVSC 445	Internship Preparation & Professional Development <i>Prereq: MVSC 201</i>	1	Electives	Electives to reach 120 credits	6
PEP 493	Fitness Assessment & Prescription <i>Prereq: senior standing, PEP 418 OR permission</i>	3			
PEP 495	Practicum <i>Prereq: Permission</i>	1			
PSYC 305 OR PSYC 311	Developmental or Abnormal Psychology <i>Prereq: PSYC 101</i>	3			
Electives	Electives to reach 120 credits	5			

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