PREPHYSICAL THERAPY INFORMATION SUMMARY

PreProfessional Advising Information

Email: ppa@advising.utah.edu (For Quick Questions)

Office Location: Building 44 (Second Floor)

Website: ppa.utah.edu

Make an appt!

PT School Basics

PT School
- Year 1 & 2: Didactic Years (Class Instruction)
- Year 3: Clinical Rotations
- Year 4: Clinicals and Residency Applications

Degree Conferred:
DPT (Doctor of Physical Therapy)

Get involved in activities (in- and outside the classroom) to help you answer the question "why PT?" and prepare you for success in your PT program and career:

Academic Preparation

Ensure you're academically prepared for the rigor of PT school
- Complete a bachelor's degree and prerequisites (last page)
- Competitive applicants have high GPAs, so build and strengthen your time management skills
- Any major is appropriate; make sure to pick the right fit for you, and study what you love!

Service to the Community

Demonstrate a commitment to humanity by selflessly serving others

Service will strengthen your interpersonal communication, teamwork, and time management skills. This does not have to be strictly in the health field. Have fun and get involved!

Visit the Bennion Center! (bennioncenter.utah.edu)

Demonstrate your knowledge, skills, and preparation

Leadership and Teamwork

PTs are both leaders and team members with patients, colleagues, etc. PTs are often literally holding up their patients, so having strong leadership skills helps to establish trust

Examples of leadership include coaching, teaching, tutoring, mentoring, TA/LA, supervising, being an club officer, student advisory board, and many more.)

Shadowing and Clinical Experience with Physical Therapists

This should be one of your first experiences as a prePT student. Observing licensed physical therapists working in different environments will help you understand the profession. Interacting well with sick people is one of the key indicators of a successful healthcare provider.

Many students find shadowing opportunities through volunteer experiences at medical/private facilities and wellness clinics. **UUPT suggests students shadow a minimum of 100 hours. 250 hours of observation/clinical experience with 1-2 different PTs is average for accepted applicants to their program.**

In order to gain hands-on experiences with patients, most students get a job as a PT aide. Although not necessary or required, a job as a PT aide provides excellent opportunities for observation and hands-on experience.

APPLICATION PROCESS AND INFORMATION

Start Saving NOW!

Applying to PT school can be expensive. The application fee for PTCAS is over $160, which includes applying to one school; each additional school is $60. These fees will increase each year. Some programs may have additional supplemental fees. PTCAS offers a limited number of fee waivers for qualified applicants on a first-come, first served basis.

APPLICATION DETAILS

Most PT programs admit students once a year, most commonly for summer or fall matriculation, although start dates range from May-January of the following year. Plan on taking the GRE and submitting your application at least 12 months in advance of the year for which you are applying.

Do your research!

It is your responsibility to ensure you are meeting all requirements for the schools you are interested in. When selecting PT programs, we recommend that you look at schools that align with your interests: location, size, student/faculty ratio, representation, etc. You can search for PT schools on the Physical Therapy Centralized Application Service (PTCAS) Programs Directory website, ptcasdirectory.apta.org.

PTCAS (Physical Therapy Centralized Application Service)

Most US PT programs utilize PTCAS, which is availble at apta.org/cas/ptcas.

- Application requirements include transcripts, extracurricular experiences, personal statement, and fees
- Many schools use a rolling admissions process (meaning they begin reviewing applications and admitting before the deadlines). It will benefit you greatly to *submit your application early,* regardless of when you take the GRE.
- The application will take most students several weeks to complete. Ensure you have plenty of time to fill out the application.

GRE

Some programs require the Graduate Record Exam (GRE). The GRE is offered throughout the year, and taking the exam by the spring of the year before you wish to enter PA school will enable you to apply earlier. The exam may be repeated, but it's always best to prepare thoroughly and take the GRE once. It has three sections: Verbal Reasoning, Quantitative Reasoning, and Analytical Writing. Additional information, including registration, can be found at ets.org/gre.

COST and PREP: The exam costs over $200. There are a variety of ways to prep for taking the GRE. You can purchase a test prep book, utilize free resources online, or purchase a study course (for example, through the University of Utah Continuing Education).

Additional Exams

Acuity Insights is a platform that contains three non-cognitive assessments adopted by many professional schools. Most PT schools that use Acuity Insights only require the Casper exam and sometimes Snapshot. Casper is a situational judgement test that assesses 10 characteristics, including empathy, equity, professionalism, and more. Snapshot is a short, one-way virtual interview that highlights communication skills and motivation for your chosen profession. These exams may be taken prior to interviewing or on an applicant's interview day. Additional information on Casper can be found on Acuity Insights.

APPLICATION TIMELINE

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY
Register & Study					**Take the GRE**											
Request and Gather LORs																
Prep: Personal Statement & Program Research																
						Submit PTCAS	UUPT's deadline is Oct 1 but recommends completion by Sep 1									
						Supplemental Requirements										
										Interviews						
	Ideal										**Acceptances**					
	Possible															

POLICIES and CONSIDERATIONS

AP/IB CREDIT	Depends on program. Check each school's requirements. *UUPT does not accept AP/IB for prereqs.*
REPEATS	All grades will be counted in your PTCAS calculated GPA. How repeated courses are viewed will vary by the specific PT program. For example, UUPT will take the better grade **only in prerequisite courses.** However, many programs will consider your performance in each class and the frequency of repeats.
WITHDRAWALS	Although W's will not affect your GPA, W's should be used sparingly. Work with your advisor.
GPA	Most PT programs require minimum overall and prerequisite GPA of 3.0. Competitive applicants for most programs have 3.3 or higher in both overall and prereq GPA. UUPT requires a minimum of 3.0 for **both** overall and prerequisite GPAs. However, competitive applicants usually have a 3.5 or higher.
MINIMUM GRADE	Most programs set a minimum grade requirement for prereqs of a C or better.
GRADE EXPIRATION	Many programs require certain prereqs to be completed within 5 to 7 years of entering a PT program. Check each program's requirements for more information. *UUPT requires anatomy, physiology, chemistry (with labs), physics (with labs), and exercise physiology to be taken within 7 years from the date of application; math and psychology within 10 years.*

Letters of Recommendation

Students are required to submit **Letters of Recommendation** through PTCAS. PTCAS limits applicants to 4 letters, but most programs require just 3. (* UUPT requirement) The number and types of LORs vary depending on each PT program, but generally, you will need one letter from each of the following people:

- **PT you shadowed***
- **Professor** (usually science)*
- **Any supervisor** (usually employment)*
- **Other professor** (possibly a professor in your major. UUPT may accept a letter from an athletic coach.)

Helpful Resources

- **American Physical Therapy Association (APTA):** apta.org
  PrePT Resources, including a PT Program Directory
- University of Utah PT Program
- Rocky Mountain University of Health Professions PT Program

PrePT Prerequisite Course Guide

Requirements vary by program. It is your responsibility to do your own research on each PT program you wish to apply to. AP coursework may or not be accepted. If accepted, coursework beyond AP is often required.

Shaded boxes indicate the classes most commonly required by PT programs. **Bolded** classes may be taken at a community college; however, not all programs accept prerequisites from 2 year schools.

MATH

MATH 1050 (4) **College Algebra**	**MATH 1060 (3)** **Trigonometry**	**MATH 1070 (3)** **Statistics** **Required by UUPT*

NOTE: Even if not required, college algebra/trig are recommended or required for placement purposes of chemistry and physics.

Please note: Consult both your advisor to determine appropriate placement and course selection.

BIOLOGY

BIOL 1610 (4) **Fundamentals of Biology I** *PreReq: MATH 1010*	BIOL 2325 (4) Human Anatomy *Required by UUPT* *PreReq: BIOL 1610*	BIOL 2420 (4) + BIOL 2425 (1) Human Physiology and Lab *Required by UUPT* *PreReq: BIOL 1610 and CHEM 1210*	KINES 3091 (3) Exercise Physiology *Can fulfill UUPT's extra biology course requirement; lab optional* *PreReq: BIOL 2325, 2420, and MATH 1050*

Please note: It is commonly expected for anatomy and physiology to be completed prior to applying.

CHEMISTRY

UUPT requires any one year of a chemistry sequence w/labs. This includes general or organic chemistry; however, most PT schools require the gen chem sequence.	**CHEM 1210 (4)** **CHEM 1215 (1)** **General Chemistry I and Lab** *PreReq: MATH 1050*	**CHEM 1220 (4)** **CHEM 1225 (1)** **General Chemistry II and Lab** *PreReq: CHEM 1210*	CHEM 2310 (4) + CHEM 2315 (2) **Organic Chemistry I** **and Lab** *PreReq: CHEM 1220*

Optional Chemistry Preparatory Course: CHEM 1200: Prep for College Chemistry (4)

PHYSICS

PHYS 2010 (4) + PHYS 2015 (1) General Physics 1 and Lab *PreReq: MATH 1060*	PHYS 2020 (4) + PHYS 2025 (1) General Physics 2 and Lab *PreReq: PHYS 2010*	**OR**	PHYS 2210 (4) + PHYS 2215 (1) Physics for Scientists & Engineers 1 and Lab *PreReq: MATH 1210*	PHYS 2220 (4) + PHYS 2225 (1) Physics for Scientists & Engineers 2 and Lab *PreReq: MATH 1220, PHYS 2210*

Please note: Consult both your major advisor and a PPA advisor for the correct physics lecture and lab sequence.

NON-SCIENCE REQUIREMENTS COURSES

Psychology *Required by UUPT. Any psychology will be accepted*	One semester of Sociology *Required or recommended by some PT programs*
	First Aid & CPR Certification *Required or recommended by some PT programs*

OPTIONAL SUGGESTED COURSE

PH TH 1010:
Foundations of Physical Therapy

PLEASE NOTE: UUPT requires anatomy, physiology, chemistry, & physics to all prerequisites to be completed and graded prior to submitting PTCAS application. All prerequisites must be completed by the end of the spring semester prior to the start of the DPT program.

Updated: April 2025