

Psychology Pre-Physical Therapy Major (B.A.)

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Potential Career Paths

- Physical Therapist (DPT, PhD)

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What is Physical Therapy?

The purpose of the psychology pre-physical therapy major is to provide students with a comprehensive understanding of psychology while providing students who want to become physical therapists with the necessary prerequisites to apply to physical therapy professional programs.

On its website, the American Physical Therapy Association offers the following description of a physical therapist:

"Physical therapists (PTs) are health care professionals who diagnose and treat individuals of all ages, from newborns to the very oldest, who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives."

PTs examine each individual and develop a plan using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. In addition, PTs work with individuals to prevent the loss of mobility before it occurs by developing fitness- and wellness-oriented programs for healthier and more active lifestyles.



Physical therapists provide care for people in a variety of settings, including hospitals, private practices, outpatient clinics, home health agencies, schools, sports and fitness facilities, work settings, and nursing homes.

To become a physical therapist students should plan on attending a doctoral program in physical therapy. Typically, these are three-year programs.

To practice as a physical therapist, an individual must:

- graduate from an accredited physical therapy program;
- earn a passing score on a national exam; and
- fulfill state requirements for licensure as a physical therapist.

Additional Resources

To become more involved in pre-physical therapy or to learn about the profession, here is what you can do.

- 1 Visit the website of The American Physical Therapy Association. www.apta.org
- 2 Schedule a meeting with a physical therapist to discuss their profession.
- 3 Join the Pre-Physical Therapy Club at Ohio University.
- 4 Volunteer in hospitals or other rehabilitation settings.



If you are interested in pursuing a career in physical therapy be sure to work with an advisor to develop an academic plan that is tailored to your interests. Your plan should lead to the completion of coursework that is required for admission to a professional program in physical therapy.

University and College Requirements

In addition to the requirements for the psychology pre-physical therapy major, which are listed below, be sure to complete all other university and college requirements, including the foreign language requirement.

First-Year Recommended Schedule (Required Courses)

CHEM 121, 122, 123*	Principles of Chemistry (15)
BIOS 170, 171	Introduction to Zoology (10)
MATH 163A or 263A	Introduction to Calculus (4)
ENG 151	English Composition (5)
PSY 101**	General Psychology (5)
PSY 221**	Stats for the Beh Sciences (5)
SOC 101**	Intro to Sociology (4)
PT 259A & B	Intro to Physical Therapy (5)

* The 120 chemistry sequence is usually sufficient for physical therapy programs. Other biomedical and allied health programs may require the 150 chemistry sequence.

**If you are planning to start foreign language with a course beyond 111, you are advised to begin foreign language in your first year and to complete PSY 101, PSY 221, and other college and university requirements in the second year. If you are starting foreign language with 111, begin language courses no later than the junior year.

Second-Year Recommended Schedule (Required Courses)

PHYS 201, 202, 203	Intro to Physics (15)
PSY 226	Research Methods (4)
BIOS 301A & B	Human Anatomy (5)
BIOS 345, 346	Human Physiology (7)
PHIL 130 or 331	Ethics (4)

Third- and Fourth-Year Recommended Schedule (Required Courses)

BIOS 445, 446 or	
PESS 414, 415	Human Physiology (7)
ENG 305J or 308J	English Tier I (4)

Additional Recommended Courses

BIOS 352 or	
PESS 302	Biomechanics (4)
BIOS 413 A&B	Human Neuroscience (5)
HLTH 230*	Medical Terminology (2)

*This course is not a prerequisite for Ohio University's School of Physical Therapy, but it is a prerequisite for one or more of the physical therapy schools in the state of Ohio.

Volunteer Hours

Most professional programs in physical therapy require students to complete volunteer hours prior to submitting an application to their program. The number of hours varies widely from one program to another. Prior to your senior year, check the admissions requirement for programs that interest you. Students may receive credit for their volunteer work by registering for PSY 489.

Additional Required Courses in Psychology

Complete **all** of the following:

PSY 273	Child and Adolescent Psychology (4)
PSY 312	Physiological Psychology (4)
PSY 332	Abnormal Psychology (4)
PSY 374	Psychology of Adulthood and Aging (4)

Complete at least **one** of the following:

PSY 201	Sensation and Perception (4)
PSY 203	Learning (4)
PSY 304	Human Learning and Cognitive Processes (4)
PSY 308	Human Judgment and Decision Making (4)
PSY 327	<i>Human Psychophysiology (4)</i>

Complete at least **one** of the following:

PSY 233	Psychology of Personality (4)
PSY 351	Intro to Clinical and Counseling (4)
PSY 380	<i>Psychology of Health and Illness (4)</i>
PSY 430	Psychoactive Drugs (4)

Complete at least **one** of the following:

PSY 315	Behavior Genetics (5)
PSY 376	Psych Disorders of Childhood (4)
PSY 378	Psychology of Gender (4)

Complete at least **two** of the following:

PSY 261	Industrial and Organizational (4)
PSY 336	Social Psychology (4)
PSY 337	Social Psychology of Justice (4)

Note: Courses in *italics* are recommended.

Fieldwork and Research in Psychology

PSY 489 (1-5, 5 max)—Credit for volunteer work in a mental health or physical therapy setting.

PSY 390 (1-5, 15 max)—Credit for participating in research under the supervision of a faculty member.