EXERCISE, SPORT, & HEALTH SCIENCES
Pre-Physical Therapy and Allied Health

The Exercise, Sport, & Health Sciences degree with an emphasis in Pre-Physical Therapy and Allied Health 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 2.00 or greater to graduate.

Curricular requirements 120 semester credits total for graduation

MOVEMENT SCIENCES CORE (3CRS)

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

MOVEMENT SCIENCES THEORY & LAB (21CRS)

- BIOL 227 Human Anatomy and Physiology I (F)
  Prereq: BIOL 102 or 115
- BIOL 228 Human Anatomy and Physiology II (S)
  Prereq: BIOL 227
- H&S 450 or H&S 451 Critical Health Issues (F) or Psychosocial Determinants of Health (S)
  Prereq: MVSC 201
- PEP 100 Introduction to Exercise Science & Health (F)
- PEP 300 Applied Human Anatomy & Biomechanics
  Prereq: BIOL 227 or permission
- PEP 418 Physiology of Exercise
  Prereq: MVSC 201, BIOL 227 & BIOL 228, or permission.
- PEP 493 Fitness Assessment & Prescription
  Prereq: Senior standing & PEP 418, or permission

PRE-PT & ALLIED HEALTH EMPHASIS (29-32CRS)

- BIOL 115/115L Cells and the Evolution of Life & Lab
  Prereq: CHEM 101 or 111
- CHEM 111/111L Principles of Chemistry I & Lab
  Prereq: MATH 143 or CHEM 101/101L
- MVSC 445 Internship Preparation & Professional Development
  Prereq: MVSC 201
- PEP 495 Practicum (2 classes)
  Prereq: permission
- PEP 360 Motor Behavior (S)
  Prereq: BIOL 227
- PEP 455 Design & Analysis of Research in Movement Sciences
  Prereq: Junior or senior standing
- PSYC 305 or PSYC 311 Dev Psychology or Abnormal Psych
  Prereq: PSYC 101
- STAT 251 Principles of Statistics
  Prereq: MATH 143
- PEP 498 Internship in Exercise Science & Health
  6-9

ACTIVITY CLASSES (4CRS)

- PEP 132, 133 OR 134 Skill Analysis
- PEP, IFIT, DAN Activity/Skill Classes

SELECT 3 CREDITS FROM THE FOLLOWING (3CRS)

- BIOL 114, BIOL 250/255, BIOL 310, BIOL 380, CHEM 112/112L, CHEM 277/278, PHYS 111/111L, PSYC 372

SELECT 12 CREDITS FROM THE FOLLOWING

- FN 205 Concepts in Human Nutrition (F)
- H&S 232 Medical Terminology (SU)
- H&S 245 Introduction to Athletic Injuries (S)
- H&S 328 Community Health: Theory, Systems, Practice
- H&S 450 Critical Health Issues (F)
- H&S 451 Psychosocial Determinants of Health (S)
- H&S 490 Health Promotion (S)
- PEP 305 Sports Psychology (S)
- PEP 459 Sport Nutrition (S)
- PEP 407 Sport Biomechanics
- PEP 409 Concepts in Strength and Conditioning

UI GENERAL EDUCATION REQUIREMENTS

COMMUNICATIONS (8-9CRS)

- ENGL 101 College Writing & Rhetoric
- ENGL 102 College Writing & Rhetoric II
- Oral Communication
- 2-3

NATURAL & APPLIED SCIENCES (7-8CRS)

- Gen Ed Lab Science
- Gen Ed Lab Science
- 4

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

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

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
- Senior Experience (PEP 498)
- 9

(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

www.uidaho.edu/ed
coestudentservices@uidaho.edu
(208) 885-6039
# Sample Four-Year Plan 2022-2023

## Pre-Physical Therapy and Allied Health

<table>
<thead>
<tr>
<th>FRESHMAN FALL (15CRS)</th>
<th>FRESHMAN SPRING (16-17CRS)</th>
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<tbody>
<tr>
<td>PEP 100</td>
<td>ENGL 102</td>
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<td>or IFIT</td>
<td>PEP —</td>
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<tr>
<td>ENGL 101</td>
<td>STAT 251</td>
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<tr>
<td>CHEM 111 &amp; CHEM 111L</td>
<td>BIOL 115 &amp; 115L</td>
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<td>MATH</td>
<td>Humanities</td>
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## SOPHOMORE FALL (14-15CRS)

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<tbody>
<tr>
<td>ENGL 102</td>
<td>Human Anatomy and Physiology I (F) (Prereq: BIOL 102 or 115)</td>
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<td>MVSC 201</td>
<td>Physical Activity &amp; Behavior Change (Prereq or coreq: PEP 100)</td>
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<td>PEP or IFIT</td>
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<tr>
<td>PTAH Elect</td>
<td>PTAH Elect (see degree sheet or catalog for options)</td>
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<td>Soc Sci</td>
<td>Humanities</td>
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## JUNIOR FALL (14CRS)

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<td>JUNIOR SPRING (16CRS)</td>
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<td>PEP 300</td>
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<td>PEP 418</td>
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## SENIOR FALL (16-17CRS)

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<tr>
<td>PEP 493</td>
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<td>MVSC 445</td>
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