

# EXERCISE, SPORT, & HEALTH SCIENCES

## Pre-Physical Therapy



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 – 121 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 120** Human Anatomy (F) 4  
*Suggested sophomore standing*

**BIOL 121** Human Physiology (S) *Prereq: BIOL 120* 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 (F) 3  
*Prereq: BIOL 120 or permission*

**PEP 360** Motor Behavior (S) *Prereq: BIOL 120* 3

**PEP 418/PEP 418L** Physiology of Exercise & Lab 3  
*Prereq: MVSC 201, BIOL 120 & BIOL 121; 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 120 & 121, 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 9  
*(all major coursework must be completed prior to internship)*

**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 121 TOTAL CREDITS (7CRS)

**Pre-PT Elective** BIO 114 or 115 w/Lab (Recommended) 4

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

### ACTIVITY CLASSES (4CRS)

**PEP, PEB, 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

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#### 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)\*

**ISEM 101** Integrated Seminar 3

**Humanities** (from 2 different disciplines) 6

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

**American Diversity\*\*** 1 class

**International\*\*** 1 class

**ISEM 301** Great Issues 1

**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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Pre-Physical Therapy



## Sample Four-Year Plan 2018-2019

FRESHMAN FALL (15CRS)			FRESHMAN SPRING (17CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	FCS 205	Concepts in Human Nutrition	3
PEP OR PEB	Activity Class	1	PEP —	Skill Analysis (PEP 132, 133 OR 134)	1
ENGL 102	College Writing and Rhetoric	3	STAT 251	Statistics	3
ISEM 101	Integrated Seminar	3	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 120	Human Anatomy (F) <i>(recommended sophomore standing)</i>	4	BIOL 121	Human Physiology (S) <i>Prereq: BIOL 120</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 PEB	Activity Class	1	PEP OR PEB	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 (15-16CRS)		
PEP 300	Applied Human Anatomy & Biomechanics (F) <i>Prereq: BIOL 120 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 120, BIOL 121 OR permission Coreq: PEP 418 &amp; 418L</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 120</i>	1
PHYS 111 & PHYS 111L	General Physics I & Lab <i>Prereq: MATH 143</i>	4	PHYS 112 & PHYS 112L	General Physics II & Lab <i>Prereq: PHY 111 &amp; 111L</i>	4
Am. Diversity	General Education American Diversity	3	Elective	Elective to reach 121 credits	3-4
			ISEM 301	Great Issues	1
SENIOR FALL (16CRS)			SENIOR SPRING (15-16CRS)		
H&S 450	Critical Health Issues (F) <i>Prereq: MVSC 201 OR BIOL 120 &amp; 121</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 121 credits	6-7
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 121 credits	5			

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