

# Pre-Physical Therapy Quick Facts

## Average Matriculate Numbers

- Overall GPA: 3.50
- Science GPA: 3.50
- GRE: >305 combined /4.0 writing

## General Information

- Doctorate Degree (DPT)
- Most programs are 3-years
- 15 DPT programs in Texas

Physical therapy is a dynamic profession with an established theoretical and scientific base and widespread clinical applications in the restoration, maintenance, and promotion of optimal physical function. Physical therapists (those with DPT degrees) diagnose and manage movement dysfunction and enhance physical and functional abilities for their patients.

PT programs greatly value PT shadowing experience and prefer for applicants to have significant shadowing experiences in a variety of PT settings, in order to ensure that students have an appreciation for the vast scope of the profession. There is no “best” major for pre-PT students nor are there majors that will make a student stand out. Majors like *Exercise Science* and *Nutrition* are the most common for applicants because many of the prerequisite courses are included in your degree plan. However, a non-science major does not put you at a disadvantage.

## Required Courses

### Common Physical Therapy Pre-Requisites\*

**Anatomy & Physiology:** BIOL 2301/2101 & BIOL 2302/2102

**Biology:** BIOL 1306/1106 & BIOL 1307/1107

**General Chemistry:** CHEM 1311/1111 & CHEM 1312/1112

**Medical Terminology:** HLT 3325

**Physics:** PHYS 1301/1101 & 1302/1102

**Psychology:** PSYC 2301

**Statistics:** MATH 1342 or MATH 3339 or PSYC 2317

**Human Development:** PSYC 2307 and/or 2308 (HDFS 2317 may be accepted by some programs)

**Additional Advanced Biology:** BIOL 3301, BIOL 3324, or BIOL 2321 (or another course)

**\*DISCLAIMER:** This list includes pre-requisites for most PT programs but is not meant to be exhaustive. Please refer to PT program websites for specific requirements regarding coursework and AP/IB credit before applying. You may also meet with an advisor in the Pre-Health Advising Center to discuss other options.

## PTCAS

To apply to most PT programs, you will utilize the PTCAS application service. All PT programs in Texas currently use the PTCAS application service.

Official transcripts, GRE scores, an essay, and letters of recommendation are all submitted to PTCAS. PTCAS opens each year by July 1st, but programs differ in terms of their application deadlines. Most deadlines are in the fall for a summer start; however, you are responsible for checking the specific deadlines for the programs to which you hope to apply. Generally, you are encouraged to apply well before the deadline since many institutions participate in rolling admissions.

Importantly, do not begin entering any information into the PTCAS application system until it opens for the admissions cycle in which you plan to apply.

## Letters of Evaluation

Most PT programs require three letters of evaluation. Requirements can vary between schools, and it is your responsibility to ensure that you have collected the correct letters for your programs of interest.

### Generally, PT admissions committees expect you to provide:

- a letter from a licensed physical therapist practicing in the US,
- a letter from a faculty member, and
- an additional letter from another physical therapist, professor, or from a research mentor, or supervisor.

## GRE

Most PT schools require that applicants take the Graduate Record Examination (GRE). The GRE consists of three sections: Quantitative, Verbal, and Essay section. There are no specific courses that students need to take prior to the GRE, but students should plan to dedicate roughly six to eight weeks to exam preparation. While students can opt for a commercial prep course for the GRE, self-study is often sufficient.

Applicants usually sit for the exam in their junior or senior year depending on their application timeline. Generally, it is recommended for an applicant to take the GRE within January-May as they head into the July application cycle.

## Physical Therapy Shadowing Experience

Generally, PT programs require that applicants **have experience observing or shadowing physical therapists in action**. Shadowing requirements for admissions can vary in a few aspects between schools including hours required, number of environments, and types of environments. While most programs require 100 hours minimum, more is recommended. It is common for programs to suggest that students complete their shadowing in **at least two different environments** – inpatient and outpatient. However, it is possible for an individual program to require students to shadow in more or different types of environments. Variety in shadowing is always helpful but is also important to try to get a well-rounded experience in each environment since shadowing is regularly discussed during admissions interviews.

## Volunteering & Research Experience

Extracurricular activities, such as club affiliations and volunteering, are an important part of the PT application. PT programs are looking for students who not only demonstrate that they can manage rigorous courses while staying busy, but also those who are compassionate, enjoy working with people and are dedicated to serving the community. Students should keep in mind that depth of commitment and leadership experience are also considered. As a result, it is best to focus on strong engagement in few activities rather than to spread oneself too thin.

While there are many benefits to getting involved in undergraduate research, it is not required for admission into most PT programs. Therefore, if a student were not interested in research, they would be better served dedicating that time to other activities such as volunteering or shadowing. Students interested in research should plan to dedicate at least a year to a specific project or research lab.

## Texas PT Program Application Dates

Institution	Application Period	Start Date	PT Shadowing Required?
Angelo State University	July - October	May	Yes, 50 hours minimum in two areas
Baylor University	July - October	January	Yes, 100 hours minimum in two areas
Hardin-Simmons University	July - February	August	Yes, 100 hours minimum in two areas
Texas State University	July - October	June	No, but highly recommended
Texas Tech University	July - November	May	Yes, 100 hours minimum
Texas Woman's University	July - October	August	Yes, 80 hours minimum in two areas
University of Mary Hardin Baylor	July - January	August	Yes, 80 hours minimum in two areas
University of Texas –El Paso	July – November	May	Yes, 50 hours minimum in two areas
US Army Baylor University	July - August	January	Yes, 100 hours minimum
University of Texas Health – San Antonio	July - October	August	Yes, 50 hours minimum
UT Medical Branch – Galveston	July - November	August	Yes, 80 hours minimum
University of Texas – Southwestern	July - November	May	Yes, 250 hours are recommended
University of North Texas	July - December	July	No, but highly recommended
University of the Incarnate Word	July - January	August	Yes, 50 hours minimum in two areas