

Exercise & Sport Physiology: DPT Block Plan

| First Year | | Second Year | | Third Year | | Fourth Year | | Gen Ed Perspectives | |
|--|--|---|---|---|---|---|---|---------------------|---|
| HHP 1000 Intro to HHP Disciplines 0 | Professional Skills Course* 1.5 | PE 3570 Kinesiology 3 Or EX 3580 Exercise Physiology 3 | EX 3580 Exercise Physiology 3 Or PE 3570 Kinesiology 3 | PE 3720 Motor Learning 3 | EX 4520 P&T of S&C 3 | EX 4820 Advanced Exercise Physiology 3 | Capstone EX 4830 Applied Research Or EX 4880 Internship 4 | | Students can move these around into any Gen Ed block. |
| EX 2755 Intro to Exercise Science 3 | MA 2300 Stats (Math Foundations) 3 | EX 3750 Exercise Physiology Lab 1 (Only needed with EX 3580) | EX 3750 Exercise Physiology Lab 1 (Only needed with EX 3580) | EX 3860 Exercise Testing & Prescription 3 | EX 4525 P&T of S&C Lab 1 | EX 4825 Advanced Exercise Physiology Lab 1 | SO 2225 Foundations of Sociology (DICO) 4 | | Need total of 16 credits Directions <hr/> Self and Society (SSDI) 4 |
| IS 1115 Tackling a Wicked Problem 4 | BI 2120 Anatomy & Physiology II 3 | CH 2335 General Chemistry I (QRCO) 4 | CH 2340 General Chemistry II (QRCO) 4 | EX 3865 Exercise Testing & Prescription Lab 1 | EX 4770 Exercise Physiology for Special Populations (WRCO) 3 | EX 4840 Research Methods in Exercise Science (WRCO) 3 | General Education (WECO) 3 | | Past and Present (PPDI) 4 Creative Thought (CTDI) 4 |
| EN 1200 English Composition 4 | BI 2140 Anatomy & Phys II Lab 1 | BI 1110 Biology I 4 | BI 1120 Biology II 4 | HE 3220 Applied Nutrition 3 | Psychology option: PBH 3210 Social & Behavioral Health Psychology 4 Or CC 3860 Psychological Aspects of Sport 3*** | PS 2015 Introduction to General Psychology 4 | General Education (INCP) 4 | | Any Additional 4 Credit Direction Course Diversity (DICO) 3 |
| BI 2110 Anatomy & Physiology I 3 | General Education** SSDI 4 | Professional Skills Course* 1.5 | HE 2500 First Aid & CPR/AED 1.5 | PH 2110 College Physics I 4 | PH 2120 College Physics II 4 | General Education PPDI, SSDI, CTDI 4 | | | Wellness (WECO) 3 |
| BI 2130 Anatomy & Phys I Lab 1 | General Education** PPDI 4 | General Education (GACO) 3 | General Education** CTDI 4 | | | | | | Integrated Capstone (INCP) 4 |
| 15 | 16.5 | 15.5- 16.5 | 16.5-17.5 | 15 | 14-15 | 15 | 14-15 | | = 120 |

*Professional skills courses: PE 2428 Flexibility, Core, and Balance (falls and springs), PE 2640 Burdenko (springs only), PE 2831 Resistance Training Techniques (falls and springs).

**General Education Directions: students need one each of SSDI, CTDI, and PPDI AND 16 TOTAL credits (e.g. students may complete this requirement with four 4-credit courses).

***Students have two choices for their psychology option: PBH 3210 Social & Behavioral Health Psychology or CC 3860 Psychological Aspects of Sport (springs, odd years).

Pre-requisite requirements for graduate school in Physical Therapy vary by program. The pathway above includes PSU's pre-requisite courses. Students are strongly encouraged to identify graduate programs of interest early on in their undergraduate experience and to work with their advisors to create the most appropriate pathway for their post-graduation choice.