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Dear Aspiring DPT Student,

This is a lengthy read, but it will make you more educated about the classes you need for DPT schools. Insights and recommendations are included. Be prepared and be competitive for the DPT school of your dreams.

Always remember to have fun with it,
- Liam Henson & Jose Gonzalez-Mejia

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Most scenarios, students will be Pre-Kinesiology Majors during their Freshman and Sophomore years and will be Kinesiology Majors during their Junior and Senior years.

- In order to apply to be a Kinesiology Major, see link below:

<https://kin.sfsu.edu/undergraduate-programs>

IMPORTANT TO KNOW:

PREPARATION FOR CHEM 115 General Chemistry I: Essential Concepts of Chemistry:

<https://chemistry.sfsu.edu/chem115>

PREPARATION FOR PHYS 111 General Physics I:

<https://physics.sfsu.edu/physics-readiness>

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DISCLAIMERS:

- These admission requirements are based off from schools such as UCSF, USC, Samuel Merritt & University of the Pacific but most PT schools will accept the following requirements as well. Some Doctor of Physical Therapy (DPT) schools such as University of the Pacific and others require additional admission courses such as Medical Terminology, see recommended courses listed below. *It is your responsibility to check with your desired school for their required and recommended courses.* This document is a guide to have a sense of direction, but it is still your responsibility to check requirements.

- Check the latest updates about PT School Admissions for your target schools with PTCAS, see link below:

<https://ptcasdirectory.apta.org/>

- An extensive and well planned academic, volunteer, and extracurricular activities such as DPT volunteers' hours, community volunteer hours, and research experience are highly recommended. The plan should preferably be made with either an advisor/counselor, physical therapist, or any professional with well-rounded knowledge in the DPT admission process. The plan should be well-structured and balanced between academics, and volunteer activities every semester to secure the student is highly successful. *This might mean deviating from the traditional 4-year plan of undergraduate studies.* Entertain the possibility of taking summer school with the 4-year plan or do a 5-year plan for your undergraduate career. Remember, you *need extracurricular activities* and/or work on top getting good grades.

- Check to see if you are qualified for SOAR TRIO. They provide academic support through tutoring, academic advising, planning for graduation and graduate school application processes. If accepted, HSS 110 Soar Section is preferred for the A3 requirement in the 1st semester.

<https://chss.sfsu.edu/soar>

- Most DPT schools will accept AP Credit, *but some schools like USC do not.* It is highly recommended that you check with the DPT school that you are planning to apply to see if you need to retake AP Credits as their college equivalents at SFSU, community colleges, etc. *This is completely up to you,* if you feel like most of your target schools accept AP Credit, then don't retake the required classes, but if they don't accept AP Credit, then retake the required classes. *Always contact the schools about their AP Credit policies*

- See link below for *AP Credit Equivalency* at SFSU:

<https://sfsu.app.box.com/s/cw2y9iqnub8v8k51kenfa9kmvua27nx>

- For the most part, you need to take courses intended for the respective majors. Meaning, if you see CHEM 101 or CHEM 115 in the Roadmap, you MUST take CHEM 115. Only exception to this rule is BIOL 212 & 213 Human Physiology with Lab.

- GRE Score Requirements are different to each DPT school, check their requirements.

- Pay *close attention to prerequisite classes* when planning your undergraduate course sequence.

BOLDED COURSES ARE NOT COMPLETED WITH THE TRADITIONAL KIN DEGREE ROADMAP

REQUIRED COURSES:

Please see <http://bulletin.sfsu.edu/courses/> for an extensive description of the classes.

BIOL 230 Introductory Biology I, credit received for an AP Biology score of 4 or 5 (5 units)

- Prerequisites: Restricted to Biology and Biochemistry majors and minors, Kinesiology majors, and Environmental Studies: Natural Resources Management and Conservation majors.

BIOL 240 Introductory Biology II (5 units)

- Prerequisite: BIOL 230 with a grade of C- or better.

BIOL 212 & 213 Principles of Human Physiology and Principles of Human Physiology Lab (4 units)

- Prerequisites: CHEM 115 and BIOL 230, all with grades of C or better. Intended for non-Biology majors.

- Original description at Course Index lists prerequisites as CHEM 101, BIOL 100 & 101, do not take these classes or you will double dip

- **BIOL 612 & 613 is the version for Biology Majors, but the lab component is a GVAR making it restricted to Biology Majors**

BIOL 328 Human Anatomy (4 units)

- Prerequisites: Restricted to Biology, Biochemistry, Chemistry, Clinical Science, and Kinesiology majors with sophomore standing or above; BIOL 230 with a grade of C- or better; or consent of the instructor.

- This class is particularly important for DPT schools. Try your best to get a solid A for this class and even possibly TA for the Lab Section in the future.

CHEM 115 General Chemistry I: Essential Concepts of Chemistry, credit received for an AP Chemistry score of 4 or 5 (5 units)

THIS COURSE HAS A PREPARATION ASSIGNMENT:

Link may change but just look up SFSU CHEM 115 placement test/preparation assignment

<https://chemistry.sfsu.edu/chem115>

- Prerequisites: Category I or II placement for QR/Math, or ELM score of 50 or higher or exemption, or MATH 70 or ESM 70 with a grade of C or better. Category III or IV for QR/Math placement or students who have not completed MATH 70 with a grade of C or better must have completed MATH 197 with a grade of C or better or have satisfied the B4 requirement. Satisfactory score on the Chemistry readiness assessment. CHEM 100 is recommended for students needing additional preparation for the assessment and CHEM 115

CHEM 215 & 216 General Chemistry II: Quantitative Applications of Chemistry Concepts & General Chemistry II Laboratory: Quantitative Applications of Chemistry Concepts (5 units)

- Prerequisite: CHEM 115* with a grade of C or better.

- LAB SECTION (CHEM 216): Prerequisite: CHEM 215 with a grade of C or better (may be taken concurrently).

MATH 124 Elementary Statistics, credit received for an AP Statistics score of 3, 4 or 5 (3 units)
- Prerequisites: Category I or II placement for QR/Math, or satisfactory completion of ELM requirement, or MATH 70 or ESM 70 with a grade of C or better. Students with Category III or IV placement for QR/Math or students who have not passed MATH 70 or ESM 70 with a C or better or satisfied the ELM must concurrently enroll in MATH 123.

PHYS 111 & 112 General Physics I & General Physics I Laboratory, credit received for an AP Physics 1: Algebra-Based score of 4 or 5 (4 units)
- Prerequisites: MATH 198 or MATH 199 or equivalent with a grade of C-minus or higher. Concurrent enrollment in PHYS 112 required. If pre-calculus was completed in high school, the online Math Preparation for Physics *mini course is required*; see the Department of Physics & Astronomy website for details.
- The mini course (online) is easy (20 – 40 hours to finish) and does not cost much. It's like doing Math homework with minimal stress as the online platform teaches you everything and you're allowed to make mistakes. The score is based on completion meaning the platform will let you try and try until you get it right and you get full credit. It is option 3 below. You can take MATH 198 or MATH 199 but that means using up units that can be used for other classes. If you have AP credit, then great, you can sign up for the class without any worries.

<https://physics.sfsu.edu/physics-readiness>

PHYS 121 & 122 General Physics II & General Physics II Laboratory, credit received for an AP Physics 2: Algebra-Based score of 4 or 5 (4 units)
- Prerequisites: PHYS 111; concurrent enrollment in PHYS 122.
- LAB SECTION (PHYS 122): Prerequisite: Concurrent enrollment in PHYS 121.

PSY 200 General Psychology (3 units)
- Basic methods and concepts of psychology which have broad academic relevance and can be applied to the study of psychology as well as other academic disciplines.
- Course Attributes: E1 LLD Pre-Fall 2019, D1: Social Sciences.

PSY 452 Abnormal Psychology (3 units)
- Prerequisites: Restricted to upper-division Psychology majors; PSY 200, PSY 371, or equivalent.
- You will have to crash this course as Gateway won't let you add it unless you're a Psychology Major. Explain your situation to professors until you get the class.

HSCI 484 Medical Terminology (3 units, OFFERED at Skyline, REQUIRED FOR SOME DPT SCHOOLS, but not all, check your schools of interest before taking this class)
- Please see Skyline's Course Index

RECOMMENDED COURSES:

(At least 3), already satisfied with KIN Degree **but feel free to take Organic Chemistry and/or Biomedical Ethics if schedule permits**

CHEM 130 General Organic Chemistry or CHEM 233 Organic Chemistry I (3 units)

- For CHEM 130 Prerequisite: CHEM 115* with a grade of C or better.
- For CHEM 233 Prerequisites: Priority enrollment for Chemistry and Biochemistry majors; CHEM 115* and CHEM 215* with grades of C or better; other majors permitted on a space-available basis.

BIOL 640 Cellular Neurosciences Intended for Bio Majors (3 units) (Not worth the effort for KIN Majors alone) and/or BIOL 642 Neural Systems Physiology (3 units)

- BIOL 640 Prerequisites: BIOL 230, BIOL 240, CHEM 130, and PHYS 121; BIOL 350 and BIOL 612 are recommended. Intended for Biology majors.
- BIOL 642 Neural Systems Physiology Prerequisite: BIOL 328 or BIOL 612

KIN 482 & 483 Exercise Physiology & Exercise Physiology with Lab (4 units)

- Prerequisites: Restricted to upper-division Kinesiology majors; completion of BIOL 212, or equivalent, KIN 240 or KIN 250, and KIN 384GW.
- LAB SECTION: Prerequisites: Restricted to upper-division Kinesiology majors; BIOL 212* and BIOL 213* or equivalents with grades of C or better; KIN 384GW*; or consent of the instructor. Concurrent enrollment in KIN 482.

KIN 486 Motor Learning (3 units)

- Prerequisites: Restricted to upper-division Kinesiology majors and Athletic Coaching minors; KIN 384GW* or other GWAR* course (may be taken concurrently).

KIN 487 Motor Development or PSY 431 Developmental Psychology (3 units)

- KIN 487 Prerequisites: Restricted to upper-division standing; GE Areas A1*, A2*, A3*, and B4* all with grades of C- or better; or consent of the instructor.
- PSY 431 Prerequisites: Restricted to upper-division Psychology and Child and Adolescent Development majors; PSY 200 or equivalent.

PHIL 383 Ethics in Medicine (3 units)

- Prerequisites: GE Areas A1*, A2*, A3*, and B4* all with grades of C- or better or consent of the instructor.

SAMPLE 4-YEAR PLAN and 5-YEAR PLAN NOTES:

- This is to show a sample course sequence plan. This assumes ideal conditions and *be prepared to do modifications* for each semester. 12 units minimum for a full-time load and 19 units max per semester is allowed. 20+ units require additional paperwork as seen in link below.

<https://registrar.sfsu.edu/forms> **SEE EXCEED MAXIMUM UNITS PETITION**

- All plans are based on First – Time Student *Roadmap A*, see link below. See definition of SF State studied and electives in link below. *Always consult with an academic advisor for seamless planning of classes.*

<http://bulletin.sfsu.edu/colleges/health-social-sciences/kinesiology/bs-kinesiology-concentration-exercise-movement-sciences/#roadmaptext>

- Plans are designed where all required and recommended courses (3 of them) are done by the 3rd year for a 4-year plan and done by the 4th year for a 5-year plan. This is to ensure that when you apply to DPT schools (with no intention of taking a gap year), that you have most, if not all courses they require and recommend. Most DPT schools require applicants to have most requirements done by the application and only 1 or 2 classes pending until graduation. If you are taking a gap year, then just make sure all classes are taken by graduation. *Summer school might be a good option for the 4-year plan to ease the course load and will give time for extracurricular activities throughout the semesters.*

- BIOL 328 Human Anatomy with Cadaver Lab is ideal to take as early as your 3rd semester (Fall), but it is highly impacted. Knowing your Anatomy early means you can do well during your volunteer work at Physical Therapy clinics. This also means having a higher chance to TA in the subsequent semesters. Unfortunately, getting this as a Sophomore is highly unlikely as seats will be given to Seniors then Juniors first. Try to crash anyway and keep doing so until you get in.

- All plans assume you enter the Kinesiology Major by the Summer after the 4th Semester (Spring), meaning you can take KIN GWAR and other KIN classes starting the 5th semester (Fall). This is what the traditional KIN pathway plans for, but it is possible to take KIN GWAR and other KIN classes starting the 3rd semester (Fall) if you have a head start in units via AP Credits and/or college courses taken during high school.

- Many GE courses like Area A, B, C, D, UD-B, UD-C, UD-D cover numerous SF State Studies or University Electives. *Try to hit many classifications with one class.* With the 4-year plan, you have no luxury of picking GE courses that sound fun but rather you need functional and multi classified ones. Pick these with the help of the link below:

<https://webapps.sfsu.edu/public/classservices/classsearch>

- Courses required are rigorous and requires 138+ units on average for completion. Therefore, taking CHEM 100 to prepare for CHEM 115 is not an ideal use of units and this is true for other pathways that take too long to get the classes you need. Do your best and with the right mind set and planning, it is doable!

4-YEAR PLAN:

(Technically 114 units instead of 120 units from the Traditional Pathway as Chem 100 is not recommended (minus 3 units) and KIN 487 (Recommended Course) is a UD-B (minus 3 units), no need to take a separate UD-B as originally planned

| 1st SEMESTER (Fall) | UNITS |
|---|--------------|
| ENG 114 Writing the First Year: Finding Your Voice (A2) | 3 |
| MATH 124 Elementary Statistics (Major Prerequisite, B4) | 3 |
| GE Area A1 or A3 | 3 |
| GE Area C | 3 |
| SF State Studies or University Elective | 3 |
| Units | 15 |

2nd SEMESTER (Spring)

- Take the CHEM 115 preparation assignment as early as possible at the start of the semester
- It will be a challenge to schedule BIOL 230 and CHEM 115 together, but it is possible, plan carefully

| | |
|---|-----------|
| BIOL 230 Introductory Biology I (Prerequisite for BIOL 328) | 5 |
| CHEM 115 General Chemistry I | 5 |
| GE Area A1 or A3 | 3 |
| GE Area D2 or D3 | 3 |
| Units | 16 |

Take the online mini course for PHYS 111&112 during summer (It is valid for 1 year), no tuition fee needed, just the fee for the online mini course

3rd SEMESTER (Fall)

| | |
|---|-----------|
| BIOL 328 Human Anatomy with Lab | 4 |
| PSY 200 General Psychology (D1) | 3 |
| GE Area C | 3 |
| GE Area E | 3 |
| SF State Studies or University Elective | 3 |
| Units | 16 |

4th SEMESTER (Spring)

| | |
|---|-----------|
| BIOL 212 & BIOL 213 Principles of Human Physiology with Lab | 4 |
| KIN 250 Introduction to Kinesiology (Major Prerequisite) | 3 |
| PHYS 111 & PHYS 112 General Physics I with Lab (B1, B3) | 4 |
| GE Area C | 3 |
| GE Area D2 or D3 | 3 |
| Major Activity Requirement | 1 |
| Units | 18 |

5th SEMESTER (Fall)

Enroll in KIN 486 then try to crash PSY 452, if successful, drop KIN 486 for now and take PSY 452. If not, take KIN 486 then try to crash PSY 452 again on the 6th Semester

| | |
|--|-----------|
| CHEM 215 & 216 General Chemistry II with Lab | 5 |
| KIN 251 Success in the Kinesiology Major (Major Core) | 2 |
| KIN 384 GW Research Methods in Kinesiology - GVAR (Major Core) | 3 |
| PSY 452 Abnormal Psychology or KIN 486 Motor Learning | 3 |
| GE Area UD-D: Upper-Division Social Sciences or UD-C (Consider SF State Studies Course) | 3 |
| SF State Studies or University Elective | 3 |
| Units | 19 |

6th SEMESTER (Spring)

Might be unlucky and still not get PSY 452, swap a class with the next semester if this happens

| | |
|--|-----------|
| BIOL 240 General Biology II with Lab (B2) | 5 |
| KIN 482 & 483 Exercise Physiology with Lab (Major Concentration) | 4 |
| KIN 486 Motor Learning (Major Core) or PSY 452 | 3 |
| KIN 487 Motor Development (UD-B) | 3 |
| PHYS 121 & PHYS 122 General Physics II with Lab | 4 |
| Units | 19 |

7th SEMESTER (Fall)

| | |
|--|----------------|
| KIN 404 Sport and Exercise Psychology (Major Core) | 3 |
| KIN 457 Culture, Gender and Movement (Major Core, GP) | 3 |
| KIN 480 Anatomical Kinesiology (Major Core) | 4 |
| Emphasis Area Course (11-12 units total) - Take Three | 6 - 9 |
| -Only take two if you're a Movement Science Emphasis as KIN 487 counts | |
| Units | 16 - 19 |

8th SEMESTER (Spring)

| | |
|--|----------------|
| KIN 485 Biomechanics (Major Concentration) | 3 |
| Select One (Major Concentration): | 3 |
| KIN 696 Kinesiology Community-Based Internship | |
| KIN 697 & KIN 698 Integrative Research Seminar and Senior Research Project | |
| KIN 699 Independent Study | |
| Emphasis Area Course (11-12 units total) - Take One | 3 |
| GE Area UD-C: Upper-Division Arts and/or Humanities or UD-D | 3 |
| SF State Studies or University Elective (Consider SF State Studies Course) | 4 |
| Any Missed GE Requirement like Area B or SF State Studies or University Elective or Any Recommended Classes like PHIL 383 or NONE | 0 - 3 |
| Units | 16 - 19 |

| | |
|--|------------------|
| Total Units | 135 - 141 |
| With HSCI 484 Medical Terminology (Offered at Skyline) | 138 - 144 |

5-YEAR PLAN:

(Technically 114 units instead of 120 units from the Traditional Pathway as Chem 100 is not recommended (minus 3 units) and KIN 487 (Recommended Course) is a UD-B (minus 3 units), no need to take a separate UD-B as originally planned

| 1st SEMESTER (Fall) | UNITS |
|---|--------------|
| ENG 114 Writing the First Year: Finding Your Voice (A2) | 3 |
| MATH 124 Elementary Statistics (Major Prerequisite, B4) | 3 |
| GE Area A1 or A3 | 3 |
| GE Area C | 3 |
| GE Area D2 or D3 | 3 |
| Units | 15 |

2nd SEMESTER (Spring)

- Take the CHEM 115 preparation assignment as early as possible at the start of the semester
- It will be a challenge to schedule BIOL 230 and CHEM 115 together, but it is possible, plan carefully

| | |
|---|-----------|
| BIOL 230 Introductory Biology I (Prerequisite for BIOL 328) | 5 |
| CHEM 115 General Chemistry I | 5 |
| GE Area A1 or A3 | 3 |
| GE Area D2 or D3 | 3 |
| Units | 16 |

Take the online mini course for PHYS 111&112 during summer (It is valid for 1 year), no tuition fee needed, just the fee for the online mini course

3rd SEMESTER (Fall)

- May swap classes with next semester but not BIOL 328 and Physics in one semester

| | |
|---|-----------|
| BIOL 328 Human Anatomy with Lab | 4 |
| SF State Studies or University Elective | 3 |
| GE Area C | 3 |
| GE Area E | 3 |
| Units | 13 |

4th SEMESTER (Spring)

| | |
|--|-----------|
| KIN 250 Introduction to Kinesiology (Major Prerequisite) | 3 |
| PHYS 111 & PHYS 112 General Physics I with Lab (B1, B3) | 4 |
| PSY 200 General Psychology (D1) | 3 |
| GE Area C | 3 |
| SF State Studies or University Elective | 3 |
| Units | 16 |

5th SEMESTER (Fall)

| | |
|--|-----------|
| BIOL 212 & BIOL 213 Principles of Human Physiology with Lab | 4 |
| KIN 251 Success in the Kinesiology Major (Major Core) | 2 |
| KIN 384 GW Research Methods in Kinesiology - GVAR (Major Core) | 3 |
| SF State Studies or University Elective | 3 |
| Units | 12 |

6th SEMESTER (Spring)

- CHEM 215 & 216 is challenging which explains the easy course load

| | |
|---|----------------|
| CHEM 215 & 216 General Chemistry II with Lab | 5 |
| KIN 482 & 483 Exercise Physiology with Lab (Major Concentration) | 4 |
| Emphasis Area Course (11-12 units total) - Take Two | 3 - 6 |
| <i>-Only take one if you're a Movement Science Emphasis as KIN 487 counts (KIN 487 is taken in the 8th SEMESTER for the 5-year plan)</i> | |
| Units | 12 – 15 |

7th SEMESTER (Fall)

- Enroll in KIN 486 then try to crash PSY 452, if successful, drop KIN 486 for now and take PSY 452. If not, take KIN 486 then try to crash PSY 452 again on the 8th Semester

- Organic Chemistry is a Recommended course, CHEM 130 is for non – Chemistry Majors and CHEM 233 is for Chemistry Majors.

| | |
|--|--------------|
| BIOL 240 General Biology II with Lab (B2) | 5 |
| CHEM 130 or CHEM 233 or NONE | 0 - 3 |
| PSY 452 Abnormal Psychology or KIN 486 Motor Learning | 3 |
| GE Area UD-D: Upper-Division Social Sciences or UD-C (Consider SF State Studies Course) | 3 |
| Major Activity Requirement | 1 |
| Units | 12-15 |

8th SEMESTER (Spring)

- Might be unlucky and still not get PSY 452, swap a class with the next semester if this happens

-If you want to show further academic competency, Cellular Biology, Genetics or Vertebrate Histology are options and are required for some DPT Programs

-PHIL 383 Biomedical Ethics is a separate recommended course. It is completely okay to pick an elective or none if you feel that your GPA with the required courses is good and/or if you already feel competitive with research and/or extracurricular activities

| | |
|--|--------------|
| BIOL 350/355/614 or BIOL 642 or PHIL 383 or SF State Studies or University Elective or NONE | 0 - 3 |
| KIN 480 Anatomical Kinesiology (Major Core) | 4 |
| KIN 486 Motor Learning (Major Core) or PSY 452 | 3 |
| KIN 487 Motor Development (UD-B) | 3 |
| PHYS 121 & PHYS 122 General Physics II with Lab (B1, B3) | 4 |
| Units | 14-17 |

9th SEMESTER (Fall)

| | |
|---|-----------|
| KIN 404 Sport and Exercise Psychology (Major Core) | 3 |
| KIN 457 Culture, Gender and Movement (Major Core, GP) | 3 |
| KIN 485 Biomechanics (Major Concentration) | 3 |
| Emphasis Area Course (11-12 units total) - Take One | 3 |
| Units | 12 |

10th SEMESTER (Spring)

| | |
|--|----------------|
| Emphasis Area Course (11-12 units total) - Take One | 3 |
| Select One (Major Concentration): | 3 |
| KIN 696 Kinesiology Community-Based Internship | |
| KIN 697 & KIN 698 Integrative Research Seminar and Senior Research Project | |
| KIN 699 Independent Study | |
| GE Area UD-C: Upper-Division Arts and/or Humanities or UD-D (Consider SF State Studies Course) | 3 |
| SF State Studies or University Elective | 4 |
| SF State Studies or University Elective or NONE if not needed | 0 - 3 |
| Any Missed GE Requirement like Area B or SF State Studies or University Elective or Any Recommended Classes like PHIL 383 or NONE | 0 - 3 |
| Units | 13 – 19 |

Total Units

| | |
|--|------------------|
| Total Units | 135 – 150 |
| With HSCI 484 Medical Terminology (Offered at Skyline) | 138 – 153 |