

**Four Year Plan for Kinesiology Majors
Desiring to Attend Graduate School for
Physical Therapy or Occupational Therapy**

Freshmen and Sophomore Years (in no particular order):

Psych 125, Bio 121, Bio 150, Stats 110 or 212, KINES 195

Sophomore Year (this is incredibly important):

Bio 143 in the fall, Bio 243 in the spring. Bio 143 is only offered in the fall, so don't miss it. Both anatomy classes are the pre-requisites for several classes taken in the junior and senior years.

Junior and Senior Year:

KINES 250, KINES 374, KINES 375, KINES 390, Psych 241, Psych 247, Neuro 239, KINES 376, KINES 295, Bio 291, KINES 231.

Chemistry and Physics:

Chemistry and physics can be taken anytime during the four years at St. Olaf (they can also be taken elsewhere and transferred back). Both must have a lab attached. If you decide to take one or both classes outside of St. Olaf, check with the registrar's office beforehand to ensure that the courses will transfer in. Students will need one or two semesters of each class depending on their grad schools. Grad school requirements can be found on the PTCAS and OTCAS websites. Students should also check carefully as to whether the physics courses required by a particular grad school require that a calculus class has been taken as a pre-requisite.

Notes:

Some grad schools require that an AP Psych exam score be a 4 or a 5.

If a student wants to go directly into grad school without taking a gap year, the application process must take place in the summer between the junior and senior year. It should be noted that most schools require you to be no more than two pre-requisite courses short by December of your senior year.

This website is also a great resource: <https://wp.stolaf.edu/pre-health/physical-therapy/>

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