

**2006-2007 SAMPLE CURRICULUM:** It may not be necessary to take these courses in the order given. Please consult your advisor about the course selections.

		FALL	WINTER	SPRING	
<b>FIRST YEAR</b>	Orientation Seminar (UNST 101)	1	-	-	
	College Writing (ENGL 111, 112, 113)	3	3	3	
	Theme III: Religious Beliefs and Practice	4	-	-	
	Growing Up in America (SSCI 104) OR Identity and Society (SSCI 105) OR Childhood in Global Perspective (SSCI 106)	-	-	4	
	College Algebra (MATH 121)	-	4	-	
	General Psychology (PSYC 104)	4	-	-	
	* Physical Education (2 activity courses, including PEAC 120)	0.5	2	0.5	
	* Dimensions of Health (HLED 214)	-	-	4	
	* Intro to Athletic Training (HLED 215)	-	3	-	
	# Human Anatomy & Physiology (BIOL 131,132)	5	5	-	
	# Basic Medical Microbiology (BIOL 185)	-	-	5	
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	17.5	17.0	16.5		
<b>SECOND YEAR</b>	* General Chemistry (CHEM 111, 112, 113 & Labs)	5	5	5	
	* Major Electives: Select 3 Courses from HLED 225, 415, 467; PETH 408, 418C, 424, 427	4	-	4	
	# Speech Course (COMM 104 OR 244)	4	-	-	
	# Introduction to Physics (PHYS 117)	-	4	-	
	# Health Science Physics (PHYS 118) (General Physics--PHYS 231, 232, 233--required at most physical therapy schools)	-	-	4	
	# Developmental Psychology (PSYC 234)	-	4	-	
	Theme IIA: Arts Appreciation or History	-	-	4	
	Theme III: Religious Beliefs and Practice	4	-	-	
	Exploring American Culture through Literature (HUMN 204) OR Expl. Amer. Culture through Visual and Perf. Arts (HUMN 205)	-	4	-	
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		17.0	17.0	17.0	
	<b>THIRD YEAR</b>	* Exercise Physiology (HLED 426)	4	-	-
* Physiological Assessment and Exercise Prescription (HLED 444)		-	-	3	
* Major Electives		-	2	-	
# Statistics (MATH 251)		-	4	-	
# Computer Science (CPTG 104)		4	-	-	
Upper Division Rhetorical Course (This requirement met by PETH 418c OR PETH 427)		-	-	(4)	
Adventism in Global Perspective (RLGN 304) OR Religion in Three Cultures (RLGN 305)		-	-	4	
Modern Language through Intermediate Level (101, 102, 103)		4	4	4	
Theme IIB: Historical or Contemporary Culture and Context		4	8	4	
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		16.0	18.0	15.0	
<b>FOURTH YEAR</b>		* Special Education (PETH 344)	2	-	-
	* Measurement & Evaluation (HLED 429)	-	2	-	
	*Major Elective: <i>As listed above</i>	4	-	-	
	Modern Language through Intermediate Level (201)	4	-	-	
	Theme III: Religious Beliefs and Practice	-	-	4	
	Scientific Foundations: Choose one course from the following: NSCI 404, 405, 406, 407	4	-	-	
	Religious, Moral & Social Aspects of Exercise Science (UNST 404G)	-	4	-	
	<i>Electives to complete 190 quarter units</i>	8	4	8	
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		18.0	14.0	12.0	
	* Major Requirements		# Additional Physical Therapy Requirements		

**EXERCISE SCIENCE**  
*Concentration in Scientific Basis*  
*B.S. Degree*  
*Pre-Physical Therapy Program*

**CAREER OPPORTUNITIES AND RELATED OCCUPATIONS:** Physical therapists may find employment in clinics, rehabilitation centers, acute-care and general hospitals, private and governmental agencies, and the school systems with handicapped children, or be self-employed. A physical therapist's responsibilities include: planning, implementing, and evaluating individualized treatment programs. Treatment often consists of massages, applications of heat, cold, light, water, ultrasonic, or electricity, and the use of mechanical devices to treat injury. Most importantly, a physical therapist educates patients and members of the patient's family about home care and the use of specific exercises to speed healing, allowing the patient to once again function normally. A physical therapist can specialize in different areas of the field such as fitness, wellness, or sports medicine.

**EDUCATIONAL QUALIFICATIONS:** A graduate degree, combined with clinical experience, increases the opportunities for advancement, especially in teaching, research, and administrative positions.

**JOB OUTLOOK:** Employment of physical therapists is expected to grow much faster than the average for all occupations through 2014. The impact of proposed Federal legislation imposing limits on reimbursement for therapy services may adversely affect the short-term job outlook for physical therapists. However, over the long run, the demand for physical therapists should continue to rise as growth in the number of individuals with disabilities or limited function spurs demand for therapy services. Job opportunities should be particularly good in acute hospital, rehabilitation, and orthopedic settings, because the elderly receive the most treatment in these settings.

**ENTERING SALARY:** Median annual earnings of physical therapists were **\$60,180** in 2004. The middle 50 percent earned between **\$50,330** and **\$71,760**. The highest 10 percent earned more than **\$88,580**.

**LOMA LINDA UNIVERSITY** offers a Doctorate of Physical Therapy for students with a Bachelor's degree. The minimum GPA requirement is **3.0**.

**SOURCES OF  
ADDITIONAL  
INFORMATION**

*Websites:*

**La Sierra University**  
[www.lasierra.edu/](http://www.lasierra.edu/)

*Department Contacts:*

**Chairperson:**  
Robert Thomas

**Advisors:**

Jennifer Gless  
Roger McFarland  
Robert Thomas

**Location:**

HESA Trailer  
951-785-2084

**Pre-Professional Coordinator:**

Becky Connell; [bconnell@lasierra.edu](mailto:bconnell@lasierra.edu)  
Palmer Hall Room 242A  
951-785-2490

*Professional Organizations:*

American Alliance for Health,  
Physical Education,  
Recreation & Dance  
1900 Association Drive  
Reston, VA 22091  
<http://www.aahperd.org>

American Physical Therapy Assoc.  
1111 North Fairfax Street  
Alexandria, VA 22314-1488  
<http://www.apta.org>

American College of Sports Medicine  
401 West Michigan Street  
Indianapolis, IN 46202  
317-637-9200  
<http://www.acsm.org>

Academic Advising  
Administration Building  
Room 206  
(951) 785-2951

**LA SIERRA  
UNIVERSITY**