

University of Indianapolis – *College of Health Sciences***2025-2026 Curriculum Guide for BS in Exercise Science (EXSC) and AS in Physical Therapist Assistant (PTA)
Bachelor of Science/Associate in Science****Advantages of this combined Exercise Science/PTA curriculum:**

- Provides students with deeper theoretical knowledge on exercise performance and personal training.
- Gives students an advantage over other job applicants by having earned a higher level of education.
- If a student is interested in a management position: Most positions require an earned bachelor's degree.

The PTA program application must be submitted by January 31st for fall (Semester I) priority consideration.

Students should apply to the PTA program in the fall of their first or second year to complete both degrees in four years. Admission to the PTA program is competitive – based on recommendation letters, applicant profile, prior coursework, GPA, observation hours, and a personal interview. Most PTA courses (see exceptions on page 2) meet on Tuesday and Thursday evenings from 6:00-9:15 PM.

INTEGRATED CURRICULUM (*Example*)

Approximate total credits required for completion of both degrees: 140 hours

First Year, Semester I (15 hours)

- | | | | |
|---|-------------|------------|--|
| • | BIOL | 103 | Principles of Human Anatomy (4)+ |
| • | ENGL | 101 | Intro to College Writing (3)+ |
| • | FYS | XXX | First-Year Seminar 110, 120, 140, 150, 160, 170, 171, 172, 180, 181, or 182 (3)* |
| • | INTD | 101 | New Student Experience (1) [or any course from New Student Experience Core] + |
| • | MATH | 180 | College Algebra and Trigonometry (4) |

First Year, Semester II (17 hours)

- | | | | |
|---|-------------|----------------|--|
| • | BIOL | 104 | Principles of Human Physiology (4)+ EXSC & Natural Sciences Core requirement |
| • | CHEM | 150/151 | General Chemistry I (3) and General Chemistry I Lab (1) |
| • | HSCI | 120 | Health Care Terminology (2) [or BIOL 200]+ |
| • | KINS | 101 | Wellness/Fitness for a Lifetime (1) [or any course from Wellness Core] |
| • | KINS | 190 | Introduction to Kinesiology, Health, and Sport Science (2) |
| • | PHYS | 150 | General Physics I (4)+ |
| • | KINS | 249 | Basic Nutrition (2) |

Second Year, Semester I (16.5 hours)

- | | | | |
|---|-------------|------------|---|
| • | KINS | 245 | Introduction to Exercise Physiology and Performance (4) |
| • | KINS | 280 | Sports, Exercise, and Health Behavior (3) |
| • | PTA | 203 | Clinical Leadership I (1.5)+ |
| • | PTA | 205 | Patient Care Orientation (1.5)+ |
| • | PTA | 207 | Clinical Rehabilitation I (3.5)+ |

Second Year, Semester II (17.5 hours)

- | | | | |
|---|-------------|------------|--|
| • | KINS | 325 | Group Exercise Leadership and Programming (3) |
| • | KINS | 350 | Exercise Physiology (4) |
| • | KINS | 410 | Motor Control and Biomechanics (4) EXSC & <i>Writing and Speaking Across the Curriculum</i> Core requirement |
| • | PTA | 224 | Rehabilitative Agents I (1)+ |
| • | PTA | 226 | Clinical Rehabilitation II (4)+ |
| • | PTA | 233 | Clinical Leadership II (1)+ |

Second Year, Summer Semester (6 hours)

- **PTA 223** Medical & Integumentary Rehabilitation (5 weeks immediately after Sem. II) (2.5)+
- **PTA 290** Preparation for Clinical Education (1) +
- **PTA 291** Clinical Education I (5 consecutive wks. June through August, in clinical full-time) (2.5)+

Third Year, Semester I (16.5 hours)

- **GenEd XXX** General Education Course (4)
- **KINS 251** Sports Nutrition (3)
- **KINS 470** Exercise Science Lab (4) [must have current First Aid & CPR before starting course]
- **KINS 490** Exercise Prescription (3)
- **PTA 206** Cardiopulmonary Rehabilitation (1.5)+
- **PTA 243** Clinical Leadership III (1)+
- **PTA 244** Rehabilitative Agents II (1.5)+
- **PTA 246** Clinical Rehabilitation III (2.5)+

Third Year, Semester II (16.5 hours)

- **GenEd XXX** General Education Courses (7)
- **KINS 376** Strength and Conditioning (3) **OR**
- **KINS 406** Clinical Exercise Physiology (3)
- **PTA 263** Neuromuscular Rehabilitation (3.5)+
- **PTA 264** Musculoskeletal Rehabilitation (3)+

Third Year, Summer Semester (7.5 hours) – Weeks 1 & 15 are daytime on campus; weeks 2-14 in clinic full-time

- **PTA 275** Preparation for Entry-Level Practice (immediately after Semester II) (1)+
- **PTA 292** Clinical Education II (weeks 2-7) (3)+
- **PTA 293** Clinical Education III (weeks 8-14) (3.5)+

Fourth Year, Semester I (16 hours)

- **GenEd XXX** General Education Courses (12)
- **KINS 356** Exercise Science Programming and Management (3)
- **KINS 485** Reading and Practical Experience in Exercise Science (1) **OR**
- **KINS 487** Reading and Practical Experience in Strength and Conditioning (1)

Fourth Year, Semester II (12-18 hours)

- **GenEd XXX** General Education Courses (6)
- **KINS 395** Professional Experience in Exercise Science (6-12) EXSC & Capstone Core requirement

[Prerequisites: KINS 280, KINS 350, KINS 356, KINS 376 or KINS 406, KINS 410, KINS 470, KINS 485, or 487, KINS 490] *Satisfies the Capstone requirement of the general education core*

+Exceptions: for the PTA major, these courses are required for degree completion. PTA courses have a small hybrid component and meet during the evening, except for PTA 275, 290, 291, 292, and 293, which are daytime.

GENERAL EDUCATION COURSES

These areas of the general education core are not fulfilled by a dedicated course in the EXSC or PTA majors. Students may be able to take fewer credits if they have AP credits or test out of one or more of these courses.

- Communication– 1 course
- History – 1 course
- Literature – 1 course
- Arts (2-hour minimum)
- Modern Language – 1 course
- Philosophy & Ethics – 1 course
- Global Awareness & Experiencing Cultural Differences – 1 course
- Religion – 1 course
- Social Science – 1 course

*Taking FYS 110, 120, 140, 150, 160, 170, 171, 172, 180, 181, or 182 will also meet one of the above general education requirements. Taking FYS 100 or 130 will likely result in the student needing to take an additional course to complete both degrees.

Note: Students completing the EXSC/PTA curriculum do not need to take ST 299 or INTD 201/202 due to the number of credit hours required to complete both majors.

PTA PROGRAM INFORMATION

Requirements for Application to the PTA Program – January 31st submission for Semester I priority consideration

- Admission to the University of Indianapolis.
- Completion of the PTA application (found on the UIndy PTA program website).
- At least 10 hours of observation, volunteer, or work experience with a PT or PTA in physical therapy settings and/or providers/companies.
- **Cumulative grade point average (GPA) \geq 2.6**
 - Official transcripts are required for all institutions to determine cumulative GPA.
 - **For students with less than 12 college credits, high school GPA will be used and must be \geq 3.0.**
 - For students with 12 or more college credits completed, cumulative GPA (all institutions) will be used.
 - Students with low cumulative GPA may qualify for PTA program's Academic Bankruptcy policy:
 - Applicants must complete the Academic Bankruptcy Petition (see UIndy PTA website).
 - At least 3 years must have elapsed from the end of the semester for which bankruptcy is requested.
 - Applicants must have a minimum of 12 college credits that are not bankrupted to calculate GPA.

Requirement for Matriculation in the PTA Program

- Completion of personal interview with faculty and/or PT/PTA (only top applicants are offered an interview). Received official offer of admission to the PTA program.
- Confirmed intent to matriculate in the PTA program by the due date in the offer letter.
- Completion of all requirements (by due dates) in all admissions letters sent during March through August
 - Positive results on a drug test or background check will require the student to meet with the Dean of the College of Health Sciences and might revoke the offer of admission, depending on the nature of the offense.
- English and Math proficiency through ENGL 100 and MATH 105 (by coursework or testing at UIndy). Applicants in which English is their 2nd language must score a 61 on the Test of English as a Foreign Language (TOEFL) Internet-Based Test.
- Attendance at the mandatory PTA Orientation session (unless granted an exception by the PTA Program Director).

Requirement to Continue in the PTA Program

- Students must earn a C or better in all technical and support courses.
- **Students must maintain a cumulative and semester GPA \geq 2.5 in technical and support courses.**
- Students must follow policies outlined in the KSPT Student Handbook and Clinical Education Handbook.

NOTE:

- With the EXSC major, a grade of C or higher is required for all major courses to graduate.
- Transfer students: As BIOL 103 and 104 are 8 total hours and required support courses, students are required to have 8 hours in anatomy and physiology to graduate from the PTA program.
- Students transferring anatomy and physiology are required to complete 8 total hours in anatomy and physiology to graduate. (For example, if a student transfers 6 total hours in anatomy and physiology courses, the student will be required to complete a minimum of 2 more hours of anatomy and/or physiology to graduate.)

REMEMBER

- Admission information for the PTA program: pt@uindy.edu

- Courses and requirements sometimes change, so keep in contact with your advisor.
- *When concurrently seeking a bachelor's degree*, contact that degree's advisor for all concerns with that degree and for your registration code. PTA and Pre-PTA advisors may not be able to advise you on your bachelor's degree coursework, nor approve you for that degree's course registration.