

Physical Therapy

to walk to a bus stop independently to go to work. Rehabilitation professionals may fabricate equipment to enable a person with an amputation to walk or a person with quadriplegia to control his or her environment in the absence of movement. Professional education for rehabilitation professions requires graduate education.

The needs of the health care market are changing. These changes require that entering health professionals be not only aware of practice strategies to maximize resources and contain costs, but also deliver a variety of interrelated services that meet the client's needs. Integrated service delivery models require a different type of education in which professionals receive training in collaborative processes and share goals for patients and clients. Such goals can be met through an interdisciplinary program that introduces the student to the practice of numerous professions, allows for practical observations and mentoring, and enables the student to form role concepts that incorporate interdisciplinary work rather than a solo professional track.

Bachelor of Science Degree Requirements

Interdisciplinary Health and Rehabilitation Sciences Major

The IHRS major requires 29-30 units of core coursework from several disciplines. Core course content includes professional, developmental, health, ethical, psychosocial and behavioral issues related to aging, illness, and disability.

A major in Interdisciplinary Health and Rehabilitation Sciences requires a minimum of 58 units of study, which includes completion of the 29-30 unit core and one option (29-45 units). The General Education requirement, special course requirements, and electives complete a total of at least 121 units required for the bachelor's degree.

Note: Students may not fulfill option requirements with courses taken to fulfill core requirements.

Interdisciplinary Health and Rehabilitation Sciences	Units
Major requirements	60-75

Core Program
(required of all options)**29-30**

Lower-Division Requirement

Any 3-unit statistics course(3)
Recommendations for Pre-Rehabilitation Services option are ERA 153 or PSYCH

143 or 144 or SWRK 171 or DS 123 or HS 202; for other options recommendations are HS 92 or other equivalent elementary statistics courses, such as MATH 11

Upper-Division Requirements

HHS 10 or PHTH 102 or COUN 102; GERON 115 or HS 115; HS 114; PSYCH 169 or RLS 125; PHTH 105, 106, 107, 127 (23-24)

Select 3 units from the following:

CDDS 91 or 92, 80; GERON 10S; GERON 125 or SWRK 125; HS 90, 131, 182, 190; KINES 118, 137; PHTH 190; RLS 101, 142; SWRK 135(3)

Select one of the following options**29-45**

Pre-Occupational

Therapy Option (36-37)
ART 60 or 70; ANTH 2; COUN 174 or PSYCH 174; BIOL 64 or PHTH 119; BIOL 65; PHYS 2A; PSYCH 10; PSYCH 155 or CFS 38; PSYCH 166

Select a minimum of 6 units from the following: BIOL 144; CHEM 153; COUN 174 or PSYCH 174; CDDS 91 or 92, 80, 98, 158; ECON 162; GERON 10S; GERON 18 or WS 18; GERON 125 or SWRK 125; GERON 139, 161; GERON 148 or KINES 148; HS 90, 104, 109, 129, 130, 131, 141, 151, 163, 182, 190; ID 145; KINES 109, 116, 118, 137, 163; NSCI 131; NURS 124; PHTH 119, 126, 190; BIOL 163, 166; PSYCH 103 or GERON 103; PSYCH 169; RLS 101, 142; SOC 147; SPAN 1A or 1B; SWRK 135, 137

Pre-Physical Therapy Option(45)

CHEM 3A, 3B; KINES 118; PHTH 119, 125, 126; BIOL 65, 166; PHYS 2A, 2B; PSYCH 10

Select a minimum of 6 units from the following: BIOL 20; CDDS 91 or 92, 80, 98; ECON 162; GERON 10S; GERON 18 or WS 18; GERON 125 or SWRK 125; GERON 139, 161; GERON 148 or KINES 148; HS 90, 104, 109, 129, 130, 131, 141, 151, 163, 182, 190; ID 145; KINES 109, 116, 118, 137, 163; PHTH 190; BIOL 163, 165; PSYCH 103 or GERON 103; RLS 142; SOC 147; SPAN 1A or 1B; SWRK 135, 137

Pre-Rehabilitation

Services Option.....(29)
COUN 174 or PSYCH 174; COUN 176 or PSYCH 166; HS 110, 111; PHTH 119 or BIOL 64; BIOL 65; PSYCH 10

Select a minimum of 6 units from the following: CDDS 91 or 92, 80, 98; ECON 162; GERON 10S; GERON 18 or WS 18; GERON 125 or SWRK 125; GERON 139, 161; GERON 148 or KINES 148; HS 90, 104, 109, 129, 130, 131, 141, 151, 163, 182, 190; KINES 109, 116, 118, 137; NURS 124; RLS 101, 142; PHTH 190; PSYCH 155 or CFS 38; PSYCH 103 or GERON 103; PSYCH 169; SOC 147; SPAN 1A or 1B; SWRK 135, 137

Pre-Public Health Option(30)
HS 90, 100, 109, 161, 163; PSYCH 174 or COUN 174

Select a minimum of 12 units from the following: HS 104, 105, 110, 115, 131, 133, 135, 151, 154; GERON 10S, 100, 161; RLS 80; CFS 38; PSYCH 166, 169; SWRK 129, 135, 137; CDDS 80, 91 or 92, 98; KINES 116, 118, 209; NURS 124; SOC 147

General Education requirements.....51
Electives and remaining
degree requirements 2-18*

(See *Degree Requirements*); includes upper-division writing skills

Total 121

* This total indicates that 3 units of PSYCH 10 in G.E. Breadth D3 and one of the following G.E. courses are being applied to the IHRS major: CHEM 3A or PHYS 2A (B1); CDDS 92 or SPAN 1B (C2); GERON 10S, CFS 38, or HS 90 (E1).

Students seeking admission to the bachelor of science degree program may apply at any point in their undergraduate program. Majors in Interdisciplinary Health and Rehabilitation Sciences (IHRS) must be in good standing with the university and must maintain an overall GPA of 2.5 after admission to the major. Students must meet prerequisite requirements for individual courses.

This curriculum is intended to prepare the student with an interdisciplinary perspective to enter graduate programs in physical therapy, occupational therapy, rehabilitation counseling, and public health. There may be additional requirements for admission to graduate programs.