

NPTE Study Schedule_ 2020_Sample 10 to 12-Week Plan

- Plan to Study Total Duration (100-120 hours): Start 10-12 wks before the exam (About 10-12 hrs/wk of studying). 1 hr /day weekdays + 6 hrs on sat/sun
- Treat the exam like a sporting event: Train hard up to 2 wks before the exam > 2 wks before exam take final practice test > 1 wk before “taper” off studying. Day before the exam NO STUDYING.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	MSK-Anatomy (3)	MSK- Neck (1)	Cardiopulm Exam (1)	Cardiopulm Exam(1)	Cardiopulm Vitals (1)	Cardiopulm Red flags/ Labs (1)	Neuro Adult Pathologies (3)
Week 2	Non-systems- Modalities (3)	Systems Interactions (1)	Systems Interactions (1)	Lymphatics (1)	Integumentary (1)	GI/GU Systems (1)	Practice Exam 1
Week 3	Review Practice Exam 1 Ques Neuro Peds pathologies (1)	Neuro -Neuro exam (1)	Neuro -Neuro exam (1)	GU System (1)	GI System (1)	Neuro -Neuro exam (1)	MSK-Back (3)
Week 4	Neuro-Anatomy (3)	Cardiopulm-Pathologies (1)	Cardiopulm-Pathologies (1)	Neuro Adult Pathologies (1)	Neuro Adult Pathologies (1)	Systems Interactions (1)	Practice Exam 2
Week 5	Review Practice Exam 2 Ques Neuro Adult Pathologies (1)	Cardiopulm Tx (1)	Cardiopulm Tx (1)	Integumentary (1)	Non-Systems Prof roles/safety (1)	Lymphatics (1)	Non-Systems-Equip (3)
Week 6	MSK-UE (1) Study Met & End (2)	Systems Interactions (1)	Lymphatics (1)	MSK Pathologies (1)	MSK Pathologies (1)	Neuro Peds pathologies (1)	Practice Exam 3
Week 7	Review Practice Exam 3 Ques Neuro Peds pathologies (1)	GI System (1)	GU System (1)	Non-Systems (1)	Cardiopulm-Pathologies (1)	Systems Interactions (1)	Study Met & End (1) Cardiopulm (2)
Week 8	Ped/reflexes/milestones (3)	MSK-UE (1)	Cardiopulm Exam/Red Flags (1)	MSK Pathologies (1)	MSK- Neck (1)	Cardiopulm-Pathologies (1)	Integumentary-Pathologies & exam (3)
Week 9	MSK Neck (1) MSK LE (3)	Systems Interactions (1)	Non-Systems- Research (1)	Neuro Adult Pathologies (1)	MSK- Neck (1)	MSK-UE (1)	Neuro Geriatrics (3) MSK-Back (1)
Week 10	MSK-UE (3)	MSK LE (1)	MSK LE (1)	Non-Systems-Research (1)	Non-Systems Prof roles/safety (1)	Cardiopulm-Pathologies (1)	Practice exam 4
Week 11	Review Practice Exam 4 Ques Neuro Adult Pathologies (1)	Non-Systems Prof roles/safety (1)	Integumentary (1)	MSK- Neck (1)	Cardiopulm Tx (1)	Non-Systems-Research (1)	MSK-UE (1)
Week 12	Review as needed	Review as needed	Review as needed	Review as needed	Review as needed	Review as needed	Review as needed

Musculoskeletal 28% of exam= 30 hrs. *

Non-Systems 13% of exam= 14 hrs.*

Lymphatics 3% of exam= 3 hrs.*

Neuromuscular 23.5% of exam= 25 hrs.*

Integumentary 5.5% of exam= 6 hrs.*

Metabolic & Endocrine 3% of exam= 3 hrs.*

Cardiopulmonary 13% of exam = 14 hrs.*

Systems Interactions 5% of exam= 5 hrs.*

GI & GU 6% of exam=6 hrs. *Roughly Equivalent Hours*