



SMU PRE-HEALTH PROFESSIONS


Suggested Pre-Occupational Therapy Plan

Note: Some science courses may be completed in summer terms.



Individual program requirements may change at any time, and this plan may not reflect the most current information. It is the student's responsibility to review, understand, follow, and remain up-to-date with the policies, guidelines, and requirements (including pre-requisite coursework) of each individual occupational therapy program and the application service, OTCAS.

This plan could vary depending on the major chosen. Consult your academic advisor and check individual degree plans for suggested sequencing of courses. Grades of C (not C-) or better are required to meet specific science (and math) pre-requisites for admission to OT (occupational therapy) school. Consult with your advisor before advancing to the next level course. Some OT programs require grades of "B" or better in pre-requisite courses.

1 st Year Fall				1 st Year Spring		
BIOL	1301	Introductory Biology I		BIOL	1302	Introductory Biology II
BIOL	1101	Introductory Biology I Lab		BIOL	1102	Introductory Biology II Lab
CHEM	1303	General Chemistry I		CHEM	1304	General Chemistry II
CHEM	1113	General Chemistry I Lab		CHEM	1114	General Chemistry II Lab
DISC	1312	Discernment and Discourse (UC 2016)		DISC	1313	Discernment and Discourse (UC 2016)
WRTR	1312	Introduction to Academic Writing (CC 2020)		WRTR	1313	Writing and Critical Reasoning (CC 2020)
				STAT	2331	Statistics
2 nd Year Fall				2 nd Year Spring		
BIOL	2441	Anatomy & Physiology I		BIOL	2442	Anatomy & Physiology II
PSYC	1300	Introduction to Psychology		PSYC	2332	Developmental Psychology
3 rd Year Fall				3 rd Year Spring		
APSM	3321	Biomechanics	GRE 			

Students can choose any major; however, courses offered in the APHM (Applied Physiology & Health Management) major are a good fit for students interested in becoming occupational therapists. Additional recommended (or required courses) include **Anatomy for Movement, Abnormal Psychology, Medical Terminology and Speech/Communication**. Additional courses in behavioral science (psychology/sociology) are also recommended (and required) by some programs. Medical Terminology is not offered at SMU. **Review program websites to confirm required pre-requisite courses, observation hours, and specific documentation.**

A semester in Physics (PHYS 1307/1303) is required by some programs while other programs may also require semester hours in Biology (BIOL 1301/BIOL 1302) and/or General Chemistry (CHEM 1303/CHEM 1304). *This plan is designed to meet the minimum requirements of most programs and is not a substitute for individual program requirements.* **Students should always consult with individual programs to determine specific requirements.**

Calculus (MATH 1337) is required to complete PHYS 1307. Students applying to programs requiring Physics I (PHYS 1307) should plan to add Calculus (MATH 1337) to their plan. Statistics can be moved to a later semester to better accommodate a student's schedule. Pre-occupational therapy students may incorporate study abroad in their college plan, usually before the spring of Year 3 or during the summer. Meet with your academic or faculty advisor and plan ahead.

Many OT programs have transitioned from a master's degree to a doctorate degree. Some programs require a degree at the time of application while others may accept students with a minimum number of credit hours in progress. Requirements may vary based on the type of professional program a student plans to pursue. Entry-level programs (master's and doctorate) prepare students to become occupational therapists while post-professional programs provide occupational therapists with additional education and/or specialization. <https://www.aota.org/>

It is the student's responsibility to understand the specific requirements for individual programs. Most OT programs require observation hours or specific field-related clinical experience. Refer to individual programs for the required (or recommended) number of healthcare experiences (HCE) - including observation. Consult with individual programs for specific documentation requirements.

Pre-occupational therapy students should plan to take the GRE in early spring of the year they intend to apply (usually in spring). The GRE (Graduate Record Exam) is offered multiple times during the year. Some programs no longer require the GRE. Meet with the Pre-Health Director for more information and review these websites: [Occupational Therapy Central Application Service](#) , [OT School Directory](#), [OT CAS \(Central Application Service\)](#) to begin preparing for application to occupational therapy school.