

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" 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		BIOL	1302	Introductory Biology
BIOL	1101	Introductory Biology Lab		BIOL	1102	Introductory Biology 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)
MATH	1304	Pre-Calculus or higher		STAT	2331	Statistics

2 nd Year Fall				2 nd Year Spring		
APSM/ BIOL	2441	Anatomy & Physiology I		APSM/ 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) specialization are a good fit for students interested in becoming occupational therapists. Additional recommended (or required courses) include: Anatomy for Movement, 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 a semester in Biology (BIOL 1301 or BIOL 1302) and/or General Chemistry (CHEM 1303). *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.

Pre-calculus (MATH 1304) may be required prior to Calculus (MATH 1337). Students applying to programs requiring Physics I 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 junior year 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-related 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 submit their application (usually July of their junior or senior year). The GRE (Graduate Record Exam) is offered multiple times during the year. Meet with the Pre-Health Director for more information and visit: <https://www.aota.org/Education-Careers/Find-School/OTCAS.aspx> and <https://otcas.liaisoncas.com/applicant-ux/#/login> to begin preparing for application to occupational therapy school.