



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 prerequisite 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) prerequisites 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 prerequisite 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	
WRTR	1312	Introduction to Academic Writing		WRTR	1313	Writing and Critical Reasoning	
				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 →				
PSYC	2351	Psychopathology					

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, Medical Terminology, Sociology, and Speech/Communication**. Medical Terminology is not offered at SMU. **Review program websites to confirm required prerequisite courses, observation hours, and specific documentation.**

A semester in Physics (PHYS 1307/1303) is required by some programs. *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 at SMU. 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 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. Find more information on becoming an OT here: <https://www.aota.org/career/become-an-ot-ota>

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 Office of Pre-Health Advising for more information and review these websites: [Occupational Therapy Central Application Service \(OTCAS\)](#), [OT School Directory](#), [OTCAS Quick Start Guide](#) to begin preparing for application to occupational therapy school.