# QUICK GUIDE:
Common Pre-Health Pre-Requisites

## MEDICINE
- **1 year Biology** (Bio 111 & 212)
- **1 year General Chemistry** (CH 110/120 or 115/230)
- **1 year Organic Chemistry** (CH 250/251)
- **1 year Physics** (PH 111/112)
- **Biochemistry** (BIOL 361)
- **Statistics** (MTH 160 or 260)
- **Psychology & Sociology**

*Requirements of individual programs vary on these courses. Some programs require Genetics (BIOL 213), Physiology (EXCS 221), Calculus (MTH 180/181) and/or other courses.

## DENTISTRY
- **Biology** (Bio 111, 112, 213)
- **1 year General Chemistry** (110/120 or 115/230)
- **1 year Organic Chemistry** (250/251)
- **Biochemistry** (Bio or Chem-based)
- **1 year Physics** (PH 111/112 or PH 121/122)
- **Statistics** (MTH 160 or 260)
- **Microbiology** (BIOL 350)
- **Animal Nutrition** (not offered at UPS)

Additional, optional, courses for consideration:
- PSYC 311, PSYC 377 & CONN 357

## VETERINARY MEDICINE
- **Biology** (Bio 111, 112, 213)
- **1 year General Chemistry** (110/120 or 115/230)
- **1 year Organic Chemistry** (250/251)
- **Biochemistry** (Bio or Chem-based)
- **1 year Physics** (PH 111/112 or PH 121/122)
- **Statistics** (MTH 160 or 260)
- **Microbiology** (BIOL 350)
- **Animal Nutrition** (not offered at UPS)

Additional, optional, courses for consideration:
- PSYC 311, PSYC 377 & CONN 357

## PHARMACY
- **Biology** (111 & 112)
- **1 year General Chemistry** (110/120 or 115/230)
- **1 year Organic Chemistry** (250/251)
- **1 year Physics** (PH 111/112 or PH 121/122)
- **Statistics** (MTH 160 or 260)
- **Microbiology** (BIOL 350)
- **Biochemistry** (BIOL 361)*
- **Statistics** (MTH 160 or 260)

*UW requires a full year of Biochemistry

## PHYSICIAN ASSISTANT
- **Biology** (111 & 112)
- **1 year General Chemistry** (110/120 or 115/230)
- **1 year Organic Chemistry** (250/251)
- **1 year Physics** (PH 111/112 or PH 121/122)
- **Statistics** (MTH 160 or 260)
- **Microbiology** (BIOL 350)
- **Psychology**
- **Experience** (1-2 yrs paid full-time work)

Individual programs may vary significantly in their requirements.

## OPTOMETRY
- **1 year Biology** (Bio 111 & 212)
- **1 year General Chemistry** (110/120 or 115/230)
- **1 year Organic Chemistry** (250/251)
- **1 year Physics** (PH 111/112 or PH 121/122)
- **Immunology** (not offered at Puget Sound)
- **Anatomy & Physiology** (EXCS 221/222)
- **Calculus & Statistics** (MTH 160 & 180)
- **Psychology**
- **English**

Requirements of individual programs vary.

## PODIATRY
- **1 year Biology** (Bio 111 & 212)
- **1 year General Chemistry** (110/120 or 115/230)
- **1 year Organic Chemistry** (250/251)
- **1 year Physics** (PH 111/112 or PH 121/122)
- **Biochemistry** (BIOL 361)
- **Statistics** (MTH 160 or 260)
- **Psychology & Sociology**
- **English**

Requirements of individual programs vary. Biochemistry, Anatomy & Physiology may be required.

Have specific questions about your path as a pre-health student?
Contact Health Professions Advising at healthprofessions@pugetsound.edu or visit www.pugetsound.edu/HPA
### PHYSICAL THERAPY
- 1 year Chemistry (110/120 or 115/230)
- 1 year Physics (111/112 or 121/122)
- Human Anatomy & Physiology (EXCS 221/222)
- Statistics (MATH 160)
- 1 Course Psychology or Sociology (PSYC 101, 220, 221 or 320; or SOAN 206 or 370)

*Requirements are based upon University of Puget Sound Program. Requirements of individual programs may vary.*

### OCCUPATIONAL THERAPY
- Statistics (MTH 160 or 260)
- 1 year Psychology (220 & 221)
- 1 Additional 200+ level course in Psychology, Sociology or Anthropology (focus must be on individual and/or group interaction, culture or mental health)
- Human Anatomy & Physiology (EXCS 221/222)

*Requirements are based upon University of Puget Sound OTD Program. Requirements of individual programs may vary.*

### CHIROPRACTIC MEDICINE
- 1 year Biology (Bio 111 & 212)
- 1 year General Chemistry (110/120 or 115/230)
- 1 year Organic Chemistry (250/251)
- 1 year Physics (PH 111/112)
- Biochemistry (BIOL 361)
- Human Anatomy & Physiology (EXCS 221/222)
- Statistics (MTH 160 or 260)
- Psychology
- Biomechanics (EXCS 336) and/or Exercise Physiology (EXCS 329)

*Requirements of individual programs vary on these courses. Requirements are based upon University of Western States. Individual programs may vary significantly in their requirements.*

### PUBLIC HEALTH
- Master of Public Health programs commonly do not have specific prerequisite coursework as application requirements. Prospective MPH students can have a variety of undergraduate academic degrees, and may benefit from undergraduate courses in human biology, statistics, and sociology. Students should check with any MPH programs to which they are interested in applying.

*Suggested courses* applicable to public health may include: SOAN 360, SOAN 365, STS 366, CONN 320, PSYC 345, BIOE 292/PHIL 292, BIOE 392, COMM 450 & IPE 331

*Students are encouraged to research frequency by which courses are offered via the course bulletin.*

### Exploring career options in health care? Check out these career exploration resources:

  Website devoted entirely to health careers. Gives an overview of specific career paths and includes information about amount of education required and expected salaries.

- [www.OnetOnline.org](http://www.OnetOnline.org)
  Look up any career and find a list of others that share common characteristics (helpful for narrowing down options). If you “Browse by Industry” and click on “Health Care and Social Assistance,” you’ll find a lengthy list of careers in the field. Click on any position for a detailed breakdown. Notice the list of “Related Occupations” at the bottom of the page. Have you taken the Strong Interest Inventory? If so, you can search careers by your specific interest areas.

- [www.BLS.gov/ooh](http://www.BLS.gov/ooh)
  Find information on specific careers including common responsibilities, education, training, pay, and projected need for jobs in U.S.

### Hoping to gain experience in a health-related field? Consider:

- Applying to a summer program like SHPEP/Summer Health Professions Education Program (for 1st and 2nd year students). These programs offer intensive educational and experiential learning opportunities during the summer months. They are nationwide and often include a stipend and living accommodations.

- Scheduling an appointment with CES (Career & Employment Services) on campus and using their job and internship boards (LoggerJobs and InternshipLink). They’ll help you strengthen your resume and find opportunities with prospective employers. Visit [www.PugetSound.edu/CES](http://www.PugetSound.edu/CES) or call 879-253-3161 or email ces@pugetsound.edu to schedule an appointment.

- Researching health-related organizations in the area. Know where your best opportunities are and check their websites.

- Checking the NAAHP “Summer Opportunities” listings online at [www.naahp.org/StudentResources/SummerOpportunities.aspx](http://www.naahp.org/StudentResources/SummerOpportunities.aspx).

- Participating in events like ASK Night and Take a Logger to Work to meet professionals working in healthcare. Sign up for the HPA email updates to learn more and check the CES events page as well.

- Networking. Develop relationships with people when you shadow and volunteer in clinical environments. Let others know you want an internship or job. There are times when opportunities develop as a direct result of a student demonstrating initiative and commitment.

*Have specific questions about your path as a pre-health student? Contact Health Professions Advising at healthprofessions@pugetsound.edu or visit [www.pugetsound.edu/HPA](http://www.pugetsound.edu/HPA)*