## The University of Puget Sound

2020-2021 CURRICULUM GUIDE
ANY MAJOR: PRE-MEDICAL
DEGREE: BA OR BS
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## A suggested four-year program:

Early contact with the Chair of the Health Professions Advising Committee or the program coordinator is recommended in the first year. The Medical School Admission Requirements book must be checked during the sophomore year for specific school requirements. Fall Semester Classes

Spring Semester Classes

| Freshman | 1 | SSI 2 | Units |
| :--- | :---: | :--- | :---: |
| SSI 1 | 1 | BIOL 111/lab $^{3}$ (NS core) or core | 1 |
| BIOL 111/lab ${ }^{3}$ (NS core) or core | 1 | Approaches core | 1 |
| Pre-med Math* (MA core) | 1 | FL (if needed) or Major** | 1 |
| FL (if needed) or Major** | Units | Units |  |
| Sophomore | 1 | CHEM 120/lab ${ }^{2}$ | 1 |
| CHEM 110/lab ${ }^{1}$ | 1 | Elective or Major | 1 |
| Elective or Major | 1 | Approaches core | 1 |
| SL core (SOAN 101 fulfills) | 1 | Elective or Major | 1 |
| Elective or Major | Units |  | 1 |
| Junior | 1 | CHEM 251/lab | Units |
| CHEM 250/lab | 1 | BIOL 212/lab ${ }^{3}$ | 1 |
| Elective or BIOL 213/lab**** | 1 | Elective or Major | 1 |
| Elective or Major | 1 | Elective or Major | 1 |
| Elective or Major | Units |  | 1 |
| Senior | 1 | Elective or Major | Units |
| CN core ${ }^{5}$ | 1 | PHYS 112/lab*** | 1 |
| PHYS 111/lab*** | 1 | Elective or Major | 1 |
| Elective or Major | 1 | BIOL 361 | 1 |
| Elective | 1 |  |  |

## NOTES:

Puget Sound requires a total of $\mathbf{3 2}$ units to graduate

1) If Chemistry/Biochemistry major or strong science background, take CHEM in the first year. Students with strong chemistry backgrounds could take CHEM 115.
2) Students who have taken CHEM 115 should take CHEM 230.
3) If Biology major, take BIOL 111/112 first year. If other major, recommend BIOL 212 instead of 112.
4) BIOL 361 is a one-semester, non-lab course which fits most medical school pre-requisites. If Biochemistry with a lab is required take CHEM $460 \& 461$ (students without CHEM 230 must take CHEM 231 as a pre-requisite)..
5) Of the three units of upper division coursework required outside the first major, the Connections course will count for one unless it is used to meet a major requirement.
*The MCAT includes statistics: MATH 160, or 260, or a departmental research methods and statistics course are recommended. Some medical schools require up to a year of calculus, so students may consider taking MATH 180 and/or 181 in addition to statistics. MATH 160 and 180 will count toward the Mathematical Approaches core.
**Meet with advisor to ensure that major requirements as well as university requirements are met.
***PHYS 111/112 is preferable, but PHYS 121-122 acceptable.
****Recommended/required at some schools.

## The University of Puget Sound

COURSE CHECKLIST
ANY MAJOR: PRE-MEDICAL

| UNIVERSITY CORE | CRS | TERM | GRADE |
| :---: | :---: | :---: | :---: |
| SSI 1 |  |  |  |
| SSI 2 |  |  |  |
| AR |  |  |  |
| HM |  |  |  |
| MA (MATH 160 or 180)2 |  |  |  |
| NS (BIOL 111 or CHEM 110 or 115) |  |  |  |
| SL |  |  |  |
| CN |  |  |  |
| KEY |  |  |  |
| SSI1= Seminar in Scholarly Inquiry1 MA= Mathematical Approaches <br> SSI2= Seminar in Scholarly Inquiry2 NS= Natural Scientific Approaches <br> AR= Artistic Approaches SL= Social Scientific Approaches <br> HM= Humanistic Approaches CN= Connections <br>  FL= Foreign Language |  |  |  |
| Foreign Language Requirement (circle one) |  |  |  |
| 1) Two semesters at $101 / 102$ level or One semester at $200+$ level <br> 2) Proficiency exam (3rd year high school level or 1st year college level) |  |  |  |
| 3) AP foreign language score of 4 or 5 |  |  |  |

## Upper Division Level Requirement

Three units at the upper division level outside the first major.

## KNOWledge, Identity, and Power Requirement

One course. See Bulletin for details. Courses may also fulfill other program or graduation requirements.

## NOTES

\#Denotes labs.
*Recommended. Required at some schools.

1) CHEM 230 or 231 are prerequisites.
2) The MCAT includes statistics; MATH 160 or 260 or a departmental research methods and statistics course is recommended. Some medical schools require up to a year of calculus, so students may consider taking MATH 180 and/or 181 in addition to statistics. MATH 160 and 180 will count toward the Mathematical Approaches core.
3) SOAN 101 fulfills a core requirement and covers a broader range of topics on the MCAT, however, SOAN 360 is focused on medical issues.

MAJOR REQUIREMENTS

| COURSE | UNITS | TERM | GRADE |
| :---: | :---: | :---: | :---: |
| BIOL 111\# |  |  |  |
| BIOL 212\# |  |  |  |
| BIOL 213*\# |  |  |  |
| $\begin{aligned} & \text { Biochemistry (BIOL } 361 \\ & \text { OR } \\ & \text { CHEM } 460^{1} \text { and } 461^{1} \text { ) } \end{aligned}$ |  |  |  |
| CHEM 110 (or 115)\# |  |  |  |
| CHEM 120 (or 230)\# |  |  |  |
| CHEM 250\# |  |  |  |
| CHEM 251\# |  |  |  |
| Pre-Med Math ${ }^{2}$ |  |  |  |
| PHYS 111 (or 121) \# |  |  |  |
| PHYS 112 (or 122) \# |  |  |  |
| PSYC 101 |  |  |  |
| SOAN 101 or $360^{3}$ |  |  |  |

## THIS FORM IS <br> NOT AN <br> OFFICIAL GRADUATION ANALYSIS

## Recommendations

- There is no single best major to prepare for a health profession-choose a subject that you love, and then be sure to take the pre-requisite courses (listed above).
- For a higher probability of success in your classes, spread out the science courses. Science majors will spend most of their semesters taking 2 lab courses; non-science majors have the luxury of tackling the science classes one course at a time.
- Warning: taking 3 science courses with labs in one semester is NOT recommended.
- Chemistry/Biochemistry majors or students with a strong science background should take Chemistry in first year to provide greater flexibility for future semesters.
- Minors and second majors are much less important than the actual classes you take. In general, health professions programs appreciate breadth-this means strength in the sciences, but also exposure to courses which will provide insight on other cultures and diverse ways of thinking, ethical issues, and psychological and societal influences on individual health and healthcare systems.

