



**QUICK GUIDE:**  
**Common Pre-Health Pre-Requisites**

Revised 8/23/2024

<p><b>ANESTHESIOLOGIST ASSISTANT</b></p>	<ul style="list-style-type: none"> <li>✓ 1 year <b>Biology</b> (BIOL 111 &amp; 212)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXCS 222/221)</li> <li>✓ 1 year <b>General Chemistry</b> (CH 110/120)</li> <li>✓ 1 year <b>Organic Chemistry</b> (CH 250/251)</li> <li>✓ 1 year <b>Physics</b> (PH 111/112)</li> <li>✓ 1 year <b>Calculus</b> (MTH 180/181)</li> </ul> <p><i>Requirements of individual program may vary. Some programs may require or recommend Biochemistry with a lab (CH 460). Applicants must take either the MCAT or GRE.</i></p>	<ul style="list-style-type: none"> <li>✓ 1 year <b>Biology</b> (BIOL 111 &amp; 112)</li> <li>✓ 1 year <b>General Chemistry</b> (CH 110/120)</li> <li>✓ 1 year <b>Physics</b> (PH 111/112)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXCS 222/221)</li> <li>✓ 1 semester <b>Psychology</b> (PSYC 101 or 222)</li> </ul> <p><i>Requirements of individual programs may vary. Some programs require or strongly recommend Exercise Physiology (EXSC 329), Biomechanics (EXSC 336), Nutrition (EXSC 301), Statistics (MTH 160 or 260), Medical Terminology (not offered at Puget Sound) and/or other courses.</i></p>	<p><b>ATHLETIC TRAINING</b></p>
<p><b>DENTISTRY</b></p>	<ul style="list-style-type: none"> <li>✓ 3 semesters <b>Biology</b> (BIOL 111, 112 &amp; 212)</li> <li>✓ 1 year <b>General Chemistry</b> (CH 110/120)</li> <li>✓ 1 year <b>Organic Chemistry</b> (CH 250/251)</li> <li>✓ 1 year <b>Physics</b> (PH 111 &amp; 112)</li> <li>✓ <b>Biochemistry</b> (BIOL 361 or CH 460/461)</li> <li>✓ <b>English</b> (SSI 1/SSI 2 or CONN/CCS)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXCS 222/221)</li> </ul> <p><i>Requirements of individual programs may vary. Some programs require Microbiology (BIOL 350), Genetics (BIOL 213), Statistics (MTH 160 or 260), Calculus (MTH 180 and/or MTH 181), Psychology, Sociology/Anthropology and other courses. A small number of programs recommend: Histology, Zoology, Immunology and/or Molecular Biology.</i></p>	<ul style="list-style-type: none"> <li>✓ 1 year <b>Biology</b> (BIOL 111 &amp; 212)</li> <li>✓ 1 year <b>General Chemistry</b> (CH 110/120)</li> <li>✓ <b>Genetics</b> (BIOL 213)</li> <li>✓ <b>Biochemistry</b> (BIOL 361 or CH 460/461)</li> <li>✓ 1-2 semesters of <b>Psychology</b> (PSYC 101 and/or PSYC 222, varies by program)</li> <li>✓ 1 semester <b>Statistics</b> (MTH 160 or 260)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXCS 222/221)</li> </ul> <p><i>Requirements of individual programs may vary. Some programs may require or recommend Organic Chemistry (CH 250/251), and/or courses from Sociology &amp; Anthropology.</i></p>	<p><b>GENETIC COUNSELING</b></p>
<p><b>MEDICINE</b> (Physician: MD or DO)</p>	<ul style="list-style-type: none"> <li>✓ 1 year <b>Biology</b> (BIOL 111 &amp; 212)</li> <li>✓ 1 year <b>General Chemistry</b> (CH 110/120)</li> <li>✓ 1 year <b>Organic Chemistry</b> (CH 250/251)</li> <li>✓ 1 year <b>Physics</b> (PH 111/112)</li> <li>✓ <b>Biochemistry</b> (BIOL 361 or CH 460/461)</li> <li>✓ 1 semester <b>Statistics</b> (MTH 160 or 260)</li> <li>✓ 1 semester <b>Psychology</b> (PSYC 101 or 222)</li> <li>✓ 1 semester <b>Sociology</b></li> <li>✓ <b>English</b> (SSI 1/SSI 2 or CONN/CCS)</li> </ul> <p><i>Requirements of individual programs may vary. Some programs require Genetics (BIOL 213), Anatomy &amp; Physiology (EXCS 222/221), Calculus (MTH 180/181), 2 semesters of Biochemistry, and/or other courses.</i></p>	<ul style="list-style-type: none"> <li>✓ 1 year <b>Biology</b> (BIOL 111 &amp; 112)</li> <li>✓ 1 year <b>General Chemistry</b> (CH 110/120, Some require CH 250/251)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXCS 222/221)</li> <li>✓ 1 semester <b>Statistics</b> (MTH 160 or 260)</li> <li>✓ <b>Microbiology</b> (BIOL 350)</li> <li>✓ <b>Lifespan Psychology</b> (PSYC 222)</li> <li>✓ 1 semester <b>Sociology</b></li> <li>✓ <b>Nutrition</b> (EXSC 301)</li> </ul> <p><i>Individual programs may vary significantly in their requirements. Many programs require grades of B or higher in all pre-requisite courses. Some programs may require Interpersonal/Group Communication.</i></p>	<p><b>NURSING</b></p>
<p><b>NUTRITION/ DIETETICS</b></p>	<ul style="list-style-type: none"> <li>✓ <b>Nutrition</b> (EXSC 301)</li> <li>✓ 1 year <b>General Chemistry</b> (CH 110/120)</li> <li>✓ 1 year <b>Biology</b> (BIOL 111 &amp; 212)</li> <li>✓ 1 semester <b>Organic Chemistry</b> (CH 250)</li> <li>✓ <b>Biochemistry</b> (BIOL 361 or CH 460/461)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXCS 222/221)</li> <li>✓ 1 semester <b>Psychology</b> (PSYC 101 or 222)</li> <li>✓ <b>Microbiology</b> (BIOL 350)</li> <li>✓ 1 semester <b>Statistics</b> (MTH 160 or 260)</li> <li>✓ <b>Exercise Physiology</b> (EXSC 329)</li> </ul> <p><i>Requirements of individual programs may vary. Some programs require Food Science &amp; Management of Nutrition Services (neither offered at UPS), Ethics, Public Speaking, and Strength Training/Conditioning.</i></p>	<ul style="list-style-type: none"> <li>✓ 1 semester <b>Statistics</b> (MTH 160 or 260)</li> <li>✓ 2 semesters <b>Psychology</b> (PSYC 220 &amp; 221)</li> <li>✓ 1 <b>Additional 200+ level course in Psychology, Sociology or Anthropology</b> (focus must be on individual and/or group interaction, culture or mental health)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXCS 222/221)</li> </ul> <p><i>Requirements of individual programs vary and may also include BIOL 111/112, BIOL 350, CHEM 110/120, CHEM 250/251, PHYS 111/112, Medical Terminology* (not offered at Puget Sound), and/or English.</i> *GLAM 120 fulfills the medical terminology requirement for the Puget Sound OTD Program.</p>	<p><b>OCCUPATIONAL THERAPY</b></p>

<p style="text-align: center;"><b>OPTOMETRY</b></p>	<ul style="list-style-type: none"> <li>✓ <b>1 year Biology</b> (BIOL 111 &amp; 212)</li> <li>✓ <b>1 year General Chemistry</b> (CH 110/120)</li> <li>✓ <b>1 year Organic Chemistry</b> (CH 250/251)</li> <li>✓ <b>1 year Physics</b> (PH 111/112 or 121/122)</li> <li>✓ <b>Immunology</b> (<i>not offered at Puget Sound</i>)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXCS 222/221)</li> <li>✓ <b>Calculus &amp; Statistics</b> (MTH 160 &amp; 180)</li> <li>✓ <b>1 semester Psychology</b> (PSYC 101 or 222)</li> <li>✓ <b>English</b> (SSI 1/SSI 2 or CONN/CCS)</li> </ul> <p><i>Requirements of individual programs may vary.</i></p>	<ul style="list-style-type: none"> <li>✓ <b>1 year Biology</b> (BIOL 111 &amp; 212)</li> <li>✓ <b>Microbiology</b> (BIOL 350)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXSC 222/221)</li> <li>✓ <b>1 year General Chemistry</b> (CH 110/120)</li> <li>✓ <b>1 semester Organic Chemistry</b> (CH 250)</li> <li>✓ <b>1 semester Mathematics</b> (college algebra or higher, Statistics—MTH 160 or MTH 260—may be recommended)</li> <li>✓ <b>English</b> (SSI 1/SSI 2 or CONN/CCS)</li> </ul> <p><i>Requirements of individual programs may vary. Some programs may require or recommend Medical Terminology and Histology (neither offered at Puget Sound), Biochemistry (BIOL 361) and/or Physics.</i></p>	<p style="text-align: center;"><b>PATHOLOGIST ASSISTANT</b></p>
<p style="text-align: center;"><b>PHARMACY</b></p>	<ul style="list-style-type: none"> <li>✓ <b>1 year Biology</b> (BIOL 111 &amp; 112)</li> <li>✓ <b>1 year General Chemistry</b> (CH 110/120)</li> <li>✓ <b>1 year Organic Chemistry</b> (250/251)</li> <li>✓ <b>1 year Physics</b> (PH 111/112 or 121/122)</li> <li>✓ <b>Calculus</b> (MTH 180)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXCS 222/221)</li> <li>✓ <b>Microbiology</b> (BIOL 350)</li> <li>✓ <b>Biochemistry</b> (BIOL 361 or CH 460/461)*</li> <li>✓ <b>1 semester Statistics</b> (MTH 160 or 260)</li> </ul> <p><i>*Some programs may require a full year of Biochemistry and/or one semester of Economics. Some programs may require only one semester of General Biology (BIOL 111 or 112) and/or only one semester of Physics (PH 111 or 121).</i></p>	<ul style="list-style-type: none"> <li>✓ <b>1 year Biology</b> (BIOL 111/112 or 111/212)</li> <li>✓ <b>1 year General Chemistry</b> (CH 110/120)</li> <li>✓ <b>1 year Physics</b> (PH 111/112 or 121/122)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXCS 222/221)</li> <li>✓ <b>1 semester Statistics</b> (MATH 160)</li> <li>✓ <b>2 semesters Psychology</b> (PSYC 101/222)</li> </ul> <p><i>Requirements of individual programs may vary. Many programs require or strongly recommend Exercise Physiology (EXSC 329), Biomechanics (EXSC 336), Nutrition (EXSC 301), and/or other courses.</i></p>	<p style="text-align: center;"><b>PHYSICAL THERAPY</b></p>
<p style="text-align: center;"><b>PHYSICIAN ASSISTANT</b> <i>(also known as Physician Associate)</i></p>	<ul style="list-style-type: none"> <li>✓ <b>3 semesters Biology</b> (BIOL 111, 112 &amp; 213)</li> <li>✓ <b>1 year General Chemistry</b> (CH 110/120)</li> <li>✓ <b>1 year Organic Chemistry</b> (CH 250/251)</li> <li>✓ <b>1 semester Statistics</b> (MTH 160 or 260)</li> <li>✓ <b>Anatomy &amp; Physiology</b> (EXCS 222/221)</li> <li>✓ <b>Microbiology</b> (BIOL 350)</li> <li>✓ <b>1 semester Psychology</b> (PSYC 101 or 222)</li> </ul> <p><i>Individual programs may vary significantly in their requirements. Some programs may require Medical Terminology (not offered at Puget Sound) and/or Biochemistry (BIOL 361). Many programs require grades of B or higher in all pre-requisite courses.</i></p>	<ul style="list-style-type: none"> <li>✓ <b>1 year Biology</b> (BIOL 111 &amp; 212)</li> <li>✓ <b>1 year General Chemistry</b> (CH 110/120)</li> <li>✓ <b>1 year Organic Chemistry</b> (CH 250/251)</li> <li>✓ <b>1 year Physics</b> (PH 111/112 or 121/122)</li> <li>✓ <b>Biochemistry</b> (BIOL 361 or CH 460/461)</li> <li>✓ <b>1 semester Statistics</b> (MTH 160 or 260)</li> <li>✓ <b>1 semester Psychology</b> (PSYC 101 or 222)</li> <li>✓ <b>1 semester Sociology</b></li> <li>✓ <b>English</b> (SSI 1/SSI 2 or CONN/CCS)</li> </ul> <p><i>Requirements of individual programs may vary. Anatomy &amp; Physiology (EXSC 222/221) may be required.</i></p>	<p style="text-align: center;"><b>PODIATRIC MEDICINE (PODIATRY)</b></p>
<p style="text-align: center;"><b>PUBLIC HEALTH</b></p>	<p>Master of Public Health programs commonly do not have specific pre-requisite coursework as application requirements. Prospective MPH students can have a variety of undergraduate academic degrees, and may benefit from courses in human biology, statistics, and sociology. Students should check with any MPH programs to which they are interested in applying.</p> <p>Suggested courses applicable to public health may include: SOAN 360, SOAN 365, STHS 366, CONN 320, PSYC 345, BIOE 292/PHIL 292, BIOE 392, COMM 450 &amp; IPE 331</p>	<ul style="list-style-type: none"> <li>✓ <b>1 year Biology</b> (BIOL 111/112 or 212/213)</li> <li>✓ <b>1 year General Chemistry</b> (CH 110/120)</li> <li>✓ <b>1 year Organic Chemistry</b> (CH 250/251)</li> <li>✓ <b>Biochemistry</b> (BIOL 361 or CH 460/461)</li> <li>✓ <b>1 year Physics</b> (PH 111/112 or 121/122)</li> <li>✓ <b>Microbiology</b> (BIOL 350)</li> <li>✓ <b>Animal Nutrition and/or Animal Science</b> (<i>not offered at Puget Sound</i>)</li> <li>✓ <b>English</b> (SSI 1/SSI 2 or CONN/CCS)</li> </ul> <p><i>Most programs require: Calculus (MTH 180/181) and Statistics (MTH 160 or 260). Some programs require Public Speaking, Medical Terminology (not offered at Puget Sound), Cell Biology (BIOL 212), Physiology (EXSC 221), Psychology and/or Sociology.</i></p>	<p style="text-align: center;"><b>VETERINARY MEDICINE</b></p>

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