

QUICK GUIDE: Common Pre-Health Prerequisites

Revised 7/21/2026

ANESTHESIOLOGIST ASSISTANT	✓ 1 year Biology (BIOL 111 & 212) ✓ Biochemistry (BIOL 361 or CHEM 460/461) ✓ Anatomy & Physiology (EXCS 222/221) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 year Organic Chemistry (CHEM 250/251) ✓ 1 year Physics (PHYS 121/122) ✓ 1 year Math (MATH 160 & MATH 180) <i>Requirements of individual program may vary. Some programs may require or recommend Biochemistry with a lab (CHEM 460). Some may allow PHYS 111/112 instead of PHYS 121/122. MCAT or GRE required (some programs only accept the MCAT).</i>	✓ 1 year Biology (BIOL 111 & 112) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 year Physics (PHYS 111/112) ✓ Anatomy & Physiology (EXCS 222/221) ✓ 1 semester Psychology (PSYC 101 or 222) <i>Requirements of individual programs may vary. Some programs require or strongly recommend Exercise Physiology (EXSC 329), Biomechanics (EXSC 336), Nutrition (EXSC 301), Statistics (MATH 160 or 260), Medical Terminology (not offered at Puget Sound) and/or other courses.</i>	ATHLETIC TRAINING
DENTISTRY	✓ 3 semesters Biology (BIOL 111, 112 & 212) ✓ Biochemistry (BIOL 361 or CHEM 460/461) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 year Organic Chemistry (CHEM 250/251) ✓ 1 year Physics (PHYS 111 & 112) ✓ English (1 CCS course & 1 ENGL course) ✓ Anatomy & Physiology (EXCS 222/221) <i>Requirements of individual programs may vary. Some programs require Microbiology (BIOL 350), Genetics (BIOL 213), Statistics (MATH 160 or 260), Calculus (MATH 180 and/or MATH 181), Molecular Biology (BIOL 404), Psychology, Sociology/Anthropology and other courses.</i>	✓ 1 year Biology (BIOL 111 & 212) ✓ Genetics (BIOL 213) ✓ Biochemistry (BIOL 361 or CHEM 460/461) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 semester Organic Chemistry (CHEM 250) ✓ 1-2 semesters of Psychology (PSYC 101 and/or PSYC 222, varies by program) ✓ 1 semester Statistics (MATH 160 or 260) ✓ Anatomy & Physiology (EXCS 222/221) <i>Requirements of individual programs may vary. Some programs may require or recommend the 2nd semester of Organic Chemistry (CHEM 251), and/or courses from Sociology & Anthropology.</i>	GENETIC COUNSELING
MEDICINE (Physician: MD, DO or ND)	✓ 1 year Biology (BIOL 111 & 212) ✓ Biochemistry (BIOL 361 or CHEM 460/461) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 year Organic Chemistry (CHEM 250/251) ✓ 1 year Physics (PHYS 111/112) ✓ 1 semester Statistics (MATH 160 or 260) ✓ 1 semester Psychology (PSYC 101 or 222) ✓ 1 semester Sociology ✓ English (1 CCS course & 1 ENGL course) <i>Requirements of individual programs may vary. Some programs require Genetics (BIOL 213), Anatomy & Physiology (EXCS 222/221), Calculus (MATH 180/181), 2 semesters of Biochemistry (including at least 1 lab), and/or other courses.</i>	✓ 1 year Biology (BIOL 111 & 212) ✓ Microbiology (BIOL 350) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 semester Organic Chemistry (CHEM 250) ✓ Anatomy & Physiology (EXCS 222/221) ✓ Nutrition (EXSC 301) ✓ 1 semester Statistics (MATH 160 or 260) ✓ Lifespan Psychology (PSYC 222) ✓ 1 semester Sociology <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 (COMM 156). CHEM 250 is rarely required, but is a prerequisite for BIOL 350 (which is required by all programs).</i>	NURSING
NUTRITION/ DIETETICS	✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 sem. Organic Chemistry (CHEM 250) ✓ 1 year Biology (BIOL 111 & 212) ✓ Microbiology (BIOL 350) ✓ Biochemistry (BIOL 361 or CHEM 460/461) ✓ Anatomy & Physiology (EXCS 222/221) ✓ Exercise Physiology (EXSC 329) ✓ Nutrition (EXSC 301) ✓ 1 semester Psychology (PSYC 101 or 222) ✓ 1 semester Statistics (MATH 160 or 260) <i>Requirements of individual programs may vary. Some programs require Food Science & Management of Nutrition Services (neither offered at UPS), Ethics, Public Speaking, and Strength Training/Conditioning.</i>	✓ 1 semester Biology (BIOL 111) ✓ 1 semester Statistics (MATH 160 or 260) ✓ 2 semesters Psychology (PSYC 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) ✓ Anatomy & Physiology (EXCS 222/221) <i>Requirements of individual programs vary and may also include BIOL 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 MSOT/OTD Program.	OCCUPATIONAL THERAPY

OPTOMETRY	✓ 1 year Biology (BIOL 111 & 212) ✓ Microbiology (BIOL 350) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 year Organic Chemistry (CHEM 250/251) ✓ 1 year Physics (PHYS 111/112 or 121/122) ✓ Immunology (<i>not offered at Puget Sound</i>) ✓ Anatomy & Physiology (EXCS 222/221) ✓ 1 year Math (MATH 160 & MATH 180) ✓ 1 semester Psychology (PSYC 101 or 222) ✓ English (1 CCS course & 1 ENGL course) <i>Requirements of individual programs may vary. Some programs require Genetics (BIOL 213) & Biochemistry (BIOL 361).</i>	✓ 1 year Biology (BIOL 111 & 212) ✓ Microbiology (BIOL 350) ✓ Anatomy & Physiology (EXSC 222/221) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 semester Organic Chemistry (CHEM 250) ✓ 1 semester Mathematics (college algebra or higher, Statistics—MATH 160 or MATH 260—may be recommended) ✓ English (1 CCS course & 1 ENGL course) <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>	PATHOLOGIST ASSISTANT
PHARMACY	✓ 1 year Biology (BIOL 111 & 212) ✓ Microbiology (BIOL 350) ✓ Biochemistry (BIOL 361 or CHEM 460/461) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 year Organic Chemistry (CHEM 250/251) ✓ 1 year Physics (PHYS 111/112 or 121/122) ✓ 1 year Math (MATH 160 & MATH 180) ✓ Anatomy & Physiology (EXCS 222/221) ✓ 1 semester Psychology (PSYC 101 or 222) <i>Some programs may require Genetics (BIOL 213), English, Interpersonal/Group Communication (COMM 156), a full year of Biochemistry and/or 1 semester of Economics. Some programs may require only 1 semester of General Biology (BIOL 111 or 112) and/or only 1 semester of Physics (PHYS 111 or 121).</i>	✓ 1 year Biology (BIOL 111/112 or 111/212) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 year Physics (PHYS 111/112 or 121/122) ✓ Anatomy & Physiology (EXCS 222/221) ✓ 1 semester Statistics (MATH 160) ✓ 2 semesters Psychology (PSYC 101 & 222) <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. Some programs may require Medical Terminology (not offered at Puget Sound) and/or English.</i>	PHYSICAL THERAPY
PHYSICIAN ASSISTANT / PHYSICIAN ASSOCIATE	✓ 3 semesters Biology (BIOL 111, 212 & 213) ✓ Microbiology (BIOL 350) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 year Organic Chemistry (CHEM 250/251) ✓ 1 semester Statistics (MATH 160 or 260) ✓ Anatomy & Physiology (EXCS 222/221) ✓ 1 semester Psychology (PSYC 101 or 222) <i>Individual programs may vary significantly in their requirements. Some programs may require Medical Terminology (not offered at Puget Sound), Biochemistry (BIOL 361), Nutrition (EXSC 301), English, Sociology, and/or 2+ upper division Biology courses. Many programs require grades of B or higher in all prerequisite courses.</i>	✓ 1 year Biology (BIOL 111 & 212) ✓ Biochemistry (BIOL 361 or CHEM 460/461) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 year Organic Chemistry (CHEM 250/251) ✓ 1 year Physics (PHYS 111/112 or 121/122) ✓ 1 semester Statistics (MATH 160 or 260) ✓ 1 semester Psychology (PSYC 101 or 222) ✓ 1 semester Sociology ✓ English (1 CCS course & 1 ENGL course) <i>Requirements of individual programs may vary. Some programs may require Anatomy & Physiology (EXSC 222/221), Genetics (BIOL 213), Medical Terminology (not offered at Puget Sound), and/or Microbiology (BIOL 350).</i>	PODIATRIC MEDICINE (PODIATRY)
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 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, STHS 366, CONN 320, PSYC 345, BIOE 292/PHIL 292, BIOE 392, COMM 450 & IPE 331	✓ 3 semesters Biology (BIOL 111, 112 & 212) ✓ Microbiology (BIOL 350) ✓ Biochemistry (BIOL 361 or CHEM 460/461) ✓ 1 year General Chemistry (CHEM 110/120) ✓ 1 year Organic Chemistry (CHEM 250/251) ✓ 1 year Physics (PHYS 111/112 or 121/122) ✓ 1 semester Statistics (MATH 160 or 260) ✓ Animal Nutrition and/or Animal Science (<i>not offered at Puget Sound</i>) ✓ English (1 CCS course & 1 ENGL course) <i>Most programs require: Calculus (MATH 180/181). Some programs require Public Speaking (COMM 156), Medical Terminology (not offered at Puget Sound), Genetics (BIOL 213), Animal Physiology (BIOL 334), Psychology and/or Sociology.</i>	VETERINARY MEDICINE

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