

THE UNIVERSITY OF PUGET SOUND

2019-2020 CURRICULUM GUIDE

ANY MAJOR: PRE-MEDICAL

DEGREE: BA OR BS

CONTACT PERSON: JOYCE TAMASHIRO

PROGRAM COORDINATOR: Jennifer Ayres 253-879-2708, healthprofessions@pugetsound.edu.

HEALTH PROFESSIONS ADVISING @ WWW.PUGETSOUND.EDU/HPA

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	Units		Units
SSI 1	1	SSI 2	1
CHEM 110/lab (NS core) ¹	1	CHEM 120/lab ²	1
Pre-med Math* (MA core)	1	Approaches core	1
FL (if needed) or Major**	1	FL (if needed) or Major**	1
Sophomore	Units		Units
BIOL 111/lab ³	1	BIOL 212/lab ³	1
CHEM 250/lab	1	CHEM 251/lab	1
SL core (SOAN 101 fulfills)	1	Approaches core	1
Elective or Major	1	Elective or Major	1
Junior	Units		Units
PHYS 111/lab***	1	PHYS 112/lab***	1
Elective or BIOL 213/lab****	1	Elective	1
Elective or Major	1	Elective or Major	1
Elective or Major	1	Elective or Major	1
Senior	Units		Units
CN core ⁵	1	Elective or Major	1
Elective or Major	1	Elective or Major	1
Elective or Major	1	Elective or Major	1
Elective or CHEM 460/lab ⁴	1	Elective or CHEM 461 or BIOL 361 ⁴	1

NOTES:

Puget Sound requires a total of 32 units to graduate

- 1) 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) If Biochemistry with a lab is required take CHEM 460 & 461 (students without CHEM 230 must take CHEM 231 as a pre-requisite). BIOL 361 is a one-semester, non-lab course.
- 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

CORE CURRICULUM

UNIVERSITY CORE	CRS	TERM	GRADE
SSI 1			
SSI 2			
AR			
HM			
MA (MATH 160 or 180)			
NS (BIOL 111 or CHEM 110 or 115)			
SL			
CN			

KEY

SSI1= Seminar in Scholarly Inquiry1
 SSI2= Seminar in Scholarly Inquiry2
 AR= Artistic Approaches
 HM= Humanistic Approaches
 MA= Mathematical Approaches
 NS= Natural Scientific Approaches
 SL= Social Scientific Approaches
 CN= Connections
 FL= Foreign Language

Foreign Language Requirement (circle one)

- 1) Two semesters at 101/102 level or One semester at 200+ level
- 2) Proficiency exam (3rd year high school level or 1st year college level)
- 3) AP foreign language score of 4 or 5
- 4) IB higher level foreign language score of 5, 6, or 7

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*#			
Biochemistry, CHEM 460 ¹ and 461 ¹ OR BIOL 361			
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
NOT AN
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.
- **Start with Chemistry.** The first year chemistry sequence is a pre-requisite for future chemistry courses AND for Biology 212 (recommended for most pre-health professions students). Since Chemistry is a year-long sequence, it can't be started mid-year. [Many of the Biology courses are offered each semester.]
- 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.