

**KINESIOLOGY AND HEALTH PROMOTION (K&HP)  
PROGRAM WORKSHEET  
USP 2015 (January 2019)**

**Degree Requirements: 120 Credit Hours – to include 48 Credit Hours of 3000-4000 Level Coursework**

Name \_\_\_\_\_ W# \_\_\_\_\_ E-mail \_\_\_\_\_  
 Advisor \_\_\_\_\_ Date \_\_\_\_\_

**FRESHMAN-SOPHOMORE YEARS (60 credit hours)**

**University Studies Coursework 2015 (29-31 credit hours)**

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>	<u>USP 2015</u>	<u>Retake</u>
CHEM	1000/1020 Introductory Chemistry or General Chemistry I _____	4	_____	_____	PN	
* NOTE: Minimum of B in CHEM 1000 or C in CHEM 1020 to enroll in ZOO 3115						
ENGL	1010 English Composition _____	3	_____	_____	C1	
* NOTE: Minimum of C required in ENGL 1010						
LIFE	1010 General Biology _____	4	_____	_____	PN	
* NOTE: Minimum of C required in LIFE 1010 to enroll in ZOO 3115						
MATH	1400/05/50 College Algebra, Trigonometry, or Combined _____	3/5	_____	_____	Q	
PSYC	1000 General Psychology _____	3	_____	_____	H	
USP 2015	C2 Elective _____	3	_____	_____	C2	
USP 2015	FYS Elective _____	3	_____	_____	FYS	
* NOTE: Minimum of C required in FYS course						
USP 2015	H Elective _____	3	_____	_____	H	
USP 2015	V Elective _____	3	_____	_____	V	

**Required Coursework (22-23 credit hours)**

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>
FCSC	1141 <sup>1</sup> Principles of Nutrition _____	3	_____	_____
HLED	1006 Personal Health _____	3	_____	_____
KIN	1006 <sup>2</sup> Introduction to Kinesiology and Health _____	1	_____	_____
KIN	2040 Human Anatomy _____	3	_____	_____
KIN	2041 Human Anatomy Lab _____	1	_____	_____
PHYS	1050/1110 Concepts of Physics or General Physics I _____	4	_____	_____
* NOTE: General Physics 1 offered in fall and summer semesters only				
STAT	2050/2070 Fundamentals of Statistics or Introductory Statistics _____	4	_____	_____
ZOO	3115 Human Systems Physiology [Spring semester only] _____	4	_____	_____

\* NOTE: Minimum of C in LIFE 1010; minimum of B in CHEM 1000 or C in CHEM 1020 to enroll in ZOO 3115

<sup>1</sup> FCSC 1140 may be substituted for the K&HP course requirement in nutrition.

<sup>2</sup> Not required of students who have completed KIN 1101, Science of Human Movement.

**Elective Coursework (6-9 credit hours at the 1000-4000 level)**

Pre-professional student should consult with advisor about appropriate elective coursework.

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

### JUNIOR-SENIOR YEARS (60 credit hours)

Only students who meet KIN 3021 entrance/pre-requisite requirements may complete 3000/4000 level KIN/HLED coursework and move forward in the last two years of the K&HP Professional Program. Exceptions to this policy that may be completed prior to meeting KIN 3021 entrance/pre-requisite requirements are: HLED 3020, HLED 4005, HLED 4020, HLED 4030, KIN 2050, KIN 3050, and KIN 3060, KIN 4090; only nine (9) credits from this list may be completed prior to entrance into KIN 3021.

**Degree Requirements: 120 Credit Hours – to include 48 Credit Hours of 3000-4000 Level Coursework**

#### K&HP UPPER-DIVISION PROGRAM CRITERIA

To be eligible to enroll in upper division coursework as part of the Kinesiology and Health Promotion (K&HP) program and to enter the program gateway course (KIN 3021/3022), the coursework listed below needs to be completed with a minimum 2.75 GPA<sup>1</sup> (preferred 3.00). With the guidance of your advisor, you will determine if you have completed the appropriate coursework in order to move on to the upper-division coursework in your junior and senior years of the K&HP program.

##### K&HP Program Criteria

1. Minimum GPA<sup>1</sup> of 2.75; Preferred 3.00
2. Successful completion of: CHEM 1000 or 1020; ENGL 1010; FCSC 1141; HLED 1006; KIN 2040; KIN 2041; LIFE 1010; MATH 1400 or 1405 or 1450; PHYS 1050 or 1110; PSYC 1000; STAT 2050 or 2070; USP 2015 COM2; USP 2015 FYS; USP 2015 V; ZOO 3115; and 9-13 credit hours of elective coursework.

**Please note:** In addition to the minimum GPA<sup>1</sup> requirement of 2.75, enrollment in KIN 3021 (Physiology of Exercise) requires a grade of C or better in: Math, Anatomy, and Human Systems Physiology courses. Students who receive grades lower than a C in these courses will not be allowed to enroll in KIN 3021.

<sup>1</sup> GPA may be UW, transfer, or combination. UW GPA is the default but in borderline cases the Division Director or Professional Advisor may use the transfer GPA or grades earned in key courses from transfer institutions.

#### *University Studies Coursework 2015 (3 credit hours)*

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>	<u>USP 15</u>	<u>Retake</u>
USP 2015 C3	Elective _____	3	_____	_____	C3	

#### *Required HLED and KIN Core Coursework (19 credit hours)*

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>
HLED 3020	Community and Public Health Promotion _____	3	_____	_____
KIN 3021	Physiology of Exercise _____	3	_____	_____
* NOTE: Minimum 2.75 GPA; minimum of C in Math, Anatomy, and ZOO 3115 to enroll in KIN 3021.				
KIN 3022	Physiology of Exercise Laboratory _____	1	_____	_____
KIN 3010	Fundamentals of Health and Fitness Assessment _____	3	_____	_____
KIN 3034 or 4020	Lifespan Motor Development or Motor Behavior _____	3	_____	_____
KIN 3037 or 3038	Sport Psychology or Exercise Psychology _____	3	_____	_____
KIN 3042	Biomechanics of Human Movement _____	3	_____	_____

#### *Elective HLED and KIN Coursework (choose a minimum of 15 credit hours from this list)*

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>
HLED 4005	Global Health _____	3	_____	_____
HLED 4020	Food, Health, and Justice _____	3	_____	_____
HLED 4025	Teaching Sensitive Issues in Human Sexuality _____	3	_____	_____
HLED 4030	Teaching about Alcohol & Substance Abuse _____	3	_____	_____
HLED 4097	Individual Problems _____	3	_____	_____
HLED 4130	Management of Coordinated School Health Programs _____	3	_____	_____
HLED 4900	Ecological Approaches to Community Health _____	3	_____	_____
HLED 4900	Emergency Preparedness & Response _____	3	_____	_____
KIN 2050	Socio-Cultural Aspects of Phys Act., Exer, & Sport _____	3	_____	_____
KIN 3034	Lifespan Motor Development _____	3	_____	_____
KIN 3037	Sport Psychology _____	3	_____	_____
KIN 3038	Exercise Psychology _____	3	_____	_____
KIN 3040	Teaching Human Anatomy _____	3	_____	_____
KIN 3044	Concepts in Physical Therapy _____	3	_____	_____

*Elective Coursework list continues on following page ...*

*Elective Coursework (continued) ...*

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>	<u>Retake</u>
KIN 3050	Prevention and Care of Athletic Injuries _____	2	_____	_____	_____
KIN 3052	Rehabilitation of Athletic Injuries _____	3	_____	_____	_____
KIN 3058	Therapeutic Modalities for the Athletic Trainer _____	3	_____	_____	_____
KIN 3060	Understanding Skill Acquisition for Teaching _____	3	_____	_____	_____
KIN 4010	Pediatric Exercise Physiology _____	3	_____	_____	_____
KIN 4020	Motor Behavior _____	3	_____	_____	_____
KIN 4024	Physical Activity Epidemiology _____	3	_____	_____	_____
KIN 4025	Functional Movement Analysis _____	3	_____	_____	_____
KIN 4029	Methods of Training and Conditioning _____	3	_____	_____	_____
KIN 4042	Applied Biomechanics _____	3	_____	_____	_____
KIN 4056	Advanced Exercise Testing and Prescription _____	4	_____	_____	_____
KIN 4062	Concepts of Human Aging _____	3	_____	_____	_____
KIN 4090	Foundations of Coaching _____	3	_____	_____	_____
KIN 4097	Individual Problems _____	3	_____	_____	_____
KIN 4900	Drugs & Exercise Performance _____	3	_____	_____	_____

***Elective Coursework (minimum of 17 credit hours - 5 credit hours MUST be at the 3000-4000 level)***

Students must complete an additional 17 credit hours of elected coursework at the 1000-4000 level beyond the credit hours listed under FRESHMAN-SOPHOMORE YEARS. This must include at least five credits of upper division coursework (3000 or 4000-level courses) to meet the Division’s minimum 48 credit hour requirement for the B.S. Degree in K&HP.

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>	<u>Retake</u>
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

***CPR Certification requirement***

Complete the CPR requirement through a community college course or through the American Red Cross or through the UW Half Acre or through any other organization nearest you. Certification needs to be completed and current through the entire program. Present your card to the division registrar in Corbett 119 to be cleared of the requirement on your degree evaluation.

CPR Certification      Expiration Date \_\_\_\_\_  
                                  Agency (e.g., American Red Cross) \_\_\_\_\_

***Internship or Research Experience (6-12 credit hours)***

*NOTE:* Student Criminal Background Check – This must be completed the semester *prior to* enrollment in KIN/HLED 4015 or 4016.

*NOTE:* You must be CPR certified prior to starting your internship/research experience. Standard CPR certification may be met through American Red Cross, UW Half Acre, or a community college class.

Students must complete an internship experience (KIN/HLED 4015) or research experience (KIN/HLED 4016) as part of the Kinesiology and Health Promotion major. The internship/research experience must be at least 6 credit hours, but no more than

12 credit hours. One credit hour of internship/research experience is equivalent to 40 contact hours. Your internship/research experience can be completed during the fall, spring, or summer. The selection of a site and arrangements for the internship/research experience should be discussed with your advisor and the internship/research coordinator once you have completed KIN 3021/3022 and KIN 3010. Some internship experiences will require the completion of KIN 4056, Advanced Exercise Testing and Prescription. Visit with your advisor to make this determination.

<u>COURSE</u>	<u>TITLE</u>	<u>CR</u>	<u>GRADE</u>	<u>SEM/YR</u>
KIN/HLED 4015	Internship in Health/Kinesiology	_____	_____	_____
KIN/HLED 4016	Research Experience in Health/Kinesiology	_____	_____	_____

### COURSE PREREQUISITES

**Note: For K&HP Upper-Division Program Criteria, please see the box at the top of page 2 above, and note that this always means that a student must maintain a minimum GPA of 2.75. Address any questions to your academic advisor.**

#### FRESHMAN-SOPHOMORE YEARS

<u>COURSE</u>	<u>CREDIT</u>	<u>PREREQUISITES</u>
CHEM 1000/1020	4	1000→Math ACT 23/MPE 3; 1020→Math ACT 23/MPE 3
ENGL 1010	3	None
FCSC 1141	3	None (recommend completing LIFE 1010 before FCSC 1141)
HLED 1006	3	None
KIN 1006	1	Declared KHP major or permission from instructor (if students have not taken KIN 1101)
KIN 2040	3	LIFE 1000, 1003, 1010, OR ANTH 1100 ( <b>KHP majors MUST take LIFE 1010</b> )
KIN 2041(concurrent)	1	All KIN 2040 prerequisites + concurrent enrollment -or previous completion if retake
LIFE 1010	4	Math ACT 23 or above, or concurrent enrollment or eligibility of concurrent enrollment in MATH 1400 or higher
MATH 1400/05/50	3-5	1400→Math ACT 23/MPE 3; 1405→ACT 25/MPE 4; 1450→ACT 23/MPE 3
PHYS 1050/1110	4	1050→MATH 1400 or equivalent; 1110→MATH 1405, 1450, or equivalent
PSYC 1000	3	None
STAT 2050/2070	4	MATH 1400, 1405, or 1450
USP 2015 C2	3	USP 2015 C1
USP 2015 FYS	3	None
USP 2015 H	3	None
USP 2015 V	3	None
ZOO 3115	4	B or better in CHEM 1000 <b>or</b> C or better in CHEM 1020 <b>and</b> C or better in LIFE 1010

#### JUNIOR-SENIOR YEARS

<u>COURSE</u>	<u>CREDIT</u>	<u>PREREQUISITES</u>
HLED 3020	3	HLED 1006, completion of USP-C2 course, minimum 2.75 GPA
HLED 4005	3	Sophomore standing; minimum 2.75 GPA
HLED 4015	1-12	C or better in KIN 3010; completion of 18 credits of upper-division KIN/HLED coursework, minimum 2.75 GPA; must take a minimum of 6 credit hours in HLED/KIN 4015 and/or HLED/KIN 4016 (see page 3 above for more information)
HLED 4016	1-12	Minimum sophomore standing, declared KHP major, permission of instructor, and minimum 2.75 GPA; must take a minimum of 6 credit hours of HLED/KIN 4015 and/or HLED/KIN 4016 (see page 3 above for more information)
HLED 4020	3	Completed USP-C2 course; minimum 2.75 GPA
HLED 4025	3	Minimum 2.5 GPA, junior standing, or a certified K-12 teacher
HLED 4030	3	Sophomore standing; minimum 2.75 GPA; permission of instructor
HLED 4097	3	Declared KHP major or permission from instructor
HLED 4130	3	Junior standing, minimum 2.5 GPA, or certified K-12 teacher
HLED 4900	3	K&HP Upper Division Program Criteria & other specified courses
KIN 2050	3	FYS & USP-C1
KIN 3021	3	Minimum 2.75 GPA; C or better in Math, Anatomy & Human Systems Physiology
KIN 3022	1	Concurrent enrollment in or completion of KIN 3021
KIN 3010	3	K&HP Upper Division Program Criteria & concurrent enrollment in or completion of KIN 3021
KIN 3034	3	K&HP Upper Division Program Criteria & C or better in PSYC 1000
KIN 3037	3	K&HP Upper Division Program Criteria & C or better in PSYC 1000 & concurrent enrollment in or

			completion of KIN 3021
KIN	3038	3	K&HP Upper Division Program Criteria & C or better in PSYC 1000 & concurrent enrollment in or completion of KIN 3021
KIN	3040	3	Minimum 2.75 GPA, B or better in KIN 2040 & 2041, and permission of instructor
KIN	3042	3	K&HP Upper Division Program & B or better in PHYS 1050 <u>or</u> C or better in PHYS 1110, 1210, or 1310 <b>and</b> completion of KIN 2040
KIN	3044	3	K&HP Upper Division Program & concurrent enrollment in or completion of KIN 3021
KIN	3050	2	Junior standing; C or better in KIN 2040 & 2041 or permission of instructor
KIN	3052	3	K&HP Upper Division Program Criteria & C or better in KIN 2040
KIN	3060	3	Junior standing, C or better in PSYC 1000, declared KHP or PHET major, minimum 2.75 GPA, or permission from instructor
KIN	4010	3	Completion of KIN 3021
KIN	4015	1-12	C or better in KIN 3010; completion of 13 credits of upper-division KIN/HLED coursework, minimum 2.75 GPA; must take a minimum of 6 credit hours in HLED/KIN 4015 and/or HLED/KIN 4016 (see page 3 above for more information)
KIN	4016	1-12	Minimum sophomore standing, declared KHP major, permission of instructor, and minimum 2.75 GPA; must take a minimum of 6 credit hours of HLED/KIN 4015 and/or HLED/KIN 4016 (see page 3 above for more information)
KIN	4020	3	K&HP Upper Division Program Criteria & C or better in PSYC 1000 & concurrent enrollment in or completion of KIN 3021
KIN	4024	3	K&HP Upper Division Program Criteria & completion of KIN 3021
KIN	4025	3	K&HP Upper Division Program Criteria & completion of KIN 3021
KIN	4029	3	K&HP Upper Division Program Criteria & completion of KIN 3021
KIN	4042	3	K&HP Upper Division Program Criteria & C or better in KIN 3042
KIN	4056	4	K&HP Upper Division Program Criteria & C or better in: KIN 3021 & KIN 3010
KIN	4062	3	K&HP Upper Division Program Criteria & completion of KIN 3010
KIN	4090	3	Sophomore status, minimum 2.5 GPA
KIN	4097	3	Declared KHP or PHET major, junior standing, minimum 2.75 GPA
KIN	4900	3	K&HP Upper Division Program Criteria & other specified courses
USP 2015	C3	3	USP 2015 C2

## PRE-PHYSICAL THERAPY

### 1. **Common Prerequisite Coursework**

**Pre-professional coursework does not constitute a major.** You may select a major from within any college at UW. You will need to complete university studies and degree requirements in addition to your pre-professional coursework.

#### **MATH**

After completing the equivalent of [MATH](#) 1400 (College Algebra), you are able to begin your basic science sequence. You should plan to take math every semester until you have completed [MATH](#) 1405 and [STAT](#) 2050 or [STAT](#) 2070. Some majors may require additional math courses.

Common Prerequisites		Years 1-3	Grade	Semester
<a href="#">MATH</a> 1400	College Algebra	Semester 1		
<a href="#">LIFE</a> 1010	General Biology	Semester 1		
<a href="#">CHEM</a> 1020	General Chemistry I	Semester 1		
<a href="#">MATH</a> 1405	Trigonometry	Semester 2		
<a href="#">LIFE</a> 2022	Animal Biology	Semester 2		
OR <a href="#">MICR</a> 2021	General Microbiology			
<a href="#">CHEM</a> 1030	General Chemistry II	Semester 2		
<a href="#">PSYC</a> 1000	General Psychology	Semester 3		
<a href="#">ZOO</a> 2040 & 2041	Human Anatomy & lab	Semester 3		
<a href="#">ZOO</a> 3115	Human Systems Physiology	Semester 4		
<a href="#">PHYS</a> 1110	General Physics I	Semester 5		
<a href="#">PHYS</a> 1120	General Physics II	Semester 6		
<a href="#">STAT</a> 2050/2070	Statistics			
<a href="#">PSYC</a>	(additional, requirements vary)			

2. **Get involved!** Community service, health care experiences, and leadership activities are essential. You need lots of experience working with people for people.
3. **Observe Physical Therapists.** Not only do requirements vary between schools, but most admitted students will vastly exceed the minimum requirement.
4. **Develop a strong academic record.** Keep in mind that no one ever gets admitted with the minimum grades and scores. Competition assures that only the most highly qualified students are admitted. Most admitted students have GPAs over 3.5; some programs have considerably higher expectations and standards. Check your schools carefully.
5. **Develop relationships** with PTs, faculty, and work/volunteer supervisors. Not only can they open doors to new opportunities and present amazing opportunities, but you'll need letters of evaluation from them. These letters need to be from faculty and supervisors who know you well.

6. **Read and be informed.** Know what's going on in healthcare and in the world.

**You should carefully research the professional school requirements, as some schools require additional coursework and experience.** Information is available in the Pre-professional Health Advising Office, Health Sciences 110, (307) 766-3499 or online at [www.uwyo.edu/preprof](http://www.uwyo.edu/preprof).

### Additional Resources

UW Pre-professional Health Advising Office: [www.uwyo.edu/preprof/](http://www.uwyo.edu/preprof/)

For ideas on how to get involved, please see:  
<http://www.uwyo.edu/preprof/events-and-opportunities/>

Wyoming Rural Payback Program:  
<https://health.wyo.gov/publichealth/rural/officeofruralhealth/wyoming-healthcare-professional-loan-repayment-program/>

### Physical Therapy Resources

- American Physical Therapy Association: [www.apta.org](http://www.apta.org)
- PTCAS (Physical Therapy Centralized Application Service) (lots of information here): <http://www.ptcas.org/home.aspx>
- For a list of PT programs:  
<http://www.capteonline.org/apta/directories/accreditedschools.aspx?navID=10737421958&site=capte> and <http://www.ptcas.org/DirectoryProgramsList/>

Help for Wyoming residents

- WICHE Information and residency certification applications:  
[www.uwyo.edu/hs/wiche-wwami-wydent-program/index.html](http://www.uwyo.edu/hs/wiche-wwami-wydent-program/index.html)
- WICHE (Western Interstate Commission for Higher Education) [www.wiche.edu/psep](http://www.wiche.edu/psep)

Contact: Health Sciences Advising – [hsadvise@uwyo.edu](mailto:hsadvise@uwyo.edu) or 307-766-3878, HS 110



## PRE-OCCUPATIONAL THERAPY

### 1. **Common Prerequisite Coursework**

**Pre-professional coursework does not constitute a major.** You may select a major from within any college at UW. You will need to complete university studies and degree requirements in addition to your pre-professional coursework.

#### MATH

After completing the equivalent of [MATH 1400](#) (College Algebra), you are able to begin your basic science sequence. You should plan to take math every semester until you have completed [MATH 1400](#) and STAT 2050 or STAT 2070. Some majors may require additional math courses.

Common Prerequisites		Years 1-3	Grade	Semester
<a href="#">MATH</a> 1400	College Algebra			Semester 1
<a href="#">LIFE</a> 1010	General Biology			Semester 1
<a href="#">PSYC</a> 1000	General Psychology			Semester 1
<a href="#">CHEM</a> 1020	General Chemistry			Semester 2
(or 1000 with a grade of B)				
<a href="#">ZOO</a> 2040 & 2041	Human Anatomy & lab			Semester 3
<a href="#">ZOO</a> 3115	Human Systems Physiology			Semester 4
<a href="#">PSYC</a> 2340	Abnormal Psychology			
<a href="#">NURS</a> 2240	Medical Terminology			
<a href="#">STAT</a> 2050/2070	Statistics			
<a href="#">PSYC</a> 2300 OR	Developmental Psychology			
<a href="#">NURS</a> 2340	Developmental Influences on Health			
(check your programs to know which or if both)				
<a href="#">ANTH</a> 1200 OR	Cultural Anthropology			
<a href="#">SOC</a> 1000	Sociological Principles			
Upper level science course				

\*Schools may also require additional coursework such as, but not limited to:  
Introduction to Occupational Therapy – not offered by the UW, but available online from various schools including Eastern Washington University and the University of North Dakota.

PHYS 1050	Concepts of Physics
COJO 1010	Public Speaking
Studio Arts	

2. **Get involved!** Community service, health care experiences, and leadership activities are essential. You need lots of experience working with people for people.
3. **Observe Occupational Therapists.** Not only do requirements vary between schools, but most admitted students will vastly exceed the minimum requirement.
4. **Develop a strong academic record.** Keep in mind that no one ever gets admitted with the minimum grades and scores. Competition assures that only the most highly qualified students are admitted. Most admitted students have GPAs over 3.2; some programs have considerably higher expectations and standards. Check your schools carefully.



5. **Develop relationships** with OTs, faculty, and work/volunteer supervisors. Not only can they open doors to new opportunities and present amazing opportunities, but you'll need letters of evaluation from them. These letters need to be from faculty and supervisors who know you well.
6. **Read and be informed.** Know what's going on in healthcare and in the world.

**You should carefully research the professional school requirements, as some schools require additional coursework and experience.** Information is available in the Pre-professional Health Advising Office, Health Sciences 110, (307) 766-3499 or online at [www.uwyo.edu/preprof](http://www.uwyo.edu/preprof).

### Additional Resources

UW Pre-professional Health Advising Office: [www.uwyo.edu/preprof/](http://www.uwyo.edu/preprof/)

For ideas on how to get involved, please see:  
<http://www.uwyo.edu/preprof/events-and-opportunities/>

Wyoming Rural Payback Program:  
<https://health.wyo.gov/publichealth/rural/officeofruralhealth/wyoming-healthcare-professional-loan-repayment-program/>

### Occupational Therapy Resources

- American Occupational Therapy Association: [www.aota.org](http://www.aota.org)
- OTCAS (Occupational Therapy Centralized Application Service)  
<https://portal.otcas.org/> (lots of information here)  
For a list of OT programs: [www.aota.org/en/Education-Careers/Find-School.aspx](http://www.aota.org/en/Education-Careers/Find-School.aspx)

Help for Wyoming residents

- WICHE Information and residency certification applications:  
[www.uwyo.edu/hs/wiche-wwami-wydent-program/index.html](http://www.uwyo.edu/hs/wiche-wwami-wydent-program/index.html)
- WICHE (Western Interstate Commission for Higher Education) [www.wiche.edu/psep](http://www.wiche.edu/psep)

Contact: Health Sciences Advising – [hsadvise@uwyo.edu](mailto:hsadvise@uwyo.edu) or 307-766-3878, HS 110



# Gaining Admissions to Medical School

## Developing the Academic Competencies to Begin Medical School

### 1. Academic Preparation

The American Association of Medical Colleges is reworking the medical school admissions in order to gain better information about applicants and to more accurately reflect the changing roles of communication, interpersonal skills, and scientific knowledge in the modern practice of medicine. As part of this process, beginning in 2015 you will be taking the new MCAT exam and need to begin developing the competencies (intellectual skills and knowledge base) necessary to be prepared for it as soon as possible. These recommendations will almost certainly change over the next several years, so please stay in touch with our office, and make sure you sign up for the UW's Pre-professional Health List Serve at: [www.uwyo.edu/preprof/](http://www.uwyo.edu/preprof/)

Rather than simply asking you to take certain courses, and hoping you develop the necessary skills to become an effective doctor, the new MCAT exam will seek to measure intellectual competencies as well as knowledge of subject matter. You will need to master the factual knowledge that will be covered by these tests. Much of this knowledge will come from foundational science course work, but you may need to use elective courses, or study on your own, in order to master the knowledge needed to earn a competitive score.

The new MCAT will consist of 4 sections:

*Biological and Biochemical Foundations of Living Systems*  
*Chemical and Physical Foundations of Biological Systems*  
*Psychological, Social and Biological Foundations of Behavior*  
*Critical Analysis and Reasoning Skills*

Recommended courses:

#### ***Biological and Biochemical Foundations of Living Systems & Chemical and Physical Foundations of Biological Systems:***

- At least 3 years (6 semesters) of chemistry - CHEM 1020, CHEM 1030, CHEM 2420, CHEM 2440 (**Course Catalog for [CHEM](#) found here**) and either MOLB 3610 & MOLB 4100 (option 1) or MOLB 3000, 4600 & MOLB 4610, and 4615 (option 2 & MOLB/MICR majors). (**Course Catalog for [MOLB](#) found here**)
- At least 1 full year of biology - LIFE 1010 and MICR 2021 (preferred & physiology majors) or LIFE 2022. (**Course Catalog for [LIFE](#) and [MICR](#) found here**)
- At least 1 full year of physics - PHYS 1110 and 1120. (**Course Catalog for [PHYS](#) found here**)

#### ***Psychological, Social and Biological Foundations of Behavior***

- At least one semester each of psychology (PSYC 1000) (**Course Catalog for [PHYS](#) found here**) and Sociology (SOC 1000) (**Course Catalog for [SOC](#) found here**). Many University Studies Classes (in the categories of Diversity in the U.S., Global Awareness, and the Cultural Context areas) will also reinforce material in these areas. Students may also consider upper division elective(s) to reinforce knowledge in these areas.

#### ***Critical Analysis and Reasoning Skills***

Make a habit of reading a variety of challenging material on a regular basis (beyond what is required for your courses). Any course that requires rigorous thinking, extensive and challenging reading, and problem solving skills will be helpful. In terms of specific coursework, be sure to take at least one semester of statistics (STAT 2050 or 2070) and math courses until completing at least Calculus I (MATH 2200) (**Course Catalog for [STAT](#) and [MATH](#) found here**).

**Please note:** These courses are solely recommendations for preparing for the MCAT. Specific medical schools may or may not require these courses to apply. Schools may also require additional courses as entry requirements. You are responsible for making sure that you are on track to fulfill individual school's requirements prior to application.

**Additional Coursework:** Taking additional coursework in any of the above areas should re-enforce and extend your knowledge of the subject matter. You should focus on taking rigorous and challenging courses that interest you. Selecting courses based on them being "easy" is unlikely to result in the intellectual growth needed for you to do well on the MCAT, and become a doctor. Admission is highly competitive and there is a significant difference between meeting the minimum requirements and being a competitive candidate.

2. **Get involved!** Community service and leadership activities are very important.

3. **Gain health care and shadowing experience** - you can't have too much!

Revised 08/01/2018

4. **Do some research** – it’s an expectation of most medical schools. Some value it more than others.
5. **Develop a strong academic record** – most accepted candidates have a 3.5-4.0.
6. **Develop relationships** with physicians, science faculty, and work/volunteer supervisors. Not only can these people help you open doors to exciting new experiences, but you’ll need letters of evaluation from people who know you well.
7. **Read and be informed** about health care issues and health care in the news. Know what’s going on in the world as well. You are not expected to have the answers.
8. **Develop competencies:** <https://www.staging.aamc.org/initiatives/admissionsinitiative/competencies/>

Suggested course sequences:

	<b>Year 1</b>	
	Grade	Semester
<i>Fall</i>		
<a href="#">MATH</a> 2200 (1400 or 1405)		
<a href="#">LIFE</a> 1010		
<a href="#">CHEM</a> 1020		
<a href="#">SOC</a> or <a href="#">PSYC</a> 1000		

*Spring*  
[MATH](#) (if necessary up to 2200)  
[MICR](#) 2021 (preferred & physiology majors) or  
[LIFE](#) 2022  
[CHEM](#) 1030  
[SOC](#) or [PSYC](#) 1000

	<b>Year 2</b>	
	Grade	Semester
Either semester – STAT 2050/2070, upper division science (genetics, cell bio for WWAMI)		
<i>Fall</i>		
<a href="#">Math</a> (if necessary up to 2200)		
<a href="#">CHEM</a> 2420		
<a href="#">MOLB</a> 3000 (option 2 & MICR/MOLB majors)		
<i>Spring</i>		
<a href="#">CHEM</a> 2440		
<a href="#">MOLB</a> 4600 (option 2 & MICR/MOLB majors)		
STAT 2050/2070 upper division science		

	<b>Year 3</b>	
	Grade	Semester
<i>Fall</i>		
<a href="#">PHYS</a> 1110		
<a href="#">MOLB</a> 4610 (option 2 & MICR/MOLB majors)		
<a href="#">MOLB</a> 3610 (option 1)		
<i>Spring</i>		
<a href="#">PHYS</a> 1120		
<a href="#">MOLB</a> 4615 (option 2 & MICR/MOLB majors)		
<a href="#">MOLB</a> 4100 (option 1)		
MCAT prep—keep your load VERY LIGHT		

### **Additional Resources**

- Pre-professional Health Advising Office: [www.uwyo.edu/preprof/](http://www.uwyo.edu/preprof/)
- Wyoming Rural Payback Program:  
<https://health.wyo.gov/publichealth/rural/officeofruralhealth/wyoming-healthcare-professional-loan-repayment-program/>

### **Resources for Medical Students**

- Association of American Medical Colleges: [www.aamc.org](http://www.aamc.org)
  - o Application service: [www.aamc.org/students/applying/amcas/](http://www.aamc.org/students/applying/amcas/)
  - o School information: <https://www.aamc.org/students/applying/requirements/msar/>
- American Association of Colleges of Osteopathic Medicine: [www.aacom.org](http://www.aacom.org)
  - o Application service: [www.aacom.org/InfoFor/applicants/Pages/default.aspx](http://www.aacom.org/InfoFor/applicants/Pages/default.aspx)
  - o School information: [https://www.aacom.org/news-and-events/publications/2018-2019\\_cib](https://www.aacom.org/news-and-events/publications/2018-2019_cib)
- American Association of Colleges of Podiatric Medicine: [www.aacpm.org/](http://www.aacpm.org/)
  - o Application service: [www.aacpm.org/apply/apply.asp](http://www.aacpm.org/apply/apply.asp)
  - o School information: [www.aacpm.org/](http://www.aacpm.org/)

### **Help for Wyoming Residents**

- WICHE/WWAMI Information and residency certification applications:  
[www.uwyo.edu/hs/wiche-wwami-wydent-program/index.html](http://www.uwyo.edu/hs/wiche-wwami-wydent-program/index.html)
- WICHE (Western Interstate Commission for Higher Education) [www.wiche.edu/psep](http://www.wiche.edu/psep)

**Contact:** Health Sciences Advising, [hsadvise@uwyo.edu](mailto:hsadvise@uwyo.edu) or 307-766-3878, HS 110