

PRE-CHIROPRACTIC

Competency Development: The Guiding Principle

Chiropractic schools are looking for well-rounded individuals who can demonstrate professional competencies!

Many of the experiences listed below will give you opportunities for growth in the areas listed within the chiropractic Code of Ethics:

<https://doh.sd.gov/boards/chiropractic/assets/ACA-Code-of-Ethics.pdf>

The AAMC statement may also be useful:

<https://students-residents.staging.aamc.org/applying-medical-school/article/core-competencies/>

Note that although the AAMC list is specific to pre-med, growing in these competencies will serve you well in your pre-chiro journey.

Your pre-health advisor will be happy to discuss service & leadership opportunities that would connect well with your particular passions and values!

High-Value Experiences

1. *Get involved*

- a. Involvement in on-campus Recognized Student Organizations (RSOs) or work as a teaching assistant, a lab / learning assistant, or a supplemental instructor can provide you with **leadership and communication** experience that optometry schools are looking for.
- b. Developing quality relationships with off-campus, non-profit organizations and the people they serve will give you invaluable **community service** experience. Chiropractic schools are looking for people with a service orientation, so it is better to establish longer service relationships than one-time service events with multiple organizations can provide.

2. *Understand what this career entails*

- a. **Shadowing** is a crucial component in your discernment process regarding whether you should pursue this career. Chiropractic schools want to see that you have demonstrated sustained interest in this career and that you know what you are getting into. Shadow several chiropractors in a variety of settings. Talk to your pre-health advisor for more info!
- b. **Experience in health care** can take a variety of forms. Some chiropractic schools expect that their applicants have exposure to the field. You may find it useful to gain experience as a volunteer, an intern, or an employee at a chiropractic practice.
- c. Chiropractors need to stay up-to-date about issues related to health care in the US and the world, including the way the media is discussing their profession. They also need to know what is going on in the world in general. Although pre-chiropractic students are not expected to have all the answers, you can begin to **read and stay informed in the field** in order to maintain essential knowledge as you move forward in your journey.

3. **Establish a strong academic record.** Most individuals who are accepted to chiropractic school have a GPA above a 3.2. Some chiropractic schools also place high value on applicants' math and science grades, so pay attention to this during your time here at UW. Talk to a pre-health advisor about how to keep track of your various GPAs. Typical prerequisite courses for chiropractic school are listed on the next page.

4. **Develop relationships with professionals.** Chiropractors, faculty, and work/volunteer supervisors can help you open doors to exciting new experiences, but they will also hopefully get to know you well enough to speak to your competencies in letters of evaluation for your chiropractic school application.

Meet Early and Often with a Pre-Health Advisor!

Pre-Health Advising Office

hsadvise@uwyo.edu

307-766-3878

Health Sciences Room 110

To schedule an appointment: <http://www.uwyo.edu/preprof/schedule-an-appointment/index.html>

Stay Informed! Sign up to join our Pre-Professional Health ListServ, so you can stay informed about various opportunities, workshops, and information that our office sends out! <https://lists.uwyo.edu/mailman/listinfo/pre-prof>

USEFUL TIP: Create an e-mail inbox rule to send our ListServ messages into a "pre-health" folder to read at regular intervals.

Academic Preparation

WHICH MAJOR SHOULD I CHOOSE?

You can major in ANYTHING! Chiropractic schools do not care what you major in as long as you take their prerequisite courses. Although chiropractic schools do not require a bachelor's degree before matriculation into their school, it would be wise for you to complete your undergraduate education, since it will give you more options after graduation from UW.

WHAT COURSES ARE TYPICALLY REQUIRED or RECOMMENDED?

Note 1: Specific chiropractic schools may articulate a different set of prerequisite courses before application or matriculation than those listed below. **You are responsible for making sure that you are on track to fulfill any specific school's requirements prior to application.** Talk to a pre-health advisor about things to keep in mind for school selection.

BASELINE REQUIREMENTS

- **MATH 1400** (College Algebra) [and MATH 1405 (Trigonometry) if the student plans to take PHYS 1110]
- Ninety total credit hours with a *minimum* GPA of 3.0 or above. **Of the 90 required credit hours, 24 credits must be in biology, chemistry, or in the physical sciences (with 12 of those credits having labs).** You may choose any combination of the courses listed below.

UW Course Prerequisites:

To understand the prerequisites for any UW courses listed on this page, consult the University Catalog: http://www.uwyo.edu/registrar/university_catalog/crsdept.html

BIOLOGY	CHEMISTRY*	PHYSICAL SCIENCES
LIFE 1010 General Biology	CHEM 1020 General Chemistry I**	PHYS 1110 General Physics I**
MICR 2021 Microbiology	CHEM 1030 General Chemistry II	PHYS 1120 General Physics II
LIFE 2022 Animal Biology	CHEM 2420 Organic Chem I**	STAT 2050 or STAT 2070***
KIN 2040 & 2041 Human Anatomy	CHEM 2440 Organic Chem II	KIN 3042 Biomechanics of Human Movement
ZOO 3115 Hum Sys Physiology	MOLB 3610 Biochemistry	
And/or courses in ...		
Genetics (e.g., LIFE 3050)		
Immunology (e.g., MOLB 4400)		
Cellular Biology (e.g., LIFE 3600)		
Exercise Physiology (KIN 3021/3022)		

* Courses listed in the "chemistry" section above are a specific sequence of prerequisite courses at UW that lead to the biochemistry course. Some chiropractic schools recommend that prospective students take one or more courses in organic chemistry. It is the student's responsibility to know their preferred schools' specific requirements/recommendations.

** Students may usually substitute these courses with the introductory course in these fields, such as CHEM 1000, PHYS 1050, and CHEM 2300. Please take note of any specific requirements in these areas as stated by respective chiropractic schools.

*** Some chiropractic schools allow statistics courses to count toward the 24 credits of science courses. Others count statistics credit toward the remaining 66 credits of the total 90-credit requirement. It is the student's responsibility to know their preferred schools' specific requirements/recommendations.

About the profession:

<https://explorehealthcareers.org/career/chiropractic-medicine/chiropractor/>

[Association of Chiropractic Colleges](#)

School information: <http://www.chirocolleges.org/prospective-students/find-a-school/>

Growth Mindset:

Taking additional challenging courses that interest you will reinforce your knowledge. Selecting a course based on how "easy" it is will not result in the intellectual growth needed to become a chiropractor.