



PRE-OCCUPATIONAL THERAPY MAJOR

Sample Four-Year Plan

This is a suggested program guide. It is not to be interpreted as a contract. Changes may occur. Please see your program advisor before you register for courses. Updated 12/25

YEAR	FALL	SPRING
First Year	BENV100 Becoming a Scholar 3 PSY 110 Introduction to Psychology 3 CEM 121 General Inorganic Chemistry 1* OR MAT 135 Calculus 1* 5 (or MAT 114 Pre-calculus – if needed - 4) CSD 101 Introduction to Speech-Language Pathology & Audiology 3 Strong students who begin their studies with several hours of college credits (e.g., through CCP) & have completed a high school chemistry & a high school biology course with grades of B or better may choose to begin the Human Anatomy & Physiology sequence their first year. Total 14	Writing Well Competency 3 Reading the Bible Competency 3 BUS/PSY/SOC 284 General Statistics** 3 SOC 152 Introduction to Sociology 3 PHY 105 The Physical World* 4 Total 16
Second Year	Creative Expression Competency 3 PSY 235 Developmental Psychology 3 BIO 230 Human Anatomy & Physiology 1 4 PHY 211 Physics for Science/Engineering 1* 5 Total 15	BENV200 Learning in Community 5 Living Well Competency 2-3 PSY 250 Abnormal Psychology 3 BIO 231 Human Anatomy & Physiology 2 4 Total 14-15
Third Year	Speaking and Listening Competency 3 HFS 321 Applied Exercise Physiology 4 ENG 207 Professional & Technical Writing – offered odd falls only*** 3 HFS 315 Therapeutic Recreation – offered odd falls only 3 BIO 201 Medical Terminology – offered every other fall 1 Electives Total Maximum of 17	BENV300 Cross-cultural Experience 3 HFS 310 Kinesiology 3 Biology elective**** 4 (HFS 301 Biomechanics of Physical Activity–offered odd springs only 3) Religious Understanding Competency 3 Electives Total Maximum of 17
Fourth Year	BENV400 Enduring Values Capstone 2 Exploring the Past Competency 3 Biology elective**** 4 Electives Total 12-17	(HFS 301 Biomechanics of Physical Activity–offered odd springs only 3) Electives Total 12-17

Total hours needed to complete graduation requirements are 124. (This includes 2 hours of Arts and Lecture credit.)

For alternate year courses, the even/odd designation refers to calendar year (NOT to the year in which the academic year began).

Bold face print denotes major course requirements. Suggested minors include biology, exercise science, psychology, or wellness. Other suggested elective courses include NRS302 Epidemiology for Nurses (3), NTR225 Fundamentals of Nutrition (3), HFS117 Introduction to Sport Medicine (3), or an ethics course.

*The major requires CEM121 General Inorganic Chemistry 1 & PHY105 The Physical World or MAT135 Calculus 1 & PHY211 Physics for Science/Engineering 1.

**MAT340 Probability and Statistics (3 hours) is an allowable substitution for General Statistics, but it requires the advanced math prerequisite courses MAT136 Calculus 2 and MAT225 Multivariate Calculus that are not required for the Pre-OT major. Please discuss this option with your advisor if you plan to take additional math courses.



***The major requires one of the following English writing or literature courses: ENG207 Professional and Technical Writing (3) (which is typically offered in fall of odd years), ENG160 Approaches to Literature (3), ENG180 Themes in Literature (3), ENG243 Studies in American Literature (3) (also counts for Exploring the Past Competency), or ENG261 Studies in English Literature (3). The preferred course, however, is ENG207 Professional and Technical Writing.

****The major requires two of the following five biology/nutrition courses: BIO205 Invertebrate Zoology (4), BIO301 Microbiology (4), BIO303 Genetics (4), BIO335 Cell Biology (4), and NTR340 Human Pathophysiology (3).

Students should work with their advisor to ensure completion of the specific prerequisite courses required by the OT masters or doctoral programs to which they plan to apply. See <https://acoteonline.org/schools/> for a list of programs accredited by the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA).

Students must also fulfill the OT observation hours suggested or required by the masters or doctoral programs to which they plan to apply.

Note: This plan assumes that Scientific Inquiry, Critical Analysis, and Understanding Self and Society competencies are met by the major.

In general, competencies may be taken in any order. The exceptions are that Writing Well should be taken in the first year and Reading the Bible must be completed prior to taking the Religious Understanding competency. The timing of the remaining competencies is flexible and may be adjusted to accommodate desired elective courses.