



## Occupational Therapy Prerequisites Guide

This guide contains common course prerequisites and other requirements for occupational therapy (OT) programs in the United State. Each OT program has its own specific course prerequisites and other requirements for applying to their program. It is important to consult with each program's website or admissions office for specific information.

You can also consult the [American Occupational Therapy Association](#) (AOTA) for information on master's degrees (MOT or OTM programs) and doctorate degrees (OTD) in Occupational Therapy. Additionally, the [OTCAS](#) (Occupational Therapy Centralized Application System) has information on and is used to apply to OT programs.

### Recommended Courses

#### Biology

- General Biology with lab (one or both may be required)
  - BIOL 106 – Introductory Biology: Organismal Biology
  - BIOL 107 – Introductory Biology: Cell Biology and Genetics
    - recommended if only one general biology course taken
- Medical Terminology
  - BIOL 220 – Medical Terminology
- Human Anatomy with lab (select one course)
  - BIOL 315 – Gross and Microanatomy
  - KINES 262 – Human Anatomy
- Human Physiology with lab (select one course)
  - BIOL 251 – Introduction to Human Physiology
  - BIOL 353 – Advanced Human Physiology

#### Chemistry

- General Chemistry with lab (one or two semesters may be required)
  - CHEM 101 and 102 with labs **OR**
  - CHEM 105 and 106 with labs
    - this series requires higher math proficiency



## Math

- Introductory Statistics (select one course; may require MATH prerequisites or ALEKS math placement score above 45%)
  - STAT 212 – Introduction to Statistical Methods
  - PSYCH 311 - Statistics in Psychology

## Physics

- Introductory Physics or Biomechanics (select one; may not be required for some programs)
  - PHYS 101 (and 111) – General Physics I Lecture (and Lab)
  - KINES 362 – Qualitative Biomechanics
    - Must be admitted to Kinesiology or Sport Medicine majors

## Psychology

- Introductory Psychology
  - PSYCH 105 - Introductory Psychology
- Abnormal Psychology
  - PSYCH 333 – Fundamental of Psychological Disorders
- Developmental Psychology (one or more may be required)
  - PSYCH 361- Developmental Psychology
  - PSYCH 363 – Psychology of Aging
    - Often both PSYCH 361 and 363 are needed to cross lifespan and meet requirements (or take HD 101 which covers lifespan but may not have depth in psychology)
  - HD 101 – Human Development Across the Lifespan

## English

- Introductory Writing (select one)
  - ENGL 101 – College Composition
  - ENGL 298 – Writing and Research (Honor's students only)
- Advanced Writing (select one)
  - ENGL 402 – Technical and Professional Writing
  - ENGL 301 – Writing and Rhetorical Conventions
    - Not all programs require a second English course and others may use a writing intensive course to meet this requirement



## Social Sciences

- Social Science Courses (one or more may be required)
  - Anthropology
    - ANTH 203 – Global Cultural Diversity
  - Sociology
    - SOC 101 – Introduction to Sociology

## Humanities

- Humanities Courses (one or more may be required)
  - Art
    - ART 103 – 3D Art and Design
    - ART 110 – Drawing
    - ART 340 – Ceramics
    - ART 350 – Sculpture
      - Not all programs require art courses, but they can help with three-dimensional reasoning and creative thinking
  - Communications
    - COMM 102 – Public Speaking in the Digital Age
  - Philosophy
    - PHIL 365 – Biomedical Ethics
      - Not all programs require this course, but it can help with answering ethical questions during interviews



## Other Common Program Requirements

In addition to the prerequisite courses listed on the previous pages, OT programs usually require additional requirements for applying to their programs. It is important to check each institution's website for specific requirements for their OT program and to ensure you meet or exceed these requirements.

Common program requirements include:

- Completion of a bachelor's degree with a cumulative GPA of 3.0 or higher
- Completion of the OTCAS application and any secondary/institutional applications
- GRE (Graduate Record Examination) scores (not all schools require this exam)
- Observational hours with a licensed occupational therapist (some programs do not require observation hours, but they are highly recommended)
- Work or volunteer experience with medical or disability organizations
- Additional volunteering hours outside of OT-related fields
- Any relevant licenses or certificates (CPR, CAN, LPN, OTA, EMT, etc.)
- Two or more letters of recommendation/reference (submitted to OTCAS application)
- Personal Statement (general essay) and program specific (secondary) questions and essays
- If you are an international student, you may need to submit TOEFL scores for English proficiency. Additional requirements may also be needed, please contact the graduate school admissions counselor/advisor.

## Application Timeline

The OTCAS application becomes available in mid-July for the following year's Fall semester cohort/program (e.g. July 2025 for Fall 2026 program). It is important to have completed as many requirements as possible prior to filling out your application (including taking the GRE exam if required). Additionally, filling out a prior year's application may not roll over to a new application. If a secondary or graduate school application is also required, make sure to fill it out at the same time as the OTCAS application. Although deadlines vary between institutions, submitting your application by mid-September is highly recommended as most programs have rolling admissions. If an institution requires an interview, they usually occur between October and May. All program requirements must be met prior to starting any program. If accepted, additional requirements will need to be met before matriculation.