

focus on

2018-19 Academic Year

PRE-OCCUPATIONAL THERAPY
(APPLIED HUMAN AND SPORT PHYSIOLOGY TRACK)

Occupational therapists do rehabilitation work to help patients with injuries or disabilities. The OT focuses on improving the patient's ability to do day-to-day activities, often working in a clinical setting but increasingly in a patient's home. Upon completion of a bachelor's degree, you may choose to pursue either a master's or doctoral degree in occupational therapy. Both degrees educate you to be an effective clinician; however, the doctoral degree prepares you to conduct research in occupational therapy, helping patients through discovery of new techniques and treatment. Many students go to either Creighton University or the University of South Dakota, but there are many other schools offering OT programs. Information about the prerequisites for other OT schools can be found at www.aota.org. The demand for occupational therapists is very high and is forecast to grow over the next several decades.

FAST FACTS

Degrees offered: This program is set up so you will receive a B.S. from WSC, then be ready for entrance to an occupational therapy program.

GPA required: 3.0 or better to enter medical school

Department: Health, Human Performance, and Sport

School: Natural and Social Sciences

Suggested program of study: Applied Human and Sport Physiology

Popular minors: Psychology, Public and Global Health, Spanish

..... focus on results

Skills Learned

- Anatomical dissection
- Body composition assessment
- Functional movement assessment
- Health status and risk factor identification
- Prevention and care of injuries
- Injury evaluation and rehabilitation
- Exercise technique and prescription
- Biomechanical or motion analysis
- Chemistry and lab techniques

Possible Careers

- Occupational therapist
- Rehabilitation specialist
- Health services manager
- Sports therapist
- Art therapist
- Rehabilitation therapist

Types of Employers

- Hospitals and medical clinics
- Nursing homes
- Sports teams and clubs
- Assisted living centers
- Home health agencies
- Mental health clinics
- Non-profit organizations
- Rehabilitation centers
- Schools, colleges, and universities

outside the
classroom

Visit www.wsc.edu/clubs to learn more about clubs and organizations on campus.

Activities / Opportunities

- Conduct research projects
- Conferences and presentations
- Peer mentoring and tutoring
- Service-Learning
- Study Abroad

Clubs / Organizations

- Biology Club
- Health Science Club (Lambda Delta Lambda)
- Pre-Physical Therapy / Pre-Occupational Therapy Club

SAMPLE PROGRAM OF STUDY

Every effort is made to ensure this information is current, but please be aware that some content may have changed. There is no substitute for developing a careful course registration plan in consultation with your advisor. For questions about this content, please see your advisor.

This recommended sequence of courses includes completing a B.S. degree in applied human and sport physiology and is intended for those students who also may be interested in athletic training, physical therapy, or human performance. A biology track is also available.

The four-year plan is provided as a suggestion. Final decisions rests with the student and advisor based on availability of courses. Summer courses are not included in this plan but may be an option. This should be discussed between the student and advisor.

General occupational therapy program requirements:

Students must have a 3.0 cumulative GPA to apply.

Students must earn a grade of C or better in prerequisite courses. A C- is not acceptable.

WSC requirements:

Students must have a 2.75 cumulative GPA to enroll in PED 452, 453, 469, and 495.

Students must have a 2.5 GPA to enroll in PED 400, 471, and 472.

Students must earn a "B" or better in PED 470 in order to enroll in PED 472.

To graduate, students must pass 120 total credit hours of which 40 hours must be upper level (300 or above) and a 2.75 cumulative GPA.

FRESHMAN - 1st semester

CHE 106 General Chemistry I.....	4
ENG 102 Composition Skills (General Studies CAT 1).....	3
**PED 130 Intro to Sports Medicine	3
PHI 105 Ethics and Values (General Studies CAT 6)	3

FRESHMAN - 2nd semester

*BIO 108 Biomedical Terminology	1
BIO 110 Biology Concepts (General Studies CAT 7).....	4
CHE 107 General Chemistry II	4
CNA 100 Principles of Human Communication (General Studies CAT 2)	3
PSY 101 General Psychology (General Studies CAT 5).....	3

SOPHOMORE - 3rd semester

ART 102 Visual Arts Experience (General Studies CAT 4).....	3
BIO 220 Human Anatomy	4
HIS 120 World History (General Studies CAT 10).....	3
PED 207 Athletic Performance and Nutrition	3
PGH 200 Personal, Public, and Global Health (General Studies CAT 9)	3

SOPHOMORE - 4th semester

BIO 340 Human Physiology.....	4
MAT 180 Applied Probability and Statistics (General Studies CAT 3)....	3
PED 275 Prevention and Care of Athletic Injuries	3
PED 351 Biomechanics.....	3
Elective	3

JUNIOR - 5th semester

PED 242 CPR Certification.....	0
PED 305 Exercise Physiology.....	3
*PHY 201/321 General Physics I w/Lab	4
PSY 230 Lifespan Development	3
SOC 110 Intro to Anthropology (General Studies CAT 8).....	3
Elective	3

JUNIOR - 6th semester

PED 357 Principles of Strength and Conditioning.....	3
PED 470 Fitness Evaluation and Assessment.....	3
PED 471 Tests and Measurements	3
*PSY 450 Abnormal Psychology	3
Elective	3

SENIOR - 7th semester

*PED 400 Cardiac Rehabilitation.....	3
**PED 452 Musculoskeletal Evaluation and Management	3
**PED 469 Sports Medicine Practicum.....	2
PED 472 Wellness Practicum I	2
Electives	6

SENIOR - 8th semester

PED 453 Rehabilitation of Musculoskeletal Injuries.....	3
PED 480 Assessment Seminar.....	0
**PED 495 Research Design in Sports Medicine	3
Electives	7

* Designates courses offered spring only or fall only.

** Designates courses offered once every two years.

**pre-occupational
therapy faculty**

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