

# PRE-OCCUPATIONAL THERAPY

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 occupational therapy doctorate degree (OTD) prepares you to conduct research in occupational therapy, helping patients through discovery of new techniques and treatment. Many students plan to enter the University of Nebraska Medical Center, Creighton University, or the University of South Dakota, but there are many other schools offering occupational therapy degrees. Information about the prerequisites for other OT schools can be found at [www.aota.org](http://www.aota.org).

## fast facts

### Recommended majors:

Applied Human and Sport Physiology (B.A. or B.S.)  
Life Sciences/Biology (B.A. or B.S.)  
Sociology (B.A. or B.S.)

**Departments:** Health, Human Performance, and Sport; Life Sciences; Psychology and Sociology

**Schools:** Science, Health, and Criminal Justice; Education and Behavioral Sciences

**Suggested minors:** Biology, Exercise Science, Psychology, Public and Global Health, Spanish

## focus on results

### Skills Learned

- Human anatomy and physiology
- Evolutionary processes
- Biological systems and structures
- Research, data collection, and analysis
- Modern lab techniques
- Critical thinking
- Observation
- Communication

### 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

### Activities/Opportunities

- Peer mentoring and tutoring
- Rural Health Opportunities Program (RHOP)
- Service-Learning
- Study Abroad

### Clubs/Organizations

- Biology Club
- Exercise is Medicine on Campus (EIM-OC)
- Health Science Club
- Pre-Physical Therapy/Pre-Occupational Therapy Club
- Psychology/Sociology Club



Visit [www.wsc.edu/clubs](http://www.wsc.edu/clubs) to learn more about clubs and organizations on campus.

The following information is provided to guide you in the pre-professional program described on this sheet. Every effort is made to ensure this information is current, but please be aware that some content may have changed. To develop a plan for choosing a major and registering for courses, please consult the current academic catalog and your advisor.

## Suggested majors for Pre-Occupational Therapy

The following majors are recommended for students planning to attend occupational therapy school. Additional electives may be recommended. Participation in the Pre-Occupational Therapy program at WSC does not guarantee acceptance to a graduate program.

**Applied Human and Sport Physiology (B.A. or B.S.)** — In Applied Human and Sport Physiology, you'll study anatomy and physiology, biomechanics, and injury identification, treatment, and prevention. This is the program you'll take if you are in RHOP for occupational therapy.

**Life Sciences/Biology (B.A. or B.S.)** — Our Biology program lays the groundwork needed for students entering medical school and provides plenty of time in our biology and research labs.

**Sociology (B.A. or B.S.)** — The blend of science and social sciences allows the Sociology program route to have holistic and unique skill set that is vital to health care.

## Sample courses

Students may be advised to take the following courses while pursuing one of the recommended majors. Please consult with your advisor to draft a final plan of study, and be sure to check with your intended occupational therapy program to make sure you're meeting all prerequisite course requirements.

BIO 220 Human Anatomy.....	4
BIO 340 Human Physiology.....	4
PED 130 Introduction to Exercise and Allied Health Professions.....	3
PED 275 Prevention and Care of Athletic Injuries.....	3
PED 305 Exercise Physiology.....	3
PED 351 Biomechanics.....	3
PED 357 Principles of Strength and Conditioning.....	3
PED 400 Exercise and Clinical Populations.....	3
PED 456 Lower Extremity Evaluation.....	3
PED 457 Upper Extremity Evaluation.....	3
PED 458 Rehabilitation of Musculoskeletal Injuries.....	3
PED 472 Advanced Fitness Evaluation and Assessment.....	3
PSY 450 Abnormal Psychology.....	3

## department faculty



Visit [www.wsc.edu/health-human-performance-sport-department](http://www.wsc.edu/health-human-performance-sport-department) to learn more about the Department of Health, Human Performance, and Sport.

Visit [www.wsc.edu/life-sciences-department](http://www.wsc.edu/life-sciences-department) to learn more about the Department of Life Sciences.

Visit [www.wsc.edu/psychology-sociology-department](http://www.wsc.edu/psychology-sociology-department) to learn more about the Department of Psychology and Sociology.

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