### Health Professions: Pre-Osteopathic Medicine (D.O. Schools)

[www.career.vt.edu/HPA](http://www.career.vt.edu/HPA)

**Health Professions Advising (HPA)**

Ms. Carol Robinson, Director  
Smith Career Center (0128)  
540-231-6241 carolrob@vt.edu

Meet with your departmental Academic Advisor on a regular basis in addition to the individual listed above once a semester.

---

### Majors Information

Any major is acceptable as long as certain specific admission requirements are met. Medical schools encourage broad study in humanities and social sciences as well as biology and the natural sciences.

**Common Majors:** Biochemistry (BIOC), Biology (BIOL), Engineering (ENGE), and Human, Nutrition, Food and Exercise (HNFE), and Psychology (PSYC).

### Specific Course Requirements

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Title</th>
<th>Credits</th>
<th>Prerequisites</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 1035, 1045 (lab) CHEM 1036, 1046 (lab)</td>
<td>General Chemistry, General Chemistry Lab</td>
<td>8</td>
<td>Must be taken in sequence.</td>
</tr>
</tbody>
</table>
| BIOL 1005, 1015  
BIOL 1006, 1016  
OR  
BIOL 1105, 1115  
BIOL 1106, 1116 | General Biology, General Biology Lab  
OR  
Principles of Biology, Principles of Biology Lab | 8       |                                |
| MATH 1015, 1016 or other calculus sequence | Elementary Calculus with Trigonometry  
OR  
Other calculus sequence | 6       |                                |
| CHEM 2535, 2545  
CHEM 2536, 2546 | Organic Chemistry                                                                 | 8       | CHEM 1036, CHEM 1046          |
| PHYS 2205, 2215  
PHYS 2206, 2216 | General Physics, General Physics Lab  
OR  
PHYS 2305, 2306 Foundations of Physics | 8       | MATH 1016  
MATH 1205 |                                |
| ENGL 1105, 1106 | Freshman English                                                                 | 6       |                                |
| STAT | Statistics (Prefer upper level over introductory) | 3       | Varies. Most courses require a math course first. |
| BIOL 2104  
BIOL 3114 | Cell & Molecular Biology; Recommended (strongly) by many schools  
OR  
Biochemistry for Biotechnology and the Life Sciences (or, less preferred, Biochemistry 2024) | 3       | BIOL 1005, 1006 or 1105, 1106 or 1205H, 1206H  
CHEM 1016 or 1036 or 1056 |                                |
| BIOL 2004 | Genetics; Recommended (strongly) by many schools | 3       | BIOL 1005, 1006 or 1105, 1106 or 1205H, 1206H  
CHEM 1016 or 1036 or 1056 |                                |
| PSYC 2004 | Introductory Psychology  
(Many schools require psychology) | 3       |                                |
| HD 1004 | Human Development I  
(Many schools require human development) | 3       |                                |
| SOC 1004 | Introductory Sociology | 3       |                                |
COMMUNITY COLLEGE / SUMMER COURSES INFORMATION
It is generally NOT recommended to take these prerequisite courses over the summer. Health professional schools prefer the courses to be taken at your home institution with a normal academic load. Schools also often frown on taking science classes at a community college. Community college credits should be kept at a minimum!

ADVANCED PLACEMENT (AP) or INTERNATIONAL BACCALAUREATE (IB) INFORMATION
Check with specific schools to make sure that credit from a community college, Advanced Placement, or International Baccalaureate are accepted. Some schools prefer that science courses are taken at a four-year institution with a normal credit load.

GET INVOLVED!! VT Student Organizations, Courses, and Opportunities
Course: UH 2004: Careers in Medicine 1 credit, sophomore or higher (Fall only)
Health Professions Advising http://www.career.vt.edu/HPA
Alpha Epsilon Delta Pre-Med Fraternity http://www.alphaepsiondelta.org.vt.edu/
American Medical Student Association (AMSA) www.vtamsa.org.vt.edu
Student National Medical Association http://www.snma.org/
Minority Assoc of Pre-Health Students (MAPS) http://www.snma.org/premedical.php
Pre-SOMA Club – Currently no website available

INFORMATION SESSIONS
Health Professions Group Information Sessions are held in the Smith Career Center.
Online registration required using Hokies4Hire: www.career.vt.edu/H4H

Check the OHPA website frequently for dates and times.

Edward Via College of Osteopathic Medicine (VCOM) has open house events in the fall and spring semesters (http://www.vcom.vt.edu/admissions/visit.html).

APPLICATION & ADMISSION INFORMATION
- Admission Test - Medical College Admission Test (MCAT). A computer-based test with emphasis on problem solving, critical thinking, writing skills, and mastery of concepts of biology, chemistry, and physics. Recommended that students take the MCAT in the spring or summer a year before planning to apply to medical school.
- GPA: 3.5 or higher to be a competitive candidate. Students should check on-line for the mean and range of GPA for their medical schools of choice.
- Experience: It is highly recommended that students participate in volunteer service, shadow/intern for a semester or over the summer, and/or apply for a semester preceptorship in local hospitals and clinics. The Office of Health Professions Advising will work collaboratively with students to assist them gain the necessary practical experience. Certifications (EMT, paramedic, nursing assistant, etc.) can help for gaining experience.
- Application: Apply through AACOMAS – American Association of Colleges of Osteopathic Medicine Application Service (https://aacomas.aacom.org/), an online application process.
- Campus Interviews: Conducted by the Health Professions Evaluation Committee in the spring of each academic year (March - May).
- Medical School Interview: Yes, generally in the fall of the application cycle.

OTHER RESOURCES
The Health Professions Advising office assists students and alumni pursuing a health care career in medicine, dentistry, optometry, pharmacy, chiropractic, occupational therapy, nursing, physician's assistant, veterinary medicine, or other graduate health professions.

Any student of Virginia Tech, regardless of major, can use the services of HPA. Although the majority of pre health professions students major in a science field, it is not required.

Students should meet with their departmental Academic Advisor on a regular basis to ensure requirements are being met for graduation. The Health Professions Advising office is an important complement to academic advising.