

SO YOU WANT TO BE A PODIATRIST?

Podiatric medicine is a branch of the medical sciences devoted to the prevention, diagnosis and treatment of foot disorders resulting from injury or disease. A doctor of podiatric medicine (D.P.M.) is to the foot what a dentist is to the mouth or an ophthalmologist to the eye—a specialist who has undergone lengthy, thorough study to become qualified to treat a specific part of the body.

PREREQUISITES: NOTE: THESE ARE GENERAL PREREQUISITE COURSES THAT MOST PODIATRY SCHOOLS REQUIRE FOR ADMISSION; HOWEVER, THERE ARE SEVERAL OTHER COURSES THAT ARE NOT REQUIRED, BUT ARE HIGHLY RECOMMENDED. PLEASE CHECK THE WEBSITES OF THE SCHOOLS THAT YOU ARE MOST INTERESTED TO OBTAIN A CURRENT LIST OF UNDERGRADUATE REQUIREMENTS.

Physics (Full Year/3 Quarters)	PHYSICS 6A (3 units)/6AL (1 units): Introductory Physics w/Lab PHYSICS 6B (3 units)/6BL (1 units): Introductory Physics w/Lab PHYSICS 6C (3 units)/6CL (1 units): Introductory Physics w/Lab
Math*	Please review the “Mathematics and Statistics Recommendations for Pre-Health Students” visual online.
Chemistry (Full Year/3 Quarters)	CHEM 1A (3 units)/1BL (2 units): General Chem. And Gen. Chem. Lab CHEM 1B (3 units)/1BL (2 units): General Chem. And Gen. Chem. Lab CHEM 1C (3 units)/1CL (2 units): General Chem. And Gen. Chem. Lab
Organic Chemistry (Full Year/3 Quarters)	CHEM 109A (4 units): Organic Chemistry CHEM 109B (4 units): Organic Chemistry CHEM 109C (4 units): Organic Chemistry CHEM 6AL (3 units): Organic Chemistry Lab (Chemistry 109A or 109AH with a minimum grade of a C-; and Chemistry 109B or 109BH (may be taken concurrently)) CHEM 6BL (3 units): Organic Chemistry Lab (Chemistry 6AL and 109A or 109AH with a minimum grade of C-; and Chemistry 109B or 109BH)
Biochemistry (1 Quarter)	MCDB 108A (4 units). General Biochemistry (Check prereqs.) *MCDB 108B Highly Recommended.
Biological Sciences (Full Year/3 Quarters)	MCDB 1A (4 units): Intro. To Biology I MCDB 1B (3 units): Intro. To Biology II--Physiology MCDB 1AL (1 unit): Intro. To Biology I Lab (May be taken with MCDB 1A.) EEMB 2 (2 units): Intro. To Biology II—Ecology and Evolution EEMB 3 (3 units): Intro. To Biology III EEMB 2L (1 unit): Intro. To Biology Lab II
English/Writing (2 Courses)	*Typically any courses in the Writing, English, and possibly Comparative Lit. depts.
Social/Behavioral Sciences & Humanities (2 Courses)	PSY 1 and SOC 1 (AP is fine.)

If you choose not to major in one of the natural sciences, you may wish to include one or two additional science electives in your program of study if your schedule permits.

**Math requirements may vary by school so be sure to research individual prerequisites.*

Sample Pre-Dental Required Course Schedule, Years 1 & 2

	Fall Quarter	Winter Quarter	Spring Quarter
Year 1	<ul style="list-style-type: none"> ● Chem 1A + 1AL ● Mathematics or Statistics (See above) ● GE or Elective 	<ul style="list-style-type: none"> ● Chem 1B + 1BL ● Math or Stats (See above) ● GE or Elective ● GE or Elective (if you feel you can handle another course) 	<ul style="list-style-type: none"> ● Chem 1C + 1CL ● Math or Stats (See above) ● GE or Elective ● GE or Elective
Year 2	<ul style="list-style-type: none"> ● MCDB 1A ● Chem 109A ● GE or Elective ● GE or Elective? 	<ul style="list-style-type: none"> ● MCDB 1B ● EEMB 2 ● MCDB 1LL ● Chem 109B ● Chem 6AL (May be done later) 	<ul style="list-style-type: none"> ● EEMB 3 + EEMB 2LL ● Chem 109C ● Chem 6BL (May be done later) ● GE or Elective

*New Biology Labs: Beginning in Fall 2019, the Biology Program will restructure its introductory labs, changing from three, 1 unit labs--MCDB 1AL, MCDB 1BL/EEMB 2L, and EEMB 3L--to two, 1.5 unit labs--MCDB 1LL and EEMB 2LL. Most students will do MCDB 1LL in winter quarter and EEMB 2LL in spring quarter. Although taken over two quarters rather than three, these will count as a full year of introductory biology labs.

Note that many programs require a year of physics with lab (Physics 6A & 6AL, 6B & 6BL, 6C & 6CL), and although most students complete physics by the end of the 3rd year, just when to take physics depends on how well students are meeting the demands of their other courses.

EXAM AND GPA:

The Medical College Admissions Test (MCAT): The MCAT is a standardized examination that consists of multiple choice sections that assess your knowledge of natural and behavioral sciences. In addition to concepts from biology, general and organic chemistry, and physics, the MCAT also includes material from biochemistry, basic research and statistics, and psychology and sociology concepts. Visit the American Association of Medical Colleges (AAMC) website for more information regarding the MCAT.

Grade Point Average (GPA): Minimum GPA requirements vary from program to program, but MOST competitive applicants have a minimum 3.5 GPA overall (AO) **and** in their science courses (BCPM).

TIMELINE:**Freshman Year:**

- Connect with a Pre-Health Staff or Peer Advisor
- Start taking intro sciences (Chem 1A+1AL).
- Think about possible majors (Study what you love).
- Start medical experience (EMT, Scribe, Shadowing, etc) during breaks or summer.
- Look into getting involved in undergraduate research and talk to professors (Can wait a year or so).
- Go to your professors' office hours.
- Explore some student organizations.

Sophomore Year:

- Continue with next sequence of science courses (Fall: MCDB 1A; Winter: MCDB 1B, EEMB 2, MCDB 1LL; Spring: EEMB 3, EEMB 2LL)
- Stay involved in extracurricular activities (Medical, volunteer, etc).
- Begin to think about becoming an officer in your organizations or explore other leadership opportunities.
- Begin research on professional schools, their requirements, and assess your competitiveness.
- Investigate MCAT preparation options.
- Identify MD or DO programs you are interested in.
- **BOTTOM LINE:** Keep working on the things you established your first year!!

Junior Year (If not taking a Gap Year.) **If taking a Gap Year, then taking the MCAT and completing the application can wait until senior year):

- Talk to your staff pre-health advisor member to narrow program options and assess competitiveness.
- Identify at least 3 individuals to write letters of recommendation.
- Keep working on the things you have established thus far.
- Schedule a mock interview with Career Services.
- **Register for the MCAT.
- **Study for MCAT and take MCAT.
- **Complete Application (AACPMAS).

Senior Year (If no Gap Year):

- Submit Application(s) if you haven't already.
- Wait to be contacted for interview from medical schools.
- Continue with activities and professional experiences/shadowing.
- Talk with an advisor about Plan B if necessary.
- Finish degree requirements and GRADUATE!

If Taking 1 or more Gap Years:

- Schedule a mock interview with Career Services.
- **Register for the MCAT.
- **Study for MCAT and take MCAT.
- **Complete Application (AACPMAS).

ADDITIONAL RESOURCES:

- American Association of Colleges of Podiatric Medicine Application Service (AACPMAS) [Click Here](#)
- American Association of Colleges of Podiatric Medicine (AACPM) [Click Here](#)
- Medical College Admissions Test (MCAT) [Click Here](#)