





# Academic Advising and Pre-Podiatric Medicine Advising

Each student has an opportunity to be advised by a Pre-Health Advisor in the Office of Academic Advising. Call (541) 346-3211 to schedule an appointment. Please see your academic advisor on a regular basis to confirm you are on track for your degree and podiatry school admission.

In order for the pre-health advisors to communicate directly to you and your interests, it is highly recommended to declare a Pre-Podiatry Professional Objective. To do so, email [health@uoregon.edu](mailto:health@uoregon.edu) with your name and UO ID number, or fill out a form in the OAA.

You are also encouraged to sign up for the Pre-Health mailing list, which provides students with timely announcements and a monthly newsletter. OAA also has a facebook page, located at [www.facebook.com/uo.prehealthadvising](http://www.facebook.com/uo.prehealthadvising), which is where more health information can be found.

## What is Podiatric Medicine?

Podiatric medicine is a branch of the medical sciences concerned with the diagnosis and treatment of conditions affecting the human foot, ankle, and related structures, including the local manifestations of systematic conditions. A doctor of podiatric medicine (DPM) specializes in the prevention, diagnosis, and treatment of foot disorders, diseases and injuries. A DPM makes independent judgments, utilizes x-rays and laboratory tests and diagnostic purposes, prescribes medications, orders physical therapy, sets fractures, and performs surgery. The DPM works closely with other health professionals to treat and control disease.

Podiatry school is no different than medical school except that your residency has already been decided. Students spend the first four years in medical school with other medical students before spending three years in their podiatry residency.

## **General Requirements**

All podiatry schools require the equivalent of three years of full-time work in an accredited college or university and may require successful completion of a bachelors degree. If admitted without a degree, you are usually expected to complete your bachelor's degree within two years of starting podiatry school, either through the transfer of credit for work done at podiatry school or through summer session work. More than 97% of the first-year podiatry students in the nation have completed an undergraduate degree.

## **Specific Course Requirements**

There are 9 podiatric medical colleges in the United States. Admission requirements vary from school to school, however most have very similar course requirements. Students are encouraged to review the American Association of Colleges of Podiatric Medicine (AACPM) online at [www.aacpm.org](http://www.aacpm.org). Admissions requirements are detailed in the yearly revised Podiatric Medical College Information Book. This text may be downloaded online through [www.aacpm.org](http://www.aacpm.org). or go to the individual school websites to find out specific school's requirements.

- English Composition
- General (or Inorganic) Chemistry
- Biology
- Organic Chemistry
- Physics

Oregon does not have a school of podiatry.

## Recommended University of Oregon Curriculum

The minimum requirements for admission to podiatry school can be met with the following classes:

- English Composition – WR 122, 122 or 123
- General Chemistry – CH 221, 222, 223 with labs CH 227, 228, 229
- **OR** Honors Chemistry – CH 224, 225, 226 with labs CH 237, 238, 239
- Organic Chemistry – CH 331, 335, 336 with labs CH 337, 338
- Foundations Biology – BI 251, 252, 253

**OR** General Biology – BI 211, 212, 213 or 214

A pre-health advisor can assist you in determining which biology sequence you should take.

- Calculus - MATH 251, 252 OR  
MATH 246, 247 OR  
MATH 261, 262

The need for calculus varies by each school. Check with school to verify if calculus is required or recommended.

- General Physics – PHYS 201, 202, 203 with labs 204, 205, 206
- Biochemistry – CH 360

Advanced Placement (AP) credit are sometimes accepted for some required courses if such credits appear on an undergraduate transcript. Consult with a Pre-Health Advisor for clarification. All of the courses listed above must be taken for a letter grade.

If you took Advanced Placement (AP) tests and earned credit, you should speak with your advisors about the risks of by-passing lower-division science courses. *Not all podiatry schools accept AP work in lieu of requirements.*

# The Pre-Podiatry Curriculum:

## First Year

Fall Term	Winter Term	Spring Term
CH 221 + 227 lab	CH 222 + 228 lab	CH 223 + 229 lab
-or-	-or-	-or-
CH 224+ 237 lab	CH 225 + 238 lab	CH 226 + 239 lab
MATH 111	MATH 112	MATH (if needed for major)

### Consider:

- English Completion
- Arts & Letters<sup>1</sup>, Social Science or Multicultural classes
- Major requirements (*if a major has been chosen*)

## Second Year

BI 211	BI 212	CH 336
CH 331 + 337 lab	CH 335 + 338 lab	

### Consider:

- English Completion
- Begin health-related experience
- Arts and Letters, Social Science or Multicultural classes
- Major requirements

## Third Year

PHYS 201 + 204 lab	PHYS 202 + 206 lab	PHYS 203 + 206 lab
CH 360 <sup>2</sup>		MCAT
BI 214		

### Consider:

- Arts & Letters, Social Science or Multicultural classes
- Major requirements
- English Literature
- MCAT prep course

## Fourth Year

### Consider:

- Completion of all University and department requirements.
- Apply to podiatric colleges beginning around August 1<sup>st</sup>.

<sup>1</sup> At least one English literature course in Arts & Letters is recommended.

<sup>2</sup> Courses such as biochemistry are strongly recommended and may be required for some schools. Additional recommendations include anatomy, physiology, and microbiology.

**This curriculum is not set in stone. Talk to an Advisor for course plans that are right for you.**

**Take all required courses graded.** You should avoid dropping below a full academic load (15-16 credits)

# **The Undergraduate Major and Academic Advising**

The curricular requirements described so far constitute the pre-podiatry program, but not an undergraduate major required to earn a bachelors degree.

## **Science Majors**

Given the pre-podiatry curriculum, the obvious and ready major is someplace in the sciences; chemistry, biology, biochemistry, human physiology, general science, mathematics, and physics dovetail most efficiently with the recommended classes. Many of the requirements for those majors are satisfied with the pre-podiatry offering. As the requirements vary considerably between the majors, you should plan your second year in college very carefully in anticipation of a major choice if you have not already committed yourself.

## **Non-Science Majors**

Almost all podiatry colleges make a special point of welcoming non-science majors. They emphasize their interest in candidates who demonstrate competency in other disciplines, from business to music. Obviously, it demands careful planning to satisfy degree requirements in a non-science major and still complete the pre-podiatry curriculum. UO records show non-science majors are very successful in gaining admission.

## **The Major as an Alternative Career**

As a pre-podiatry student, you should face realistically the possibility of not gaining admittance to podiatry studies. What will you do if you are not accepted? Another allied health career? Reapply? Don't be surprised if you are asked this often by friends, advisors, and interviewers. It is not intended to discourage you but to remind you of the realities of podiatry school application.

# Non-Curricular Requirements for Podiatry School Admission

The following information can be found on the American Association of Colleges of Podiatric Medicine (AACPM) website.

## The Medical College Admission Test (MCAT)

Traditionally the MCAT has been the only standardized test required for admission to the colleges of podiatric medicine. However, some colleges will accept other tests scores such as the DAT, or the GRE. Please check the admission requirements of each individual college you are interested in applying.

The MCAT includes 4 sub tests:

- Verbal Reasoning
- Physical Sciences  
(General Physics & General Chemistry)
- Writing Sample
- Biological Sciences (Biology & Organic Chemistry)

The best preparation for the science examinations is the required pre-podiatry coursework. The verbal reasoning section can best be prepared for through study in the university's arts and letters and social science curriculum. Improving writing abilities requires writing experience spread out over as long a time as possible, including the freshman composition courses and any other course which permits (or requires) that students write term papers and essay examinations in lieu of standardized multiple-choice questions. **Watch for the Teaching and Learning Center MCAT preparation workshop in the winter or summer term.**

The MCAT is given 22 times per year from January to September each year. The computerized MCAT takes 30 days to score. Students can take the exam between January and June and still have their MCAT scores available for timely submission of medical school applications in July. July, August, and September test dates are also available, but students should plan for earlier test dates if applying that academic year. Advance registration is required to take the MCAT. For more information and to register for the MCAT, go to <<http://www.aamc.org/mcat/>>.

## **Letters of Evaluation**

The letters of evaluation you submit to podiatry schools are extremely important. It is your obligation to become familiar with potential letter writers who provide clear, confidential judgments of you as a student and as a human being. You must find writers who can provide what transcripts and test scores cannot: an estimate of your character, motivation, imagination, originality, scope of interests and skills, and your emotional maturity. Podiatry schools want information that can help them confirm that you will be a good science student and that you have the personality traits to be a competent podiatrist.

Since the University of Oregon does not compose an institutional letter, you will need to approach individuals for letters of evaluation. Check the admission requirements school by school for instructions about letters of evaluations, because some schools ask you to use an application service specific evaluation in lieu of or in addition to the letter from the evaluator, many times signed, and on letterhead.

Letters of recommendation or evaluation and other extraneous material (e.g. past achievements, research performed, resumes, diplomas or certificates) should be sent directly to your designated colleges or brought to your interview. Some podiatry schools accept electronic letters of evaluation. Please refer to the Podiatric Medical College Information Book which can be downloaded online at [www.aacpm.org](http://www.aacpm.org).

## **Official Transcripts**

All podiatry schools require official transcripts from every college you have attended. Although few podiatry schools publicly list mandatory GPAs for admission, accumulated statistics illustrate that only applicants with averages at 3.3 and above are competitive for admission.

## **Health-Related Experience**

Health-related experiences are a necessary part of the preparation for podiatry school. Not only is this a test of your own interests, but provides exposure necessary to understanding what a podiatry career entails. Types of experiences are varied and you are encouraged to find something of interest to you. A research environment is also relevant. The experience does not have to be volunteer although in most situations this will be the case. CNA or phlebotomy training are two ways to acquire health related experience while being paid. Use the Office of Academic Advising's website, [advising.uoregon.edu/AA\\_Pages/AA\\_Pre-Health\\_Opps.html](http://advising.uoregon.edu/AA_Pages/AA_Pre-Health_Opps.html), to locate health related opportunities in the Eugene area.

Did you know that the APMA provides a link on their website to help you find a local podiatrist?

For nationwide resources ([iweb.apma.org/BuyersGuide/ProfessionalSearch.aspx](http://iweb.apma.org/BuyersGuide/ProfessionalSearch.aspx))

For California resources ([www.podiatrists.org/visitors/findpod](http://www.podiatrists.org/visitors/findpod))

## **The Application Process**

The American Association of Colleges of Podiatric Medicine Application Service (AACPMAS) provides a simplified process of applying to the schools and colleges of podiatric medicine. Applicants complete one application and submit it with corresponding materials to the centralized service. AACPMAS verifies the application's components for accuracy, calculates the applicant's grade point average (GPA) and delivers the materials to the podiatric schools and colleges that the applicant designates.

Podiatry school admissions are highly competitive because there are so few podiatry schools nation-wide.

## Of Special Interest

There are only 9 podiatry schools in the United States. Podiatry schools are typically four years in length at an accredited podiatric medical college and two or three years of hospital residency training. To practice, after residency training, podiatrists must pass national boards.

- Average salary for a podiatrist is \$113,560
- A competitive cumulative GPA is around 3.3
- A competitive science GPA is around 3.1

### **Websites for more information and which provided materials for this handout include:**

American Association of Colleges of Podiatric Medicine (AACPM)

*[www.aacpm.org](http://www.aacpm.org)*

The Bureau of Labor Statistics

*[www.bls.org](http://www.bls.org)*

American Podiatric Medical Association

*[www.apma.org](http://www.apma.org)*

American Association of Medical Colleges (AAMC)

*[www.aamc.org/mcat/](http://www.aamc.org/mcat/)*

American Association of Colleges of Osteopathic Medicine

*[www.aacom.org](http://www.aacom.org)*

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