# OCCUPATIONAL THERAPY (OT) – Occupational Therapy Doctorate (OTD) RECOMMENDATIONS ONLY

## Institutions Referenced
- Creighton University—Omaha, NE
- St. Ambrose University—Davenport, IA
- Allen College –Waterloo, IA (Masters level program)
- Drake University—Des Moines, IA
- University of Minnesota–Minneapolis, MN

## Notes
- Completion of a baccalaureate degree is required.
- Minimum Cumulative GPA required for admission is typically 3.0-3.2 as well as minimum 3.0-3.2 GPA in science and math pre-requisite courses
- Need a minimum grade of ‘C’ in all pre-requisite course. ‘C-’ will not count
- Graduate Record Exam (GRE) required; http://www.ets.org/gre/
- Centralized Application Service for Occupational Therapy, [https://portal.otcas.org/](https://portal.otcas.org/)
- OTCAS includes grades from all coursework.

## Biology
- General Biology: Organismal Diversity—BIOL2051
- OR General Biology: Cell Structure and Function—BIOL2052
- Anatomy & Physiology I—BIOL3101
- Anatomy & Physiology II—BIOL3102

## Statistics
- Introduction to Statistical Methods--STAT1772

## Psychology
- Introduction to Psychology—PSYCH1001
- Developmental Psychology—PSYCH2202
- Abnormal Psychology—PSYCH3403

## Sociology
- Introduction to Sociology—SOC1000

## Medical Terminology
- Medical Terminology --PH2160

## Research Methods
- Can be taken through any department; a few options include:
  - Research Methods – SOC 2010
  - Research Methods – PSYCH3002
  - Research Methods in Family Science – FAM SERV1030

## Suggested Electives
- General Physics I—PHYSICS 1511 (Required for Allen & Drake)
- General Chemistry I - CHEM1110 or Principles of Chemistry – CHEM1010
- Human Diseases – HPE4663
- PEMES 2050 Anatomy and Physiology of Human Movement
- Introductory Biomechanics – PEMES3151
- Ethics—PHIL2500 or Bio-medical Ethics – CAP3173/RELS 3510/PHIL3510 (Required for St. Ambrose and Creighton)

## Observation Hours
- Typically a minimum of 50 observation or experiential hours with 2 different populations for example pediatric, adolescent, adult or geriatric.

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What Is Occupational Therapy?

Occupational therapy practitioners ask, "What matters to you?" not, "What's the matter with you?" In its simplest terms, occupational therapists and occupational therapy assistants help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes. Occupational therapy services typically include:

--an individualized evaluation, during which the client/family and occupational therapist determine the person's goals,

--customized intervention to improve the person's ability to perform daily activities and reach the goals, and

--an outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Occupational therapy services may include comprehensive evaluations of the client's home and other environments (e.g., workplace, school), recommendations for adaptive equipment and training in its use, and guidance and education for family members and caregivers. Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment to fit the person, and the person is an integral part of the therapy team.

From The American Occupational Therapy Association, Inc. –AOTA
http://www.aota.org/About-Occupational-Therapy.aspx