Occupational Therapy

**Occupational therapy (OT)** is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). OT practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with— injury, illness, or disability.

Common OT 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. OT services typically include:

- an individualized evaluation, during which the patient/family and OT determine the patient’s goals,
- customized interventions to improve the patient’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.

OT practitioners have a holistic perspective. Their focus is on adapting the environment and/or task to fit the patient, and the patient is an integral part of the therapy team. It is an evidence-based practice deeply rooted in science.¹

According to the Bureau of Labor Statistics, employment of OTs is projected to grow 24% from 2016 to 2026, much faster than the average growth for all occupations. The need for OTs is expected to increase as the large baby-boom generation ages and people remain active later in life. The median annual salary for an OT was $84,270 in May 2018, with 90% of OTs earning more than $55,490.²

The Accreditation Council for Occupational Therapy Education (ACOTE®) has mandated that the entry-level degree requirement for the OT will move to the doctoral level by July 1, 2027. October 17, 2018 Update: ACOTE and AOTA’s Board of Directors have been engaged in a dialogue on the entry point for the occupational therapy profession.³

**Prerequisites:** Students must complete all required prerequisite courses prior to beginning an OT program. Some schools require all prerequisite courses be completed prior to applying, so it is important for you to review the admissions requirements on each school’s website.

Texas currently has 9 entry-level colleges offering OT programs, which all require a bachelor’s degree prior to entry. Texas A&M doesn’t have a designated pre-OT major, so students may choose from over 200 major fields of study. Most students select majors which include the prerequisites and provide an alternate career choice.

The OT prerequisite chart is a guide developed in consultation with the TX OT schools to assist you in planning your undergraduate curriculum. Please review the notes above and below the chart carefully and contact the Pre-OT advisor with questions.

---


This prerequisite chart is offered as a guide to assist you. Prerequisites can change, so it is ultimately the applicant’s responsibility to check with each OT school on a regular basis. Applicants must get any course exceptions approved by individual OT schools.

<table>
<thead>
<tr>
<th>Minimum OT observation hours</th>
<th>ACU MSOT Abilene</th>
<th>TTUHSC MOT Lubbock</th>
<th>TWU* MOT Denton, Dallas, and Houston</th>
<th>UMHB* MSOT Belton</th>
<th>USAHS MOT &amp; OTD Austin OTD Dallas</th>
<th>UTEP MOT El Paso</th>
<th>UTMB OTD Galveston</th>
<th>UTRGV* MSOT Edinburg</th>
<th>UT Health San Antonio OTD San Antonio</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 documented hours</td>
<td>40 documented hours</td>
<td>20 documented hours within two years of application</td>
<td>40 documented hours</td>
<td>40 documented hours</td>
<td>40 documented hours</td>
<td>20 documented hours</td>
<td>No minimum</td>
<td>40 documented hours</td>
<td>See UT Health San Antonio note</td>
</tr>
</tbody>
</table>

Anatomy & Physiology
- **Biology**
  - **BIOL 319 & 320**
  - **BIOL 319 & 320**
  - **BIOL 319 & 320**
  - **BIOL 319 & 320**
  - **BIOL 319 & 320**
  - **BIOL 319 & 320**

Abnormal Psychology
- **Psychology**
  - **PSYC 306**
  - **PSYC 306**
  - **PSYC 306**
  - **PSYC 306**
  - **PSYC 306**
  - **PSYC 306**

Behavioral/Social Sciences
- **Sociology**
  - **SOCI 205**
  - **SOCI 205**
  - **SOCI 205**

Physics
- **Statistics**
  - **STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, OR SCMT 303 (3 hours)**
  - **STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, OR SCMT 303 (3 hours)**
  - **STAT 201, 211, 302, 303, PSYC 203, OR 301 (3 hours)**
  - **STAT required for OTD (3 hours)**
  - **STAT for Non-Math Majors (3 hours)**

Math/Statistics
- **Human Development across the Lifespan**
  - **HLTH 354**
  - **HLTH 354**
  - **HLTH 354**

Other
- **HLTH 354**

**Minimum OT observation hours**
- 40 documented hours, prior to application. 80-100 hours are recommended.

**Anatomy & Physiology**
- BIOL 319 & 320

**Abnormal Psychology**
- PSYC 306

**Behavioral/Social Sciences**
- SOCI 205

**Physics**
- PHYS 201, 208, 218 OR KINE 426 (4 hours)

**Math/Statistics**
- STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, OR SCMT 303 (3 hours)

**Human Development across the Lifespan**
- PSYC 307 & 365 to meet the 3 hour req**

**Other**
- HLTH 354

**UMHB note**: Visit [https://go.umhb.edu/graduate/occupational-therapy/admissions#1845](https://go.umhb.edu/graduate/occupational-therapy/admissions#1845) for most up-to-date observation form. KINE 307 & PSYC 365 OR PSYC 307 & PSYC 365 to meet 3 hour req**

**USAHS note**: Social Sciences Requirement includes any combination of Psychology, Sociology, Sociocultural/Socioeconomic, Anthropology, Human Behavior and Development, Public Health, Humanities (must show human relationships), Ethnicity or Gender Studies courses can be used toward this requirement. USAHS also has locations in Miami, FL MOT, St. Augustine, FL MOT & OTD, and San Marcos, CA OTD

**UTEP note**: Relies on OTCAS to verify all coursework. TCCNS numbers available at [https://www.utep.edu/chs/ot/academic-programs/application-process.html](https://www.utep.edu/chs/ot/academic-programs/application-process.html)

**UT Health San Antonio**: Visit [https://www.uthscsa.edu/academics/health-professions/programs/Doctor-of-Occupational-Therapy-(OTD)/admissions](https://www.uthscsa.edu/academics/health-professions/programs/Doctor-of-Occupational-Therapy-(OTD)/admissions) for most up-to-date observation form.

*Prerequisites must be completed at the time of application**

**TCCNS PSYC 2314 3 hours is an acceptable substitution to completing 6 hours of coursework at Texas A&M**

**Not offered after Sp 19**
Experience: Most TX OT schools require a minimum of 20-80 hours of documented volunteer, observation, or paid work experience with a licensed OT. Schools prefer applicants to have experience in more than one OT setting. Some schools have a form they require applicants fill out, so it is important for you to review the notes under the prerequisite guide and double check each school’s website for more information.

GRE® General Test. The GRE® is required for admission to most TX OT schools, and is offered as a computer-delivered test year round. The GRE® General Test features question types that closely reflect the kind of thinking you’ll do — and the skills you need to succeed — in today’s demanding graduate and business school programs.4

The test covers verbal reasoning, quantitative reasoning, and analytical writing.

4 GRE Test Content and Structure. https://www.ets.org/gre/revised_general/about/content/ (visited May 7, 2019)

OT Schools in Texas
Abilene Christian University  www.acu.edu/graduate/academics/occupational-therapy.html
Texas Tech University Health Sciences Center  http://www.ttuhsc.edu/health-professions/master-occupational-therapy/
Texas Woman’s University  www.twu.edu/occupational-therapy/
University of Mary Hardin-Baylor  go.umhb.edu/graduate/occupational-therapy/home
University of St. Augustine for Health Sciences  www.usa.edu/academics/college-of-rehabilitative-sciences/
University of Texas at El Paso  www.utep.edu/hs/ot/
University of Texas Medical Branch  shp.utmb.edu/OccupationalTherapy/
University of Texas Rio Grande Valley  www.utrgv.edu/ot/
UT Health San Antonio  www.uthscsa.edu/academics/health-professions/departments/occupational-therapy

Web Resources
The American Occupational Therapy Association, Inc. (AOTA)  www.aota.org/
Office of Professional School Advising  tx.ag/opsa
OT Application Service (OTCAS)  otcas.liaisoncas.com
OTCAS Instructions  portal.otcas.org/otcasHelpPages/instructions/
OT Admission Test-GRE®  www.ets.org/gre
Texas A&M Occupational Therapy Society  tamuots.weebly.com/
Texas Occupational Therapy Association, Inc. (TOTA)  www.tota.org/
AOTA Board and Specialty Certifications  www.aota.org/Education-Careers/Advance-Career/Board-Specialty-Certifications.aspx
National Board for Certification in Occupational Therapy (NBCOT)  https://www.nbocot.org/en/Educators/Home#SchoolPerformance
Find an OT school  https://www.aota.org/Education-Careers/Find-School.aspx

209 Koldus
College Station, Texas 77843-1233
PHONE: (979) 847-8938
http://opsa.tamu.edu

Professional School Advising is partially funded by the Association of Former Students

Rev 5/7/2019 BMG