



# 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.<sup>1</sup>

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 \$83,200 in May 2017, with 90% of OTs earning more than \$54,560.<sup>2</sup>

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.<sup>3</sup>

**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 8 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 to assist you in planning your undergraduate curriculum. It was developed in consultation with the TX OT schools and is accurate as of January 2018. However, please note that you are responsible for gaining approval for any alternate course. You are also responsible for ensuring that courses taken at another institution will be acceptable by the OT schools.

<sup>1</sup> The American Occupational Therapy Association, Inc. (AOTA). <https://www.aota.org/Conference-Events/OTMonth/what-is-OT.aspx> (visited August 20, 2018).

<sup>2</sup> Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook*, Occupational Therapists, on the Internet <https://www.bls.gov/ooh/healthcare/occupational-therapists.htm> (visited August 20, 2018).

<sup>3</sup> ACOTE 2027 Mandate and FAQs. <https://www.aota.org/Education-Careers/Accreditation/acote-doctoral-mandate-2027.aspx> (visited August 20, 2018).

**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.**

	<b>ACU</b> MSOT <i>Abilene</i>	<b>TTUHSC</b> MOT <i>Lubbock</i>	<b>TWU</b> MOT <i>Denton, Dallas, and Houston</i>	<b>USAHS</b> MOT & OTD <i>Austin</i>	<b>UTEP</b> MOT <i>El Paso</i>	<b>UTMB</b> MOT <i>Galveston</i>	<b>UTRGV</b> MSOT <i>Edinburg</i>	<b>UT Health</b> San Antonio OTD <i>San Antonio</i>
<b>Minimum OT observation hours</b>	40 documented hours. 80-100 hours are recommended.	40 documented hours	20 documented hours within two years of application	80 documented hours	40 documented hours	20 documented hours	No minimum	40 documented hours
<b>Anatomy &amp; Physiology</b>	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320
<b>Abnormal Psychology</b>	PSYC 306	PSYC 306	PSYC 306		Abnormal Psychology (3 hours)	PSYC 306	PSYC 306	PSYC 306
<b>Behavioral/ Social Sciences</b>	SOCI 205 & PSYC 107 (6 hours)			See USAHS note (12 hours)	SOCI <u>OR</u> ANTH (3 hours) <u>AND</u> Intro to PSYC (3 hours)	ANTH 201, PSYC 107, <u>OR</u> SOCI 205 (3 hours)	ANTH 201, 205, <u>OR</u> SOCI 205 (3 hours)	Any TX core approved courses in ANTH <u>OR</u> SOCI (3 hours)
<b>Physics</b>		PHYS 201, 208, 218 <u>OR</u> KINE 426 (4 hours)		See USAHS note (3 hours)		PHYS 201 <u>OR</u> KINE 426 (4 hours)	PHYS 201, 208, <u>OR</u> 218 (4 hours)	PHYS 201
<b>Math/ Statistics</b>	STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, <u>OR</u> SCMT 303 (3 hours)	STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, <u>OR</u> SCMT 303 (3 hours)	STAT 201, 211, 301, 302, 303, EPSY 435, PSYC 203, 301, <u>OR</u> SCMT 303 (3 hours)	STAT for OTD (3 hours)	STAT for Non-Math Majors (3 hours)	STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, <u>OR</u> SCMT 303 (3 hours)	STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, <u>OR</u> SCMT 303 (3 hours)	STAT 201, 211, 302, 303, PSYC 203, <u>OR</u> 301 (3 hours)
<b>Lifespan Human Development*</b>	PSYC 307 & 365 to meet the 3 hour requirement*	PSYC 307 & 365 to meet the 3 hour requirement*	PSYC 307 & 365 to meet the 3 hour requirement*	Human Devt over Lifespan (3 hours)	Human Devt Across Lifespan (3 hours)	PSYC 307 & 365 to meet the 3 hour requirement*	PSYC 307 & 365 to meet the 3 hour requirement*	PSYC 307
<b>Other</b>	HLTH 354		HLTH 354	Biology <u>OR</u> Exercise Physiology (3 hrs) <u>AND</u> Medical Terminology (1 hr)	Medical Terminology (1 hour) See UTEP note	BIOL/NRSC 434 <u>OR</u> PSYC 335 (3 hours)	KINE 426, ENGL 210, <u>AND</u> HLTH 354 (9 hours)	KINE 307, 406 <u>OR</u> 426 <u>AND</u> HLTH 354 (6-7 hours)

\* TCCNS PSYC 2314 is an acceptable substitution.

**USAHS note:** PSA has submitted TAMU course descriptions & syllabi for approval. *Motion & Movement (Physics) Requirement* includes Physics, Physical Science, Biomechanics or Anatomical Kinesiology. Must include motion and movement. Introductory courses are acceptable. *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.

**Experience:** Most TX OT schools require 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 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.<sup>4</sup>

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

<sup>4</sup> GRE Test Content and Structure. [https://www.ets.org/gre/revised\\_general/about/content/](https://www.ets.org/gre/revised_general/about/content/) (visited August 20, 2018)

### **OT Schools in Texas**

Abilene Christian University	<a href="http://www.acu.edu/graduate/academics/occupational-therapy.html">www.acu.edu/graduate/academics/occupational-therapy.html</a>
Texas Tech University Health Sciences Center	<a href="http://www.ttuhs.edu/health-professions/master-occupational-therapy/">http://www.ttuhs.edu/health-professions/master-occupational-therapy/</a>
Texas Woman's University	<a href="http://www.twu.edu/occupational-therapy/">www.twu.edu/occupational-therapy/</a>
University of St. Augustine for Health Sciences	<a href="http://www.usa.edu/academics/college-of-rehabilitative-sciences/">www.usa.edu/academics/college-of-rehabilitative-sciences/</a>
University of Texas at El Paso	<a href="http://www.utep.edu/chs/ot/">www.utep.edu/chs/ot/</a>
University of Texas Medical Branch	<a href="http://shp.utmb.edu/OccupationalTherapy/">shp.utmb.edu/OccupationalTherapy/</a>
University of Texas Rio Grande Valley	<a href="http://www.utrgv.edu/ot/">www.utrgv.edu/ot/</a>
UT Health San Antonio	<a href="http://www.uthscsa.edu/academics/health-professions/departments/occupational-therapy">www.uthscsa.edu/academics/health-professions/departments/occupational-therapy</a>

### **Web Resources**

The American Occupational Therapy Association, Inc. (AOTA)	<a href="http://www.aota.org/">www.aota.org/</a>
Office of Professional School Advising	<a href="http://opsa.tamu.edu">opsa.tamu.edu</a>
OT Application Service (OTCAS)	<a href="http://otcas.liaisoncas.com/applicant-ux/#/login">otcas.liaisoncas.com/applicant-ux/#/login</a>
OTCAS Instructions	<a href="http://portal.otcas.org/otcasHelpPages/instructions/">portal.otcas.org/otcasHelpPages/instructions/</a>
OT Admission Test-GRE®	<a href="http://www.ets.org/gre">www.ets.org/gre</a>
Texas A&M Occupational Therapy Society	<a href="http://tamuots.weebly.com/">tamuots.weebly.com/</a>
Texas Occupational Therapy Association, Inc.	<a href="http://www.tota.org/">www.tota.org/</a>
AOTA Board and Specialty Certifications	<a href="http://www.aota.org/Education-Careers/Advance-Career/Board-Specialty-Certifications.aspx">www.aota.org/Education-Careers/Advance-Career/Board-Specialty-Certifications.aspx</a>
National Board for Certification in Occupational Therapy (NBCOT)	<a href="https://www.nbcot.org/en/Educators/Home#SchoolPerformance">https://www.nbcot.org/en/Educators/Home#SchoolPerformance</a>
Find an OT school	<a href="https://www.aota.org/Education-Careers/Find-School.aspx">https://www.aota.org/Education-Careers/Find-School.aspx</a>



## **CAREER CENTER**

Professional School Advising

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