



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.

¹ The American Occupational Therapy Association, Inc. (AOTA). <https://www.aota.org/Conference-Events/OTMonth/what-is-OT.aspx> (visited May 7, 2019).

² 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 May 7, 2019).

³ ACOTE 2027 Mandate and FAQs. <https://www.aota.org/Education-Careers/Accreditation/acote-doctoral-mandate-2027/faq-august-2017.aspx> <https://www.aota.org/Education-Careers/Accreditation/acote-doctoral-mandate-2027.aspx> (visited May 7, 2019).

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.

	ACU MSOT <i>Abilene</i>	TTUHSC MOT <i>Lubbock</i>	TWU* MOT <i>Denton, Dallas, and Houston</i>	UMHB* MSOT <i>Belton</i>	USAHS MOT & OTD <i>Austin OTD Dallas</i>	UTEP MOT <i>El Paso</i>	UTMB OTD <i>Galveston</i>	UTRGV* MSOT <i>Edinburg</i>	UT Health San Antonio OTD <i>San Antonio</i>
Minimum OT observation hours	40 documented hours, prior to application. 80-100 hours are recommended.	40 documented hours	20 documented hours within two years of application	40 documented hours See UMHB note	40 documented hours	40 documented hours	20 documented hours	No minimum	40 documented hours See UT Health San Antonio note
Anatomy & Physiology	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320	BIOL 319 & 320
Abnormal Psychology	PSYC 306	PSYC 306	PSYC 306	PSYC 306		Abnormal Psychology (3 hours)	PSYC 306	PSYC 306	PSYC 306
Behavioral/ Social Sciences				SOCI 205	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
Physics		PHYS 201, 208, 218 <u>OR</u> KINE 426 (4 hours)		PHYS 201	PHYS 201, 208, 218 <u>OR</u> KINE 426 (3 hours)		PHYS 201 <u>OR</u> KINE 426 (4 hours)	PHYS 201, 208, <u>OR</u> 218 (4 hours)	PHYS 201
Math/ Statistics	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 201, 211, 302, 303, PSYC 203, <u>OR</u> 301 (3 hours)	STAT required 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)
Human Development across the Lifespan**	PSYC 307 & 365 to meet the 3 hour req**	PSYC 307 & 365 to meet the 3 hour req**	PSYC 307 & 365 to meet the 3 hour req**	See UMHB note**	Human Devt over Lifespan (3 hours)**	Human Devt across the Lifespan (3 hours)**	PSYC 307 & 365 to meet the 3 hour req**	PSYC 307 & 365 to meet the 3 hour req**	PSYC 307**
Other	HLTH 354		HLTH 354	HLTH 354	BIOL 111 <u>OR</u> KINE 433 (3 hours) <u>AND</u> HLTH 354	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)

*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

UMHB note: Visit <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>

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.

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.ttuhs.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/chs/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.liasoncas.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.nbcot.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