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 16% from 2019 to 2029, 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 $86,280 in May 2020, with 90% of OTs earning more than $57,330.²

The Accreditation Council for Occupational Therapy Education (ACOTE®) 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 and AOTA will continue to update the membership about discussions.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.

There are 192 OTD, 213 master’s programs with 42 of those programs in the process of transitioning to the doctoral level throughout the nation. Texas currently has 11/405 OT programs, 10 are entry-level programs, so applicants can attend the master’s or doctoral program immediately after receiving a bachelor’s degree. 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.

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<table>
<thead>
<tr>
<th>Prerequisite Chart</th>
<th>ACU</th>
<th>Baylor</th>
<th>TTUHSC</th>
<th>TWU¹</th>
<th>UMBH</th>
<th>USAHS</th>
<th>UTEP</th>
<th>UTMB</th>
<th>UTRGV¹</th>
<th>UT Health San Antonio OTD San Antonio</th>
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<tbody>
<tr>
<td><strong>Minimum OT observation hours</strong></td>
<td>40 documented hours, prior to application. 80-100 hours are recommended.</td>
<td>50 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>20 documented hours</td>
<td>20 documented hours</td>
<td>No minimum</td>
<td>40 documented hours See UT Health SA note</td>
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<td><strong>Anatomy &amp; Physiology</strong></td>
<td>BIOL 319 &amp; 320</td>
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<tr>
<td><strong>Abnormal Psychology</strong></td>
<td>PSYC 306</td>
<td>PSYC 306</td>
<td>PSYC 306</td>
<td>PSYC 306</td>
<td>PSYC 306</td>
<td>See USAHS note (12 hours)</td>
<td>SOCI or ANTH (3 hours) AND intro to PSYC (3 hours)</td>
<td>ANTH 201, PSYC 107, OR SOCI 205 (3 hours)</td>
<td>Any TX approved courses in ANTH or SOCI (3 hours)</td>
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<td><strong>Behavioral/Social Sciences</strong></td>
<td>ANTH 201, 205, HLTH 236, SOCI 205, SOCI/ WGST 207 OR WGST 200 (6 hours)</td>
<td>PSYC 203, OR SCMT 303 (3 hours)</td>
<td>PHYS 201, 208, 218 OR KINE 426</td>
<td>PHYS 201</td>
<td>PSYC 201, 207/208, 206/218 OR KINE 426</td>
<td>PHYS 201 OR KINE 426</td>
<td>PHYS 201, 208, OR 218 (4 hours)</td>
<td>PHYS 201</td>
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<td><strong>Math/Statistics</strong></td>
<td>STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, OR SCMT 303 (3 hours)</td>
<td>STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, OR SCMT 303 (3 hours)</td>
<td>STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, OR SCMT 303 (3 hours)</td>
<td>STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, OR SCMT 303 (3 hours)</td>
<td>STAT for Non-Math Majors (3 hours)</td>
<td>STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, OR SCMT 303 (3 hours)</td>
<td>STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, OR SCMT 303 (3 hours)</td>
<td>STAT 201, 211, 301, 302, 303, BMEN 350, PSYC 203, 301, OR SCMT 303 (3 hours)</td>
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<td><strong>Human Development across the Lifespan ⁴</strong></td>
<td>Provisional note⁴</td>
<td>PSYC 225 OR 307 &amp; 365 to meet the 3 hour req⁴</td>
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<td>PSYC 307 &amp; 365 to meet the 3 hour req⁴</td>
<td>Human Devt across the Lifespan (3 hours)⁴</td>
<td>PSYC 225⁴</td>
<td>PSYC 225 OR 307 &amp; 365 to meet the 3 hour req⁴</td>
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<td><strong>Other</strong></td>
<td>HLTH 354</td>
<td>HLTH 354</td>
<td>HLTH 354</td>
<td>HLTH 354</td>
<td>BIOL 111, 112, GENE 301 OR KINE 433 (3 hours) AND HLTH 354</td>
<td>Medical Terminology (1 hour)</td>
<td>See UTEP note</td>
<td>BIOL/NRSC 434, PSYC/NRSC 235, 335 &amp;, OR 350 (3 hours)</td>
<td>KINE 426, ENGL 210, AND HLTH 354</td>
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| **Note** | ¹Prerequisites must be completed at time of application ²Must earn at least a B in all prerequisite coursework ³OTD applicant programs ⁴Not offered after Sp 19 ⁴TCCNS PSYC 2314 is an acceptable substitution ⁵Must contact Kasey McCarthy, KINE advisor to request permission to take course if you are not a KINE major, and you meet all other prerequisites of the courses. ⁶Baylor note: KINE, BIOM or PHYS: KINE 213, 307, 406, 426, PHYS 201, 206/218, 207/208 OR KINE 426; Lifespan: PSYC 225, KINE 307 OR PSYC 307 & PSYC 365 to meet 3 hour req⁴ UMBH note: Visit https://go.umbh.edu/graduate/occupational-therapy/admissions/#1845 for most up-to-date observation form. PSYC 225, KINE 307 & PSYC 365 OR PSYC 307 & PSYC 365 to meet 3 hour req⁴ USAHS note: ALED 313, ANTH 205, HLTH 236, 331, 334, 342, 407, PSYC 107, 206, 208–210, 251, 300, 303-307, 311, 315, 319, 320, 323, 330-333, 335, 336, 340, 345, 346, 350, 352-354, 360, 365, 371, 407, 411, 414, 450, SOCI 205, 217, 220, 306, 415, 489, SPMT 304, 319, WGST 200. 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/programs/index.html for most up-to-date observation form. UT Health SA: Visit 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 June 20, 2021)

OT Schools in Texas
Abilene Christian University https://www.acu.edu/academics/graduate/doctor-of-occupational-therapy/
Baylor University https://www.baylor.edu/otd/index.php?id=966869
Texas Tech University Health Sciences Center https://www.ttuhsc.edu/health-professions/doctor-occupational-therapy/
Texas Woman’s University https://www.twu.edu/occupational-therapy/
University of Mary Hardin-Baylor go.umhb.edu/graduate/occupational-therapy/home
University of St. Augustine for Health Sciences https://www.usa.edu/college-of-rehabilitative-sciences/occupational-therapy/
University of Texas at El Paso https://www.utep.edu/hs/ot/
University of Texas Medical Branch https://www.utmb.edu/shp/occt/otd
University of Texas Rio Grande Valley https://www.uthscsa.edu/academics/health-professions/departments/occupational-therapy

Web Resources
The American Occupational Therapy Association, Inc. (AOTA) www.aota.org/
Career Center-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 https://www.aota.org/Education-Careers/Advance-Career/Board-Specialty-Certifications-Exam.aspx
National Board for Certification in Occupational Therapy (NBCOT) https://www.nbcol.org/en/Educators/Home#SchoolPerformance
Find an OT school https://acoteonline.org/schools/