

Pre-Occupational Therapy

Course Planning Guide

An occupational therapist (OT) is a health professional concerned with restoration and maintenance of function following disease or injury. Specifically, occupational therapists are concerned mainly with finer motor control and its functioning in daily at home activities. An occupational therapist may work with a variety of patients such as stroke victims, amputees, spinal cord or head injury patients and developmentally disabled children. The goal of therapy is to reduce limitations, improve self-care skills, maintain function and prepare for employment. An occupational therapist collaborates with other health professionals such as physicians, nurses, physical therapists and social workers to help the patient attain the highest degree of physical, mental and economic independence possible. Occupational therapists work in many settings such as hospitals, schools, nursing homes, private practice, home health and psychiatric hospitals. The career opportunities for California and the nation are numerous and varied. A continual increase in occupational therapy positions is expected in the coming years.

An occupational therapist must have many important personal qualifications including creativity, warmth, responsibility, determination and patience. A therapist must also be comfortable touching and treating the human body.

Additional Resources

- BLS Link: <https://www.bls.gov/ooh/healthcare/occupational-therapists.htm>
- AOTA: <http://www.aota.org/>

Pre-Requisites		
Topic	CSUF Course Equivalent	Notes
Statistics	MATH 120 or MATH 338*	*Most major STATS courses will count
Psychology	PSYC 101*	*Meets GE D.1
Abnormal Psychology	PSYC 341^*	^Psyc 101 prerequisite *Meets GE D.4
Developmental Psychology	PSYC 361^*	^Psyc 101 prerequisite *Meets GE C.3
Human Anatomy	BIOL 361* or KNES 191A**	*BIOL 251 and CHEM 120B prerequisites **30 units and 3.0 GPA prerequisites
Human Physiology	BIOL 362* or BIOL/KNES 191B**	*BIOL 151, 152, 251, and 253L prerequisites **BIOL/KNES 191A
Medical Terminology	KNES 205	Required for some schools, but not all

Pre-requisites vary among OT Programs. Most AP Scores are NOT acceptable. Please contact your schools of interest to determine the proper pre-requisites for their program, as they vary and can change on a yearly basis. **Most programs require a 3.0 minimum for both cumulative and prerequisite GPA**