<table>
<thead>
<tr>
<th>First Year</th>
<th>Spring Semester</th>
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<tr>
<td><strong>Fall Semester</strong></td>
<td><strong>Spring Semester</strong></td>
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<tr>
<td><strong>First Year</strong></td>
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<tr>
<td>EYE</td>
<td>PHY 101/102 or 111/114</td>
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<tr>
<td>ENG 100</td>
<td>HRD 200</td>
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<tr>
<td>MAT 120/PSY 201</td>
<td>PSY 101</td>
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<tr>
<td>SPM 100</td>
<td>Creative Expression</td>
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<td><strong>3</strong></td>
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<td><strong>12-14</strong></td>
<td><strong>16-17</strong></td>
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<th>Second Year</th>
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<tbody>
<tr>
<td><strong>BIO 111/112</strong></td>
<td><strong>BIO 113/114</strong></td>
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<tr>
<td><strong>PSY 102</strong></td>
<td><strong>Ethical Inquiry (EISRC)</strong></td>
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<tr>
<td><strong>Cultural Interpretation</strong></td>
<td><strong>Chemistry for Health Sciences or Principles of Chemistry I</strong></td>
</tr>
<tr>
<td><strong>PSM 230</strong></td>
<td><strong>CON 356 or SBS/SCI 336</strong></td>
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<tr>
<td><strong>Thematic Cluster</strong></td>
<td><strong>Health Promotion Programs</strong></td>
</tr>
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<td><strong>Thematic Cluster</strong></td>
<td><strong>Track Course</strong></td>
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<tr>
<td><strong>CON 252</strong></td>
<td><strong>Track Course</strong></td>
</tr>
<tr>
<td><strong>International (if needed)</strong></td>
<td><strong>Health Related Research</strong></td>
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<tr>
<td><strong>Thematic Cluster</strong></td>
<td><strong>HS Elective</strong></td>
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<td><strong>HS Elective</strong></td>
<td><strong>Diversity (if needed)</strong></td>
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**TOTAL 121 credits**
Wellness (30 Credits) | Pre-Professional (30 Credits) | Health Care Administration (30 Credits) | Occupational Therapy “Jumpstart” (30 Credits)
---|---|---|---
Along with completing SPM/REC/CON 219 & CON 252, students who complete CON 280 & CON 281 and two other “+” courses satisfy the requirement for a minor in Holistic & Integrative Health (HIH). Consult with the Coordinator of the HIH minor to declare the HIH minor.

SPM/REC/CON 219 Lifetime Physical Fitness and Wellness

CON 261 Introduction to Naturopathic Medicine

CON 270 Holistic Approach to Reproductive Health

+CON 280 Holistic Health I

+ CON 281 Holistic Health II

+ CON 283 Healing and Spirituality

+ CON 284 Botanical Therapies

+ CON 285 Perspectives on Animal-Assisted Therapy

+CON 288 Reiki: Energy Medicine

+ CON 311 Psychosocial Intervention for Older Adults

CON 313 Health in Later Years

CON 314 Wellness Education and Counseling

CON 318 Adult Development and Aging

CON 390 Evaluation and Health Assessment of the Older Adult

CON 435 Death and Dying: Contemporary Issues

CON 440 International Health

+ CON 490 Therapeutic Touch

CON 497 Substance Use and Abuse: Issues and Policies

PSY 366 Drugs, Mind and Behavior

PSY 368 Health Psychology

PSY 390 Health Psych Institute

RHF 100-level (up to 3 credits)

# Biology Minor Course

% Biochemistry Minor Course

@ Chemistry Minor Course

BIO 105 Biological Principles I: Cellular Bio

BIO 106 Laboratory Biology

#BIO 201 Genetics

#BIO 205 Comparative Vertebrate Anatomy

#BIO 281 Microbiology & Human Disease

#BIO 282 Microbiology

& Human Disease Lab

BIO 305 Developmental Biology

BIO 306 Developmental Biology Laboratory

#BIO 321 Neurobiology

#BIO 322 Neurobiology Lab

#BIO 345 Pathophysiology

#BIO 401 Animal Physiology

#BIO 402 Animal Physiology Lab

#BIO 403 Comparative Animal Physiology

#BIO 404 Comparative Animal Physiology Lab

#BIO 408 Experimental Genetics

#BIO 410 Cell and Molecular Biology Lab

#BIO 431 Principles of Immunology

% @ CHY 114 Laboratory Techniques I

% @ CHY 115 Principles of Chemistry II

% @ CHY 116 Laboratory Techniques II

@ CHY 233 Analytical Chemistry with Lab

% @ CHY 251 Organic Chemistry I

% @ CHY 252 Organic Chemistry Laboratory I

%CHY 253 Organic Chemistry II

%CHY 254 Organic Chemistry Laboratory II

CHY 351 Advanced Organic Chemistry

@ CHY 371 Quantum Chemistry

@ CHY 373 Chemical Thermodynamics

@ CHY 374 Chemical Thermodynamics Laboratory

@ CHY 421 Inorganic Chemistry

%CHY 461 Biochemistry

%CHY 462 Biochemistry Laboratory

%CHY 463 Biochemistry II

PHY 121 General Physics I

PHY 123 General Physics II

MAT 140 Pre-Calculus Mathematics

MAT 152 Calculus A

MAT 220 Statistics for the Biological Sciences

Business Administration Courses

(choose 21 credits)

ACC 110 Financial Accounting

Information for Decision Making

ACC 211 Managerial Accounting Information for Decision Making

BUS 101 Getting Down to Business

BUS 201 Personal Finance

BUS 200 Introduction to Business

BUS 260 Marketing

BUS 280 Legal Environment of Business

BUS 340 Managing Organizational Behavior

BUS 345 Information Technology/Management Information Systems

ECO 101 Introduction to Macroeconomics

ECO 102 Introduction to Microeconomics

RMI 320 Introduction to Risk Management and Insurance

Choose 9 credits from the following:

ITS 300 Ergonomics/Time Study
ITS 320 Occupational Safety & Health
ITS 321 Workplace Design Ergonomics
ITP 210 Technical Writing
ITP 230 Project Management
ITP 350 Team Building & Facilitation
ITP 381 Human Resource Development in Industry
ITP 490 Cost Analysis & Control
MPH 425 American Health System
SBS/SCI 336 Introduction to Public Health

OT 501 OT Foundations

OT 502 Intro to OT

OTH 503 Reflective Practitioner

OTH 513 Applied Concepts of Movement

OTH 514 Human Anatomy

OTH 504 Applied Research

OTH 505 Impact of Mental Health on Occupational Performance

OTH 507 Ethics and Social Justice

OTH 509 MH Level I Fieldwork

OTH 517 Occupational Well-Being

Requirement:
Acceptance into USM’s Master of Occupational Therapy Program

http://usm.maine.edu/ot

Updated 05/16