Osteopathic medicine is a distinct form of medical practice in the United States and provides all of the benefits of modern medicine including prescription drugs, surgery, and the use of technology to diagnose disease and evaluate injury. DOs are trained to look at the whole person from their first days of medical school, which means they see each person as more than just a collection of organ systems and body parts that may become injured or diseased.

DOs are licensed to practice the full scope of medicine in all 50 states. They practice in all types of environments, including the military, and in all types of specialties, from family medicine to obstetrics, surgery, and aerospace medicine. The major distinction between the D.O. and M.D. today is that the D.O. receives additional specialized training in osteopathic principles and practices, including the hands-on diagnosis and treatment through a system of therapy known as osteopathic manipulative medicine. Another distinction is that osteopathic medicine emphasizes primary care.

A degree in osteopathic medicine requires four years of academic study of which two years are dedicated to the sciences and two years to clinical rotations. Upon graduation, graduates may receive a 12-month internship approved by the American Osteopathic Association. Graduates, however, may enter either M.D. or D.O. residency programs that can last an additional three to eight years depending on the medical specialty they choose to pursue. Graduates may enter residency programs either directly from on graduation from medical school or following a one-year osteopathic internship (in some cases depending on state licensing regulations.

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### Advising Sheet

**Common Pre-Med (Osteopathic) Prerequisite Courses**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biology</td>
<td>One year of coursework with lab</td>
</tr>
<tr>
<td>Chemistry</td>
<td>One year of coursework with lab</td>
</tr>
<tr>
<td>Organic</td>
<td>One year of coursework with lab</td>
</tr>
<tr>
<td>Chemistry</td>
<td>One year of coursework with lab</td>
</tr>
<tr>
<td>Physics</td>
<td>One year of coursework with lab. <strong>Please note:</strong> Undergraduate major may determine physics requirement.</td>
</tr>
<tr>
<td>Mathematics</td>
<td>At least one semester of Math is generally required. Some schools require no math, whereas some require calculus, while others require calculus &amp; statistics. <strong>Statistics is highly recommended for the MCAT.</strong></td>
</tr>
<tr>
<td>Biochemistry</td>
<td>One semester is strongly recommended yet required by other Medical Schools. <strong>Biochemistry is highly recommended for the MCAT.</strong></td>
</tr>
<tr>
<td>English</td>
<td>One year is required for most medical schools in the country.</td>
</tr>
<tr>
<td>Social and</td>
<td>Introductory psychology and sociology are highly recommended for the MCAT.</td>
</tr>
<tr>
<td>Behavioral</td>
<td></td>
</tr>
<tr>
<td>Science</td>
<td></td>
</tr>
</tbody>
</table>

Additional subjects recommended by some Osteopathic Medical Schools.

<table>
<thead>
<tr>
<th>Subject</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Molecular</td>
<td>Advanced level sciences courses are desirable. Performing well in upper division sciences further demonstrates your ability to handle the rigorous science based curriculum found in medical school. <strong>Note:</strong> Physiology is recommended to prepare you for the MCAT.</td>
</tr>
<tr>
<td>Biology</td>
<td>BISC 320L, BISC 325, BISC 307L, BISC 300L, etc.</td>
</tr>
<tr>
<td>Genetics</td>
<td></td>
</tr>
<tr>
<td>Physiology</td>
<td></td>
</tr>
<tr>
<td>Foreign</td>
<td>Knowledge of a foreign language, specifically Spanish, is highly recommended by some schools.</td>
</tr>
<tr>
<td>Language</td>
<td>Foreign language courses</td>
</tr>
</tbody>
</table>

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APPLICATION TIMELINE

The following outlines a general application timeline from pre-application to matriculation for any given application year.

January
- Order or review online AACOM’s Osteopathic Medical College Information Book
- Research & Request Medical school information
- Consider enrolling in an MCAT prep course
- Attend USC Application workshops
- Request Letters of Evaluation with USC LOR Application cover-sheet (2 Science; 1 non-science)

February
- Register for the MCAT
- Begin drafting a personal statement

March
- Revise personal statement
- Follow-up with letters of evaluation

April-May
- Take an MCAT at the latest in April, May or June.
- Initiate primary AMCAS application (first week of May)

June
- Submit primary AACOMAS application
- Forward official transcripts to AAMCAS
- April-June-last recommended MCAT sitting

July
- Secondary/supplemental applications begin

August
- Secondary/supplemental applications (cont’d.)
- Verify individual school deadlines

September—December
- Secondary/supplemental applications (cont’d.)
- Interviews/visit schools

January—May
- Interviews/visit schools
- Admission notifications mailed

May—July
- Submit final transcripts
- Admission notifications mailed
- Finalize decision & accept admission offer for at least one Medical school

RESOURCES

Association of American Colleges of Osteopathic Medicine
American Osteopathic Association
American Association of Colleges of Osteopathic Medicine
Osteopathic Medical College Information Book (CIB)
Information for Applicants and Potential Applicants
US Colleges of Osteopathic Medicine
MCAT 2015 Content
MCAT 2015 Information
Online Osteopathic Useful Links

This information is not comprehensive and should not be used as your only advising tool. Research each school for a complete listing of requirements.