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).

### COMON PRE-MED (OSTEOPATHIC) PREREQUISITE COURSES

<table>
<thead>
<tr>
<th>Subject</th>
<th>Requirement</th>
</tr>
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<tbody>
<tr>
<td><strong>Biology</strong></td>
<td>One year of coursework with lab</td>
</tr>
<tr>
<td></td>
<td>BISC 120Lg OR BISC 220Lg</td>
</tr>
<tr>
<td><strong>Chemistry</strong></td>
<td>One year of coursework with lab</td>
</tr>
<tr>
<td></td>
<td>CHEM 105aLg OR CHEM 105bL</td>
</tr>
<tr>
<td><strong>Organic Chemistry</strong></td>
<td>One year of coursework with lab</td>
</tr>
<tr>
<td></td>
<td>CHEM 322aLg OR CHEM 322bL</td>
</tr>
<tr>
<td><strong>Physics</strong></td>
<td>One year of coursework with lab. Please note: Undergraduate major may determine physics requirement.</td>
</tr>
<tr>
<td></td>
<td>PHYS 135aLg OR PHYS 135bL</td>
</tr>
<tr>
<td><strong>Mathematics</strong></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. Statistics is highly recommended for the MCAT.</td>
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<tr>
<td></td>
<td>Calculus: MATH 125g and/or MATH 126</td>
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<tr>
<td></td>
<td>Statistics: MATH 208a, BISC 305, HP 340, PSYC 240x or equivalent stats course</td>
</tr>
<tr>
<td><strong>Biochemistry</strong></td>
<td>One semester is strongly recommended yet required by other Medical Schools. Biochemistry is highly recommended for the MCAT.</td>
</tr>
<tr>
<td></td>
<td>BISC 330L for science majors CHEM 350g (Fall only) for non-science majors BISC 312 (Spring) for non-science majors</td>
</tr>
<tr>
<td><strong>English</strong></td>
<td>One year is required for most medical schools in the country.</td>
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<tr>
<td></td>
<td>WRIT 150 and WRIT 340</td>
</tr>
<tr>
<td><strong>Social and Behavioral Science</strong></td>
<td>Introductory psychology and sociology are highly recommended for the MCAT.</td>
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<tr>
<td></td>
<td>PSYC 100g and SOCI 200gm, or SOCI 210g, or SOCI 242g, or SOCI 360m, or SOCI 475</td>
</tr>
</tbody>
</table>

**Additional subjects recommended by some Osteopathic Medical Schools**

<table>
<thead>
<tr>
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<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Molecular Biology, Genetics, Physiology, Microbiology</strong></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></td>
<td>BISC 320L, BISC 325, BISC 307L, BISC 300L, etc.</td>
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<tr>
<td><strong>Foreign Language</strong></td>
<td>Knowledge of a foreign language, specifically Spanish, is highly recommended by some schools.</td>
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<tr>
<td></td>
<td>Foreign language courses</td>
</tr>
</tbody>
</table>
**APPLICATION TIMELINE**

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

<table>
<thead>
<tr>
<th>Month</th>
<th>Activities</th>
</tr>
</thead>
</table>
| **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  
- Revise personal statement  
- Follow-up with letters of evaluation |
| **March** | - Take an MCAT at the latest in April, May or June.  
- Initiate primary AMCAS application (first week of May) |
| **April-May** | - Submit primary AACOMAS application  
- Forward official transcripts to AAMCAS  
- *April-June* last recommended MCAT sit- |
| **June** | - Submit primary AACOMAS application  
- Forward official transcripts to AAMCAS  
- *April-June* last recommended MCAT sit- |
| **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  
- **July** | - Secondary/supplemental applications begin  
- August | - Secondary/supplemental applications (cont’d.)  
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**RESOURCES**

- Association of American Colleges of Osteopathic Medicine: [www.aacom.org](http://www.aacom.org)
- American Osteopathic Association: [www.ostopathic.org](http://www.ostopathic.org)
- American Association of Colleges of Osteopathic Medicine: [www.aacom.org](http://www.aacom.org)
- Osteopathic Medical College Information Book (CIB): [www.aacom.org/resources/bookstore/cib/Pages/default.aspx](http://www.aacom.org/resources/bookstore/cib/Pages/default.aspx)
- Information for Applicants and Potential Applicants US Colleges of Osteopathic Medicine: [www.aacom.org/people/colleges/Pages/default.aspx](http://www.aacom.org/people/colleges/Pages/default.aspx)
- Online Osteopathic Useful Links: [http://www.aacom.org/resources/resources/Pages/default.aspx](http://www.aacom.org/resources/resources/Pages/default.aspx)
- Data and Trends: [http://www.aacom.org/data/Pages/default.aspx](http://www.aacom.org/data/Pages/default.aspx)

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