



## Medicine and Other Health Professions

**“Premedication” or “premed” is not an actual academic major. Rather, the term “premed” refers to the body of undergraduate coursework that all students must take in order to be considered for admission to the many health professional schools, such as medical, dental, pharmacy, optometry, podiatry, or veterinary school.**

### **Health professions include:**

- Chiropractic
- Dentistry
- Genetic Counseling
- Medical Technology
- Medicine (Allopathic and Osteopathic)
- Nursing
- Occupational Therapy
- Optometry
- Pharmacy
- Physical Therapy
- Physician Assistant
- Podiatry
- Veterinary Medicine

### **How to Prepare for the Health Care Professions Program**

The minimum undergraduate preparation required by most schools in the health professions includes the following coursework:

- One year of biology with laboratory (some schools require more)
- One year of general chemistry with laboratory
- One year of organic chemistry with laboratory
- One year of physics with laboratory
- One year of English composition

In addition, courses in cell or molecular biology, biochemistry, statistics, genetics, and developmental physiology or comparative anatomy are recommended as is coursework in computer science. Some health science schools also recommend additional courses in, for example, English, languages other than English, social sciences, and speech communication.

### **What Health Professional Schools Look For**

Schools in the health professions evaluate an applicant’s academic abilities and personal qualities through several factors:

- College grade point average (both cumulative GPA and science GPA)
- Scores on admissions tests (Medical College Admission Test, Dental Admission Test, Optometry Admission Test, Pharmacy College Admission Test, etc.)
- Personal Statement and interview
- In-depth letters of recommendation
- Practical volunteer experience in a health profession
- Research experience in biological, medical, behavioral, or physical sciences
- Extracurricular activities (student clubs and organizations, community involvement, athletics, etc.)

### **How UCI Can Help**

UCI offers the following prerequisite coursework as well as volunteer and research opportunities to prepare you for the health professions:

- The Biological Sciences Core Curriculum: A broad yet intensive interdisciplinary sequence of lecture and laboratory courses in modern experimental biology
- A broad range of upper-division biology laboratory and lecture courses
- Physical sciences coursework in chemistry, calculus, and physics
- Extensive laboratory, field, and clinical undergraduate research opportunities
- Biological Sciences 3A. A course that prepares students for the application process to health professional schools
- UCI School of Medicine Annual Premedical Conference
- Health-related courses:

Biology of Cancer  
Biology of Heart Disease  
Biomedical Ethics  
Addressing Disparities and Healthcare

### **Beyond the Classroom**

Research opportunities and student-run clubs and programs allow students to go beyond the classroom to learn about the health professions. Each quarter, several hundred students participate in health-related undergraduate research at the School of Medicine and at the UCI Medical Center, in such departments as pediatrics, surgery, obstetrics and gynecology, and psychiatry and human behavior. Pre-health professions students also find support and affiliation in a variety of student clubs and organizations, including Alpha Epsilon Delta, Chicanos for Creative Medicine, the Dental Club, the Flying Samaritans, the Pre-Health Undergraduate Student Organization, Public Health Student Association, U See Eyes, and many more.

## Health Professional Schools Within the University of California System

The UC system offers a variety of health professions programs. For instance, there are five medical schools within the University of California: at Davis, Irvine, Los Angeles, San Diego, and San Francisco. However, you should know that attending one of the UC campuses as an undergraduate does not assure admission to a UC medical school. You must apply and be considered along with all other applicants.

In addition, UC operates several other health professions programs, including dental schools, two public health schools, two nursing schools, a school of pharmacy, and a school of veterinary science. UC also operates five general acute-care hospitals, many clinics, and two neuropsychiatric institutes in conjunction with its health sciences schools.

## Consider Alternative Health Science Careers

Since competition for entrance to medical school is keen, and not all qualified applicants can be accommodated, it is important to keep alternative career opportunities in mind should you not be accepted to the professional school of your choice. For example, you might consider a career in health care administration, medical technology, public health, teaching and research in the basic medical sciences, or management positions in biomedical technology and manufacturing. A UCI education will serve you well in your pursuit of other health-related professional fields.

## For More Advice

Your UCI academic counselor will help plan a program that will offer the types of courses you will need for professional school or other health-related programs and professions. In addition, health science advising is a specialty of the School of Biological Sciences Undergraduate Counseling Office, whose staff is trained to help students from every major with questions about courses, prerequisites, professional school admission requirements, and other related programs.

## Additional Information

### School of Biological Sciences

Undergraduate Counseling Office  
University of California  
Irvine, CA 92697-1460  
Telephone: (949) 824-5318  
[www.bio.uci.edu](http://www.bio.uci.edu)

## Admissions and Relations with Schools

204 Aldrich Hall  
University of California  
Irvine, CA 92697-1075  
Telephone: (949) 824-6703  
[www.admissions.uci.edu](http://www.admissions.uci.edu)

## General Campus Information

Telephone: (949) 824-5011  
[www.uci.edu](http://www.uci.edu)

## UCI General Catalogue

UCI Bookstore  
Telephone: (949) 824-2665  
[www.book.uci.edu](http://www.book.uci.edu)  
[www.editor.uci.edu/catalogue](http://www.editor.uci.edu/catalogue) (PDF Version)

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**Campus Safety:** Pursuant to the Federal Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act, UCI annually makes available to the public statistics on reported occurrences of criminal activity on and off campus and at UCI Medical Center at [www.police.uci.edu/awareness/jca.html](http://www.police.uci.edu/awareness/jca.html).

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