Occupational Therapy

Occupational Therapy (OT) is the only profession that helps people across their lifespan do the things they want/need to do through the therapeutic use of daily activities (occupations). OTs enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability through a holistic perspective. Their focus is on adapting the environment and/or task to fit the patient, and the patient is an integral part of the therapy team.[1]

According to the Bureau of Labor Statistics, employment of OTs is projected to grow 11% from 2023 to 2033. The need for OTs is a result of the need to replace workers who transfer to different occupations or exit the labor force. The median annual salary for an OT was $98,340 in May 2024.[2]

Prerequisites: Applicants may elect to major in any chosen field; however, there are certain required courses which must be completed prior to admission to school – see second page. Students must complete all required prerequisite courses prior to beginning an OT program. Some programs require all prerequisite courses and/or a certain number of prerequisites be completed prior to applying, so it is important for you to review the admissions requirements on each program's website.

The OT prerequisite chart is a guide developed in consultation with the TX OT programs to assist you in planning your undergraduate curriculum. Please review the notes above and below the chart carefully and contact the Pre-OT advisor with questions.

Texas Programs	Start	Prerequisite Deadline
ACU (MSOT & OTD), UIW, USAHS (MOT & OTD), UTEP, UTMB, UTT	Fall	**ACU**-max of 6 hours can be pending at app except for A&P, **USAHS/UTEP**-prereqs completed by app deadline, **UTMB** - prereqs must be completed during spring before you start in fall, **UTT**- prereqs completed by app deadline.
Army-Baylor, Baylor, UMHB, USAHS (MOT & OTD)	Spring	**AB**-may still be working on prereqs at app, **Baylor**-strongly rec at least 19 hours of prereqs completed before applying/B or above in each course preferred, **UMHB**-minimum of 9 hours complete at submission with no more than 2 prereqs before start of program/B or above required.
TSU, TTUHSC, TWU, USAHS (MOT & OTD), UTRGV, UT Health SA	Summer	**TSU**- may apply with pending prereqs, TTUHSC-no more than 9 hours of prereqs in progress/2 science prereqs must be completed, **TWU**- prereqs completed by app deadline, **UTRGV**- prereqs completed by app deadline, **UT Health SA**-all must be complete by Dec before entry.

Experience: Most TX OT programs require a minimum of 20-80 hours of documented volunteer, observation, or paid work experience with a licensed OT. Programs prefer applicants to have experience in more than one OT setting. Some programs have a form they require applicants fill out, so it is important for you to review the notes under the prerequisite guide and double check each program's website for more information.[3]

Additional Information: The GRE® is required for admission to some TX OT programs.[4] All grades from higher education institutions, including dual credit, count toward your OTCAS GPA. Additional essays, resumes, letters of recommendations and interviews are required by many programs. Once accepted, programs require background checks, immunizations, and CPR for the Healthcare Provider certification before starting. Program length varies depending on it being a master's or doctoral degree.

[1] The American Occupational Therapy Association, Inc. (AOTA). https://www.aota.org/career/become-an-ot-ota (visited April 28, 2025).
[2] Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Occupational Therapists, https://www.bls.gov/ooh/healthcare/occupational-therapists.htm (visited April 28, 2025).
[3] Accreditation Council for Occupational Therapy Education, School Directory https://acoteonline.org/all-schools/ (visited April 28, 2025).
[4] GRE® Test Content and Structure. https://www.ets.org/gre/revised_general/about/content/ (visited April 28, 2025)

This prerequisite chart is offered as a guide to assist you. Prerequisites can change, so it is ultimately the applicant's responsibility to check OT program websites on a *regular* basis. Applicants must get any course exceptions approved by individual OT programs.

	Minimum OT Observation Hours	Anatomy & Physiology	Abnormal Psychology	Behavioral/Social Sciences	Physics	Statistics	Lifespan Development	Other
ACU MSOT & OTD *Abilene*	40 hours	BIOL 319 & BIOL 320	PBSI 306			STAT 201, 211, 301, 302, 303 OR PBSI 301	PBSI 225	HLTH 354
Baylor OTD[1,2] *Waco*	30 hours (50 recommended)			ANTH 201, 205, HLTH 236, SOCI 205, SOCI/WGST 207 OR WGST 200 (6 hours)	PHYS 201 OR KINE 213, 307[3]	STAT 201, 211, 301, 302, 303, 312, EPSY 435 OR PBSI 301		HLTH 354
TSU OTD[1] *Stephenville*	No minimum			SOCI 205		STAT 201		
TTUHSC OTD *Lubbock*	40 hours				PHYS 201	STAT 201, 211, 301, 302, 303 OR PBSI 301		
TWU OTD *Denton, Dallas, Houston*	20 hours					STAT 201, 211, 301, 302, 303, EPSY 435 OR PBSI 301		HLTH 354
UMHB MSOT[1] *Belton*	40 hours[4]			SOCI 205	PHYS 201	STAT 201, 11, 302, 303 OR PBSI 301		HLTH 354
USAHS MOT & OTD *Austin, Dallas*	Not required but recommended			ANTH 210 OR SOCI 205 (3 hours)		STAT 201, 211, 301, 302, 303, 312 OR SOCI 420		HLTH 354
UTEP OTD *El Paso*	40 hours[5]			ANTH OR SOCI (3 hours) & PBSI 107		STAT (Behavior Sciences Statistics preferred) (3 hours)		HLTH 354
UTMB OTD *Galveston*	20 hours			ANTH 201, SOCI 205 OR PBSI 107 (3 hours)	PHYS 201	STAT 201, 211, 301, 302, 303, OR PBSI 301		Humanities (Philosophy, Literature, Critical Thinking, Ethics, or English Composition preferred) (3 hours)
UTRGV OTD *Edinburg*	No minimum			ANTH 201, 205 OR SOCI 205 (3 hours) & PBSI 107	PHYS 201[7] OR (KINE 213 & KINE 426)	STAT 201, 211, 301, 302, 303 OR PBSI 301		Recommended Elective Courses[6]
UT Health SA OTD *San Antonio*	30 hours[8]			ANTH 210 OR SOCI 205 (3 hours)	PHYS 201	STAT 201, 211, 302, 303 OR PBSI 301	PBSI 225 OR KINE 307[3]	HLTH 354
UTT MOT[1] *Tyler*	50 hours					STAT 201	PBSI 225	
UIW OTD *San Antonio*	50 hours			ANTH, SOCI OR PBSI (3 hours) & PBSI 107	PHYS, BIOL OR CHEM (4 hours)	STAT OR Research Class (3 hours)		HLTH 354

[1]Must earn at least a B in all prerequisite coursework.
[2]Army Baylor: Visit https://military.robbins.baylor.edu/occupational-therapy to review all requirements.
[3]KINE: Must contact Kasey McCarthy, KINE advisor to request permission to take course if you are not a KINE major AND you meet all other prerequisites of the courses.
[4]UMHB Observation Form: https://university-mhb.files.svdcdn.com/production/files/OT-Observation-Form.pdf?dm=1686325789
[5]UTEP Observation Form: https://www.utep.edu/chs/ot/_files/docs/perspective-students/observation-hours-log-template.pdf
[6]UTRGV Recommended Elective Courses: https://www.utrgv.edu/ot/_files/documents/ot-prerequisite-course-description.pdf
[7]UTRGV: Physics is not required as a prerequisite however it can be used as a substitute for their biomechanics requirement.
[8]UT Health SA Observation Form: https://uthscsa.edu/health-professions/sites/health-professions/files/2022-06/OTD%20Documentation%20of%20Experience.pdf

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