



## OSTEOPATHIC MEDICINE (DO) Austin College Health Professions Advising Guide

### WHAT IS OSTEOPATHIC MEDICINE?

Osteopathic medicine focuses on wellness and prevention and combines features of allopathic medicine (modern science-based medicine) with a system of therapy known as manipulative medicine. Physicians trained in osteopathic medicine typically enter the primary care disciplines of family practice, pediatrics, OB/GYN, and internal medicine.

### OSTEOPATHIC MEDICAL SCHOOL PROGRAMS

Osteopathic medical schools have a four-year professional curriculum, which is usually followed by a one year rotating hospital internship and residency training period lasting from three to as many as seven or eight years, depending on the specialty.

### TEXAS OSTEOPATHIC MEDICAL SCHOOLS (Offering DO degree)

There are currently two medical schools in Texas offering the DO degree, TCOM and UIWSOM. You apply to TCOM through the Texas Medical & Dental Schools Application Service (TMDSAS) [www.tmdsas.com](http://www.tmdsas.com) and apply to UIWSOM through the American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS) <https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/applying-medical-school-amcas/>.

Texas Osteopathic Medical Schools	Website
Sam Houston State University College of Osteopathic Medicine (SHSUSOM)	<a href="https://www.shsu.edu/admissions/medicine/">https://www.shsu.edu/admissions/medicine/</a>
Texas College of Osteopathic Medicine (TCOM), UNT Health Science Center	<a href="http://www.unthsc.edu/students/future-students/admissions/">http://www.unthsc.edu/students/future-students/admissions/</a>
University of Incarnate Word School of Osteopathic Medicine (UIWSOM)	<a href="http://www.uiw.edu/som/admissions/">http://www.uiw.edu/som/admissions/</a>

### OUT OF STATE OSTEOPATHIC MEDICAL SCHOOLS

There are 33 accredited colleges of osteopathic medicine in the United States outside of Texas. If you are interested in applying to out of state osteopathic medical schools, you are encouraged to visit the American Association of Colleges of Osteopathic Medicine (AACOM) (<http://www.aacom.org/become-a-doctor/us-coms>), which allows you to compare information among osteopathic medical schools. Typically, you will apply to these medical schools through the AACOMAS application service.

## GENERAL OSTEOPATHIC MEDICAL SCHOOL COURSE PREREQUISITES

Below are the general prerequisite course requirements for admission to TCOM and UIWSOM. Most other osteopathic medical schools in the U.S. will have similar requirements, but it is encouraged that you check the actual requirements on the institution's website.

General Prerequisites	Austin College Courses
General chemistry – 1 year	CHEM 111 (or CHEM 211) & CHEM 112
Organic chemistry – 1 year	CHEM 221 & CHEM 222
Biochemistry – 1 semester	CHEM 351
Biology – 2 years	BIOL 115, BIOL 116, & two additional courses*
General Physics – 1 year	PHY 105 & PHY 106
Statistics <sup>#</sup> – 1 semester (TCOM requires 1 semester)	MATH 120 or PUBH 120 or PSY 120 or PSCI 271 or SSCI 120
English – 1 year	Any 2 ENG courses
Philosophy or Other Humanities – 1 year	Only recommended by UIWSOM

\*Courses within the Cell/Molecular and Physiological/Organismal categories are strongly encouraged

<sup>#</sup>SHSOM requires two semesters of math (one course must be statistics) and UIWSOM recommends 2 semesters of math/statistics

Introductory psychology and sociology are not required but topics are addressed on the MCAT. Spanish is recommended for students intending to stay in Texas.

## MCAT EXAM

The Medical College Admission Test (MCAT) is a standardized test designed to test problem solving and reasoning skills and your knowledge of chemical, physical, biological, and behavioral concepts and principles (<https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/>). The MCAT is offered many times between January and August each year. Most students take the MCAT exam sometime between January and April of their junior year. The AAMC does offer fee assistance to eligible applicants to help defray the cost of the MCAT exam (<https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/fee-assistance-program/>).

## HOW ARE YOU EVALUATED FOR ADMISSION TO OSTEOPATHIC MEDICAL SCHOOL?

1. GPA – both cumulative (average GPA of matriculants ~3.5) and BCPM (Biology Chemistry Physics Math) (average GPA of matriculants ~3.38)
2. MCAT score (average score of matriculants ~503)
3. Your ability to show your understanding and commitment to a medical career
4. Your ability to show a pattern of commitment to service
5. Be sure that you have shadowed an osteopathic physician as generally you will need a letter of recommendation from a DO for your application.

For more information, contact [Kelly Reed](#) or [Chris Goldsmith](#)

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