Pre-Chiropractic is not a major at UND and the Pre-Chiropractic Program is not a degree granting program. In order to graduate with a degree from UND, students must:

1. Choose a Major and complete the specific requirements determined by the department responsible for that major
2. Complete the Essential Studies Requirements
3. Complete 125 semester credits (36 of which must be upper divisional credits)

In order to join the Pre-Chiropractic Program at UND, freshmen students (planning to finish in 4 years) must:

1. Officially declare Pre-Chiropractic in the main office of the College of Arts and Sciences (Montgomery Hall 125)
2. Activate and use UND e-mail account (make sure Campus Connection lists the UND e-mail as the primary e-mail account)
3. Attend all freshmen group advising meetings during fall semester
4. Attend one freshmen group advising meeting during spring semester
5. Complete the following courses, with a C grade or better, before the start of sophomore year:
   - Bio 150-151, with labs
   - Math 103 (may test out of this with an ACT Math score of 26, or appropriate COMPASS Math placement test score)
   - Chem 121-122, with labs
6. Maintain a cumulative GPA of 3.0 or higher
7. Visit with their major advisor

In order to stay in the Pre-Chiropractic Program at UND, students must:

1. Complete the prerequisites for chiropractic school(s) as advised
2. Maintain a competitive cumulative GPA (3.0 minimum)
3. Visit with the Health Sciences Advisor regularly
4. Visit with their major advisor regularly

Getting into chiropractic school is competitive! It is very important that you are well prepared in order to present your best possible application to these schools! Pre-Chiropractic undergraduates at UND should receive regular academic advising from the Health Sciences Advisor in the College of Arts and Sciences. Students should also receive regular academic advising for the major of their choice from their major department.

Chiropractic schools consider a variety of factors when reviewing applications:

1. Academics
   a. Undergraduate Preparation
      While many chiropractic schools do not require an undergraduate degree, an increasing number of states require that chiropractors obtain undergraduate degrees before entering chiropractic school, in order to be allowed to practice within their borders. **UND encourages Pre-Chiropractic students to finish an undergraduate degree before entering chiropractic school.** Science courses required for chiropractic school should be done at the 4 year college level – no AP or CLEP credits for those!
b. Major

Chiropractic schools do not require any particular major - any major is fine! You should pick something you are good at, or enjoy studying, or fits your “plan B” if you don’t end up going to chiropractic school. All majors and degrees available at UND are outlined in the UND catalog and on the UND website. Pre-Chiropractic students have completed such majors as Anthropology, Athletic Training, Biology, Business, Chemistry, Interdisciplinary Studies, Kinesiology, Nutrition, Philosophy, and Psychology.

The combination of the Pre-Chiropractic program with a major in the College of Arts and Sciences can usually be finished in 4 years if started freshmen year. The combination of the Pre-Chiropractic program with a major in Athletic Training, Aviation, Engineering, Education, Nursing, Nutrition or Medical Laboratory Science will take longer. Because these particular majors include busy curricula and/or practicums, in most cases if you plan to combine one of them with Pre-Medicine, you will need at least 5 years of undergraduate studies to do so.

c. GPA

Since graduate school (i.e. chiropractic school) is tougher than undergraduate school, you need to leave no doubt of your academic ability by excelling at the undergraduate level. Average cumulative GPA of recent chiropractic school matriculants: 3.2 – 3.4.

2. Standardized Tests

There is no standardized test required for chiropractic schools.

3. Relevant Life Experiences

a. Shadowing

Get a good feel for the profession by shadowing several different chiropractors – you will need to spend considerable time with one or two in order to get good recommendations from them.

b. Direct patient care experience

Work in a chiropractic office or patient care setting (hospital, group or nursing home, EMS, etc.).

c. Keep a log of all hours

Formal documentation for life experiences is not needed – just a simple personal log in a small notebook will do – aim for several hundred hours.

4. Letters of Recommendation

a. You will need 2-3 letters of recommendation or evaluation for most chiropractic schools.

b. Letters need to address the personal attributes and academic abilities that make you a good fit for chiropractic school and the profession.

c. Authors will have to include at least one chiropractor and one or two professors – all authors need to know you very well.

5. Legal Record

a. Keep legal records clean: All minors and felonies will need to be disclosed on applications

b. Keep personal social media sites clean (Facebook, Twitter, etc.): be sure to demonstrate integrity, maturity, wholesomeness and good taste in all postings (verbal, photos, pictures, etc.)

6. Home State Residency

Chiropractic schools are generally not as concerned with residency as are other health professional schools because most chiropractic schools are not public institutions. If residency is an issue, most chiropractic schools consider your home state of residency to be where you graduated high school and/or where your parent(s) live.
Courses included in the UND Pre-Chiropractic Program fall into one (or more) of two categories. These categories are:

1. Requirements for most chiropractic schools (see below)
2. Good, additional preparation for chiropractic schools: Neuroscience, Microbiology, Histology

<table>
<thead>
<tr>
<th>Pre-Chiropractic Courses</th>
<th>Required by most chiropractic schools?</th>
<th>Good prep?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 year of General Biology =&gt; Biol 150-151 (including labs)</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>1 year of General Chem =&gt; Chem 121-122 (including labs)</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>1 year of Organic Chem =&gt; Chem 341-342 (including labs)</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>1 year of Physics =&gt; Phys 211-212* (including labs)</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>*PXW 332 or PXW 402 can replace Physics 212 for most schools</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>1 Semester of Anatomy =&gt; Anat 204+204L</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>1 Semester of Physiology =&gt; Biol 442+L or PPT 301</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>1 Semester of BioChem =&gt; BMB 301</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>1 Semester of Cell Biology =&gt; Biol 341</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>1 Semester of Genetics =&gt; Biol 315</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>1 Semester of Algebra =&gt; Math 103</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>1 year of English =&gt; Engl 110, 125</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>1 Semester of Psychology =&gt; Psyc 111</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

The sample schedule shown below indicates when the Pre-Chiropractic courses should be taken, and shows the timing for applying to chiropractic schools. **This is not a complete semester schedule!** UND students will also have to add their major and Essential Studies graduation requirements to each semester as well:

<table>
<thead>
<tr>
<th>Freshman</th>
<th>Sophomore**</th>
<th>Junior</th>
<th>Senior</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall</strong></td>
<td>Bio 150, 150L Chem 121, 121L Math 103 Courses from Group 1*</td>
<td>All majors: • Chem 341, 341L • Bio 315 (Genetics) Bio majors add: • Bio 315R (Genetics Recitation) • Bio 332 (Ecology) Courses from Group 1 or 2*</td>
<td>All majors: • Physics 211, 211L • PPT 301 Bio majors: • Do Bio 442 and 442L instead of PPT 301 Courses from Group 2 or 3*</td>
</tr>
<tr>
<td><strong>Spr</strong></td>
<td>Bio 151, 151L Chem 122, 122L Math 146 (?) Courses from Group 1*</td>
<td>All majors: Chem 342, 342L Anat 204, 204L Bio majors: • Must do Bio 341 and 341L instead of Anat 204, 204L • Add Bio 312 (Evolution) Courses from Group 1 or 2*</td>
<td>All majors: MBio 302, 302L Bio majors: Must do Physics 212, 212L Courses from Group 2 or 3*</td>
</tr>
<tr>
<td><strong>Sum</strong></td>
<td></td>
<td></td>
<td>Chiro School Apps Due 9-12 months before expected start date</td>
</tr>
</tbody>
</table>

*Group 1 courses are all required. Courses from Groups 2, 3 and 4 are electives.

**Group 1**: Eng 110, 130, Psych 111, Comm 110
**Group 2**: Human Anatomy (Anat 204+L), a Physio class (either PPT 301 or Bio 442), Cell Bio (Bio 341), General Microbiology (MBio 302), Medical Terminology (Med 205), Nutrition 240, Badm 101
**Group 3**: Chem 333 (for Chem minor if desired), PXW 332 or PXW 402 (replacements for Physics 212 for non-Bio majors), Mgmt 300
**Group 4**: Histology (Bio 369+L), Neuroscience (Bio 420)

**Chem majors will have a different sophomore schedule than what is listed – please the Health Sciences Advisor for details!