



PRE-CHIROPRACTIC

COLLEGE OF ARTS & SCIENCES

COLUMBIA HALL, ROOM 1000
501 N. COLUMBIA ROAD, STOP 8038
GRAND FORKS, ND 58202-8038

Health Sciences Advisors:

Kimberly Ruit Julie Bean

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It is our goal at UND to prepare students for any chiropractic school in the country – and indeed, our undergraduates have been accepted at chiropractic schools across the nation. Getting into chiropractic school is competitive. It is very important that you are well prepared and able to present the best possible application to chiropractic schools when you apply - good planning is key!

The Pre-Chiropractic Program is not a major or degree granting program at UND. In order to graduate with a degree from UND, you will need to:

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

You will be assigned two advisors while pursuing your degree and the Pre-Chiropractic Program at UND:

- A major advisor (from your major department) to help with the planning of your major curriculum
- The Health Sciences Advisor (from the College of Arts & Sciences) to help with all aspects of chiropractic school preparation

Joining the Pre-Chiropractic Program is easy!:

1. Incoming freshmen students should plan to attend Summer Orientation - you can declare Pre-Chiro at that time
2. Current or transfer students can declare Pre-Chiropractic by stopping by the A&S main office or by calling us at 701-777-2749

Staying in the Pre-Chiropractic Program is hard!:

1. *Incoming Freshmen* must:
 - Attend all freshmen group advising meetings during the fall semester
 - Attend one freshmen group advising meeting during the spring semester
 - 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 Math placement test score)
 - Chem 121-122, with labs
 - Maintain a cumulative GPA of 3.0 or higher during freshman year
2. *Transfer students, or current students switching to Pre-Chiropractic after freshman year*, must:
 - If not already completed at UND or transferred in, complete the following courses with a C grade or better:
 - Bio 150-151, with labs
 - Math 103
 - Chem 121-122, with labs
 - Have a cumulative GPA of 3.0 or higher
3. *All continuing Pre-Chiropractic students* must:
 - Take Pre-Chiropractic courses as advised
 - Keep cumulative GPA and science GPA competitive

Chiropractic schools consider a variety of factors when reviewing applications:

1. Academics

a. Undergraduate Preparation

While most chiropractic schools only require completion of 90 credits from an accredited college or university, we recommend that students plan to finish an undergraduate degree. This is because 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.

All chiropractic schools have specific content or course prerequisites which are included in the UND Pre-Chiro Program. UND accepts AP and post-secondary transfer credits toward the completion of a bachelor's degree in accordance with the NDUS policies of [General Education Requirement Transfer Agreement](#) (GERTA) and [Common Course Numbering](#) (CCN). UND also has numerous articulation agreements and course equivalencies with other academic institutions. You should, however, check with the chiropractic schools on your wish list regarding the post-UND implications of any AP, IB, CIS, CLEP, on-line, distance learning or community college work you plan to complete prior to your undergraduate matriculation.

b. Major

Chiropractic schools do not require any particular major. Pre-Chiropractic students have completed such majors as Anthropology, Athletic Training, Biology, Business, Chemistry, Interdisciplinary Studies, Kinesiology, Nutrition, Philosophy, and Psychology.

The choice for a major is entirely up to you! 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. A list of each major and degree offered at UND may be found at: <http://und.edu/academics/registrar/fields-of-study.cfm>. Click on a particular major to see what you will be studying, as well as opportunities and careers associated with that major. For specific requirements and course descriptions, click on the [Academics – Check out the courses you'll take](#) link on the right side of each major page. Four year plans (i.e., schedule of courses) for each degree are listed by college and are posted online at: <http://und-public.courseleaf.com/4yearplan/>.

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

c. GPA

Since chiropractic school curriculum is considerably more challenging than any undergraduate curricula, you need to leave no doubt of your academic ability by excelling at the undergraduate level. Average cumulative GPA of recent chiropractic school matriculants: 3.20 - 3.40.

2. Standardized Tests

There is no standardized test required for chiropractic schools.

3. Life Experiences

a. Shadowing

Get a good feel for the profession by shadowing several different chiropractors in different situations (own clinic, part of larger clinic or health care system, sports medicine, rehab, etc.)

b. Real World - Direct Patient Care experience

- Work or volunteer in a chiropractic office. You will need to spend considerable time with one or two chiropractors in order to get good recommendations from them.
- Chiropractic schools also expect you to spend time working in general health care. You need to get a job in which you give direct medical care to patients, have a chance to observe all kinds of health care team

members, and have a supervisor observing you (in case you want a letter of recommendation from them as well).

- Work settings can include hospital, rehab, clinic, group care home (nursing, disabled children or adults, Alzheimer's unit, VA, etc.), hospice, home health, support services, phlebotomy, EMS, etc.

c. Community Service => These activities will set you apart!

- Do things that you love, have a passion for, demonstrate your desire to serve others and give back, show your love of learning, let your leadership skills shine, etc.
- These volunteer activities/paid jobs include, but are not limited to:
 - Lifeguards, first responders
 - Coaching/teaching sports (for park boards, travelling leagues, Special Olympics, etc.)
 - Camp counseling (church camps, day camps, medical camps, music camps, etc.)
 - Big Brother/Big Sister, Meals on Wheels, Relay for Life, etc.
 - Volunteering at your local city mission, free clinic, humane society, etc.
 - College organization participation or leadership (clubs, honor societies, sororities/fraternities, etc.)
 - College tutoring or TA positions
 - Medical missions trips (through college organizations, national organizations, or local churches)
 - Church work/sponsored activities (Sunday school teacher, youth worker, mission trips, etc.)
 - American Red Cross, Peace Corps

e. Keep a log of all hours

Although formal documentation is not needed, you should keep a simple personal log for all experiences/work in a notebook – be sure to include dates, times, activities, impressions, and note any meaningful patients or experiences. You will also need to provide contact information for someone who witnessed you in each experience or circumstance, so make note of that as well!

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 university records clean. Any institutional actions for code of student conduct violations (behavioral, academic, legal, etc.) will need to be disclosed on applications.
- c. 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. You do not become a resident of a state by just attending college there!

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
2. Good, additional elective preparation for med schools (as recommended by former UND undergraduates)

The checklist below will help you keep track of your progress in the Pre-Chiropractic Program:

UND Courses required/preferred by most chiropractic schools:

- | | |
|---|---|
| <input type="checkbox"/> Biol 150, 150L General Biology I | <input type="checkbox"/> Physical Science (choose at least two) |
| <input type="checkbox"/> Biol 151, 151L General Biology II | Phys 161+L or 211+L Intro or College Physics I |
| <input type="checkbox"/> Chem 121, 121L General Chemistry I | Phys 162+L or 212+LL Intro or College Physics II |
| <input type="checkbox"/> Chem 122, 122L General Chemistry II | Kin 332, 332L Biomechanics |
| <input type="checkbox"/> Organic Chemistry (choose one) | Kin 402, 402L Exercise Physiology |
| Chem 341+L & 342+L Organic Chemistry I & II | <input type="checkbox"/> Math (choose one) |
| Chem 340, 340L Survey of Organic Chemistry | Math 103 College Algebra |
| <input type="checkbox"/> BMB 301 Biochemistry | Math 146 Applied Calculus (needed for Physics 211) |
| <input type="checkbox"/> Anat 204, 204L Anatomy for Paramed Personnel | Math 165 Calculus I |
| <input type="checkbox"/> A Physiology course (choose one) | AP credit for Calculus |
| Biol 442 Physio of Organs/Systems (for Bio majors) | <input type="checkbox"/> Psyc 111 Introduction to Psychology |
| PPT 301 Human Physiology (for other majors) | <input type="checkbox"/> Engl 110 Composition I |
| <input type="checkbox"/> MBio 302, 302L General Microbiology | <input type="checkbox"/> Engl 130 Composition II |

Additional UND Courses recommended for chiropractic schools (take as many as desired – all are optional):

- | | |
|--|---|
| <input type="checkbox"/> Biol 315 Genetics | <input type="checkbox"/> Nutr 240 Fundamentals of Nutrition |
| <input type="checkbox"/> Biol 315R Genetics Recitation | |
| <input type="checkbox"/> Biol 341 Cell Biology | <input type="checkbox"/> A Business course (your choice) |
| <input type="checkbox"/> Bio 369, 369L Histology | Badm 101 |
| <input type="checkbox"/> Bio 390 Endocrinology | Econ 201 |
| <input type="checkbox"/> Bio 420 Neuroscience | Econ 202 |
| | Mgmt 300 |

Your course schedule at UND will vary depending on your major. Ultimately, all students, regardless of major, will be able to take the courses covering the content they need for chiropractic school. The chart below shows complete major and Pre-Chiropractic **science and math** course schedules for both **Biology** and **Chem/Biochem** majors. For students pursuing **other majors**, only the **science and math** Pre-Chiropractic courses are listed so they will need to “pencil in” their major requirements as well. Also, all UND students will need to add any additional major requirements, Essential Studies requirements, and other electives to each semester in the schedules below as needed or desired:

	Freshman	Sophomore	Junior	Senior
Fall	Bio majors: <ul style="list-style-type: none"> • Bio 120 • Bio 150, 150L • Chem 121, 121L • Math 103 	Bio majors: <ul style="list-style-type: none"> • Chem 341, 341L • Bio 315 (Genetics) • Bio 315R (Genetics Recitation) • Bio 332 (Ecology) 	Bio majors: <ul style="list-style-type: none"> • Physics 161, 161L • Bio 442, 442L 	Bio majors: <ul style="list-style-type: none"> • Bio 480 • Bio requirement** • Anat 204, 204L or Other Bio requirement**
	Chem/Biochem majors: <ul style="list-style-type: none"> • Chem 101 • Chem 121, 121L • Bio 150, 150L • Math 103 	Chem/Biochem majors: <ul style="list-style-type: none"> • Chem 341, 341L • Chem 361 • Chem 333, 333L • Physics 211, 211L 	Chem/Biochem majors: <ul style="list-style-type: none"> • Chem 466 • Bio 315, 315R • Anat 204, 204L 	Chem/Biochem majors <ul style="list-style-type: none"> • BMB 401, 403 • Chem 492 or 495? • Bio elective**
	Other majors: <ul style="list-style-type: none"> • Bio 150, 150L • Chem 121, 121L • Math 103 	Other majors: <ul style="list-style-type: none"> • Chem 341, 341L • Anat 204, 204L • Your major requirements? 	Other majors: <ul style="list-style-type: none"> • Physics 161, 161L ? • Pre-Chiro elective? • Your major requirements? 	Other majors: <ul style="list-style-type: none"> • Bio elective** • Your major requirements?
	Everyone: Courses from Group 1*	Everyone: Courses from Group 1 or 2*	Everyone: Courses from Group 2 or 3*	Everyone: Courses from Group 2, 3 or 4* <i>Interviews Begin</i>
Spr	Bio majors: <ul style="list-style-type: none"> • Bio 151, 151L • Chem 122, 122L • Math 146 	Bio majors : <ul style="list-style-type: none"> • Chem 342, 342L • Bio 341, 341L (Cell Bio) • Bio 312 (Evolution) 	Bio majors: <ul style="list-style-type: none"> • Physics 162, 162L • BMB 301 	Bio majors: <ul style="list-style-type: none"> • Bio requirement** • Bio requirement**
	Chem/Biochem majors: <ul style="list-style-type: none"> • Bio 151, 151L • Chem 122, 122L • Math 146 	Chem/Biochem majors: <ul style="list-style-type: none"> • Chem 342, 342L • Chem 362 • Physics 212, 212L 	Chem/Biochem majors: <ul style="list-style-type: none"> • BMB 301 • Chem 467 • PPT 301 	Chem/Biochem majors: <ul style="list-style-type: none"> • Chem 492 or 495? • Bio elective**
	Other majors: <ul style="list-style-type: none"> • Bio 151, 151L • Chem 122, 122L • Math 146 	Other majors: <ul style="list-style-type: none"> • Chem 342, 342L • PPT 301 • Your major requirements? 	Other majors: <ul style="list-style-type: none"> • Physics 162, 162L ? • BMB 301 • Your major requirements? 	Other majors: <ul style="list-style-type: none"> • Bio elective(s)** • Your major requirements?
	Everyone: Courses from Group 1*	Everyone: Courses from Group 1 or 2*	Everyone: Courses from Group 2 or 3*	Everyone: Courses from Group 2, 3 or 4*
Sum	Bio 341 is offered at UND during the summer – to help lighten their load during the regular school year, students may wish to do it after freshman or sophomore year (once Bio 150-151 and Chem 121-122 are completed)		<i>Chiropractic school apps due 9-12 months before expected start date</i>	

* Courses in Group 1 are **required** for all majors. Courses from Groups 2, 3 and 4 are **options for Bio requirements/electives** or other **electives**.
Group 1: Eng 110 or 130, Psych 111, Comm 110; additionally, the Chem/Biochem major also requires a level 2 proficiency in a Foreign Language (i.e., Span 101 and 102)
Group 2: Med 205, Nutr 240, a business class, a Stats class (Psych 241 or Soc 326)

**Group 3 Fall courses: Bio 315+R, Bio 378, Bio 364+L, Kin 332

**Group 3 Spring courses: Bio 341, Mbio 302+L

**Group 4 Fall courses: Bio 390, Bio 420, Bio 460, Mbio 328

**Group 4 Spring courses: Bio 369+L, Bio 415