It is our goal at UND to prepare students for any podiatric medical school in the country. Seats in podiatry school entering classes are limited – all together less than 700 seats are available across the country each year. The national ratio of qualified applicants per available seat is approximately 2:1. Getting accepted into podiatry school is done through a competitive, two stage application process. It is extremely important that you are well prepared and able to present the best possible application to medical schools when you apply - good planning is key!

The Pre-Podiatry 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-Podiatry 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 podiatry school preparation

Joining the Pre-Podiatry Program is easy!:

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

Staying in the Pre-Podiatry 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-Podiatry 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-Podiatry students** must:
   - Take Pre-Podiatry courses as advised
   - Prepare for and take the MCAT
   - Keep cumulative GPA and science GPA competitive
Podiatry schools consider the following when reviewing applications:

1. **Academics**
   a. **Undergraduate Preparation**
      While admission into podiatry schools only requires completion of 90 credits from an accredited college or university, most of them prefer a 4 year undergraduate degree (BS, BA, etc.). All podiatry schools have specific content or course prerequisites which are included in the UND Pre-Podiatry 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 podiatry 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**
      Podiatry 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 podiatry school. All majors and degrees available at UND are outlined in the UND catalog and on the UND website. Pre-Health students have completed such majors as Anthropology, Athletic Training, Biology, Chemistry, Classical Studies, Communication, Criminal Justice, Engineering, Entrepreneurship, Foreign Language, Forensic Science, History, Honors, Interdisciplinary Studies, Kinesiology, Math, Music, Nutrition, Philosophy, Political Science, Psychology, RHS, and Sociology.

      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 medical school. A list of each major and degree offered at UND may be found at: [http://und.edu/academics/registrar/fields-of-study.cfm](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/](http://und-public.courseleaf.com/4yearplan/).

      The combination of the Pre-Podiatry 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 this 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-Podiatry, you will need at least 5 years of undergraduate studies to do so.

   c. **GPA**
      Since podiatry 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 podiatry school matriculants: 3.20 - 3.40.

2. **MCAT**
   a. **Timing**
      This rigorous, full day exam is required by all podiatry schools. Students planning to finish their undergraduate degrees in 4 years typically take the MCAT in May or June after their 3rd year (junior year) of college. While retakes are allowed, it is best to “do it right the first time”.

   b. **Preparation**
      Since considerable time (30+ hours/week) needs to go into MCAT preparation, UND students are encouraged to take a lighter load (12 credits) during the spring semester of their junior year to give them room for reviewing and practice testing. UND offers an optional MCAT Review Course every spring facilitated through Kaplan. This course is billed separately and does not count for credit at UND.

   c. **Scores**
      A new MCAT and scoring scale debuted in 2015. The national average MCAT composite score for podiatry school matriculants on the old scale was 22. On the new scale, that average falls between 491 and 494.
3. Life Experiences
   a. Real World - Direct Patient Care Experience => 300-500 hours
      - Podiatry schools expect you to spend considerable time working in health care. You need to get a job in which you give direct medical care to patients, have a chance to observe podiatrists and other health care team members, and have a supervisor observing you (most podiatry schools require a letter of recommendation from a health care work supervisor).
      - 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.
   b. Shadowing => 20-40 hours
      - Get a good feel for the profession by shadowing a few podiatrists in different settings
      - Be sure to include both rural and city experiences
   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:
         o Lifeguards, first responders
         o Coaching/teaching sports (for park boards, travelling leagues, Special Olympics, etc.)
         o Camp counseling (church camps, day camps, medical camps, music camps, etc.)
         o Big Brother/Big Sister, Meals on Wheels, Relay for Life, etc.
         o Volunteering at your local city mission, free clinic, humane society, etc.
         o College organization participation or leadership (clubs, honor societies, sororities/fraternities, etc.)
         o College tutoring or TA positions
         o Medical missions trips (through college organizations, national organizations, or local churches)
         o Church work/sponsored activities (Sunday school teacher, youth worker, mission trips, etc.)
         o American Red Cross, Peace Corps
   d. 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 3-4 letters of recommendation or evaluation for most podiatry schools.
   b. Letters need to address the personal attributes and academic abilities that make you a good fit for medical school and the profession of medicine.
   c. Authors will have to include a podiatrist, professors, and a health care work supervisor who 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
   In general, podiatry schools consider your home state of residency to be where you graduated high school and/or where your parent(s) currently live. You do not become a resident of a state by just attending college there!
Courses included in the **UND Pre-Podiatry Program** fall into one (or more) of three categories. These categories are:

1. Requirements for most podiatry schools
2. Good preparation for the MCAT (as recommended by AAMC and former UND undergraduates)
3. Good, additional elective preparation for podiatry schools

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

**UND Courses required by most podiatry schools** (all but English and Math are needed for MCAT preparation):

- Biol 150, 150L  General Biology I
- Biol 151, 151L  General Biology II
- Chem 121, 121L  General Chemistry I
- Chem 122, 122L  General Chemistry II
- Chem 341, 341L  Organic Chemistry I
- Chem 342, 342L  Organic Chemistry II
- BMB 301  Biochemistry
- Phys 211, 211L  College Physics I
- Phys 212, 212L  College Physics II
- Math (choose one)
  - Math 146  Applied Calculus
  - Math 165  Calculus I
  - Math 165-166  Calculus I and II
  - AP credit for Calculus
- A Statistics course (choose one)
  - Psyc 241  Psychological Statistics
  - Soc 326  Sociological Statistics
- Psyc 111  Introduction to Psychology
- Engl 110  Composition I
- Engl 130  Composition II

**Additional UND Courses needed/recommended for MCAT preparation:**

- Biol 315  Genetics
- Biol 315R  Genetics Recitation
- Biol 341  Cell Biology
- Psych 250  Developmental Psychology
- Psych 270  Abnormal Psychology
- Soc 110  Introduction to Sociology
- A Physiology course (choose one)
  - Biol 442  Physio of Organs/Systems (for Bio majors)
  - PPT 301  Human Physiology (for other majors)

**UND electives good for podiatry school preparation** (take as many as desired – all are optional):

- Anat 204, 204L  Anatomy for Paramed Personnel
- MBio 328  Introduction to Immunology
- Bio 369, 369L  Histology
- Kin 332, 332L  Biomechanics
- Bio 390  Endocrinology
- Nutr 240  Fundamentals of Nutrition
- Bio 415  Genomics
- Badm 101 or Econ 201 or Mgmt 300
- Bio 420  Neuroscience
- MBio 302  General Microbiology
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 the MCAT and podiatry school. The chart below shows complete major and Pre-Podiatry science and math course schedules for both Biology and Chem/Biochem majors. For students pursuing other majors, only the science and math Pre-Podiatry 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:

<table>
<thead>
<tr>
<th>Freshman</th>
<th>Sophomore</th>
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<th>Senior</th>
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<td>• Bio 120</td>
<td>• Chem 341, 341L</td>
<td>• Physics 211, 211L</td>
<td>• Bio 480</td>
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<tr>
<td>• Bio 150, 150L</td>
<td>• Bio 315 (Genetics)</td>
<td>• Bio 442, 442L</td>
<td>• Bio requirement**</td>
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<tr>
<td>• Chem 121, 121L</td>
<td>• Bio 315R (Genetics Recitation)</td>
<td>• Chem 333, 333L (for minor)</td>
<td>• Anat 204, 204L or Other Bio requirement**</td>
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<tr>
<td>• Math 103</td>
<td>• Bio 332 (Ecology)</td>
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<tr>
<td>Chem/Biochem majors:</td>
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<td>• Chem 101</td>
<td>• Chem 341, 341L</td>
<td>• Chem 466</td>
<td>• BMI 401, 403</td>
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<td>• Chem 121, 121L</td>
<td>• Chem 361</td>
<td>• Bio 315, 315R</td>
<td>• Chem 492 or 495</td>
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<tr>
<td>• Bio 150, 150L</td>
<td>• Chem 333, 333L</td>
<td>• Bio 442 (do not take 442L)</td>
<td>• Anat 204, 204L or Other Bio elective**</td>
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</tr>
<tr>
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<td>• Chem 333, 333L (for minor)</td>
<td>Your major requirements?</td>
</tr>
<tr>
<td>Everyone:</td>
<td>Everyone:</td>
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<td>Everyone:</td>
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<tr>
<td>Courses from Group 1*</td>
<td>Courses from Group 1 or 2*</td>
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<tr>
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<td>• Bio 312 (Evolution)</td>
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** 1st Podiatry School Apps Due (Submit to AACPMAS by Oct 1st)**

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<tr>
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| 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) ……

** WICHE Forms –**

AK, MT, NM, UT, WY res only
(COMPLETE OVER SPRING BREAK)

MCAT (1st one by June 15th)

Group 1: Eng 110 or 130, Psych 111, Psych 250, Psych 270, Soc 110, Comm 110, a Stats class (Psych 241 or Soc 326); 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

**Group 3 Fall courses: Bio 378, Bio 410, Bio 364+L, Chem 333;**

**Group 3 Spring courses: Mbio 302**

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

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