



## PRECHIROPRACTIC INFORMATION SUMMARY

Room 206, Building 44 801-581-5744 [ppa@advising.utah.edu](mailto:ppa@advising.utah.edu)

Website: <http://ppa.utah.edu>

Advisors: Mayumi Kasai ([mkasai@advising.utah.edu](mailto:mkasai@advising.utah.edu)) (Director)

Cari Winger ([cwinger@advising.utah.edu](mailto:cwinger@advising.utah.edu)) (Peer Advisor)

Shelley Nicholson ([snicholson@advising.utah.edu](mailto:snicholson@advising.utah.edu)) Marriott Library, 2<sup>nd</sup> floor, SW Corner

Tam Mai ([tmai@advising.utah.edu](mailto:tmai@advising.utah.edu)) Marriott Library, 2<sup>nd</sup> floor, SW Corner

Amy Urbanek ([aurbanek@advising.utah.edu](mailto:aurbanek@advising.utah.edu)) HPER N, Room 234



Like **University of Utah Pre-Professional Advising** on facebook!

A doctor of chiropractic helps meet the health needs of individual patients and of the public, giving particular attention to the structural and neurological aspects of the body in a non-invasive manner. Preparation for chiropractic school involves curricular and extracurricular experiences which demonstrate communication, leadership, community service, and familiarity with chiropractic. Any major is appropriate. For general information about Chiropractic, visit [www.explorehealthcareers.org](http://www.explorehealthcareers.org).

### ❖ EXTRACURRICULAR ACTIVITIES

Extracurricular activities and work experiences which demonstrate interpersonal skills, leadership, and service are very important. See the Bennion Center on campus or our website for specific service opportunities. For instance, join a student group to gain leadership experience.

#### ➤ **Shadowing Chiropractors**

This should be one of your first experiences as a pre-chiropractic student. Observing a chiropractor in action will help you gather the information you need to fully commit to and to learn about the profession you have chosen. It is also good to interview several chiropractors.

#### ➤ **Chiropractic Experience**

Chiropractic experience is very important in your application. Most students gain this experience by shadowing a general chiropractor for more than a semester. Consider Ed Psych 3960 (<http://careers.utah.edu/students/jobs/internship.php>) to structure your experience and earn course credit.

#### ➤ **Leadership Experience**

As a chiropractor, you will be a leader and team member in many ways – with your patients, your staff, your colleagues, and your community. Examples includes offices held in organizations, committee work; leadership in church activities; coordinating a project; managing, training, supervising at work or in other activities; teaching experience of any kind; peer counseling or mentoring, etc. Associated Students of the University of Utah (ASUU) (<http://www.asuu.utah.edu/>)

#### ➤ **Community Service**

Because you are preparing for a humanitarian profession, it is important to have volunteer learning experiences which demonstrate a commitment to service to others. It is suggested that this be ongoing throughout your college years. Lowell Bennion Community Service Center (<http://www.bennioncenter.org>).

### Things to Remember

- Keep contact information for supervisors and chiropractors you shadow or work with in case you ask them to write recommendation letters. Even if you discontinue some activities, try to maintain a relationship with them.
- Record all hours of service and experiences. Writing your reflections in a journal will be helpful when you write a personal statement.
- Participate in Chiropractic School Visits  
Several chiropractic schools from all over the country visit the U of U campus in Fall semester. They usually give information sessions and sometimes meet with students individually. We strongly recommend our students to participate in these sessions.

### ❖ APPLICATION PROCESS

- All applicants must have earned a minimum cumulative grade point average (GPA) of at least 3.0 on a scale of 4.0. Some schools may have lower GPA requirements and minimum grade requirements for required courses. **There is no standardized exam required** for chiropractic school admission.
- There are 15 accredited chiropractic schools in the United States. Most chiropractic schools **accept students 2-3 times a year**, and many of them have rolling admission process. There is no centralized application service for chiropractic school application process. Students need to visit each chiropractic schools' website and **apply online**. Along with application, most chiropractic schools require 2-3 **letters of recommendation**, mainly from a Doctor of Chiropractic and an academic professor/a work supervisor. Many chiropractic schools require a personal interview as well. Please consult the preprofessional advisors regularly as you prepare your application.

## ❖ Policies

- Limited number of credits for **CLEP Credit & Correspondence Study** may be accepted by many chiropractic schools.
- Chiropractic schools take **AP credits**, but it is recommended to take coursework beyond introductory classes waived by AP.
- Chiropractic schools take most recent grades if you **repeat a course**.
- **Withdrawals (W)** should normally be used only for non-academic emergencies.

## Preprofessional Science Course Guide<sup>1</sup>

Any of these courses can be taken @ SLCC

BIOLOGY	CHEMISTRY	MATH <sup>2</sup>		PHYSICS	NON-SCIENCE
<b>1210 (4)</b> <b>Principles of Biology</b> =1610+1615 @SLCC Fulfills the 1 of 2 general biology requirements. May be waived by AP Bio	<b>OPTIONAL preparatory courses for CHEM, MATH, and PHYS:</b> <ul style="list-style-type: none"> <li>• <i>MATH 10 Math Boot Camp for Intermediate Algebra</i></li> <li>• <i>MATH 15 Math Boot Camp for Pre-Calculus</i></li> <li>• <i>CHEM 10 Chemistry Boot Camp for General Chemistry</i></li> <li>• <i>CHEM 1200 (3) Prep for College Chemistry</i></li> <li>• <i>CHEM 1208 (1) Intro to Periodic Table</i></li> <li>• <i>CHEM 2308 (1) Intro to O-Chem</i></li> <li>• <i>PHYS 1500 (3) Prep for College Physics</i></li> </ul>				<b>English Composition (WRTG 2010, CW)</b> (6 credits needed)
<b>2325 (4)</b> <b>Human Anatomy</b> Recommended by many Schools. Fulfills BIOL lab requirement		<b>1050 (4)</b> <b>College Algebra</b>	<b>1080 (5)</b> <b>Pre-calculus</b>	Physics has 2 options. Consult with both your major advisor and a PPA advisor to choose the right sequence.	<b>Psychology (BF)</b> (3 credits needed)
<b>2420 (4)</b> <b>Human Physiology</b> Recommended by many Schools.	<b>1210 (4)</b> <b>1215 (1)</b> <b>Gen Chem 1+ Lab</b> (Prereq: Math 1050)	<b>1060 (3)</b> <b>Trigonometry</b>			<b>Social Science/Humanities (BF/HF)</b> (15 credits needed)
<b>2020 (3)</b> <b>Cell Biology</b> Fulfills the 1 of 2 general biology requirements.	<b>1220 (4)</b> <b>1225 (1)</b> <b>Gen Chem 2 + Lab</b>			<b>2010 (4)</b> <b>2015 (1)</b> <b>Gen. Physics 1 +Lab</b> (Prereq: Math 1060)	<b>2210 (4)</b> <b>2015 (1)</b> <b>for Scientists &amp; Engineers 1 + Lab</b> (Prereq: Math 1210)
	<b>2310 (4)</b> <b>2315 (2)</b> <b>Organic Chem 1 + Lab</b>			<b>2020 (4)</b> <b>2025 (1)</b> <b>Gen. Physics2 +Lab</b>	<b>2220 (4)</b> <b>2025 (1)</b> <b>for Scientists &amp; Engineers 2 + Lab</b>
<b>Other Recommended Science Courses:</b> Biomechanics, Nutrition, Exercise, Physiology Exercise Physiology, Kinesiology, Molecular Biology, Microbiology.					

### Notes

- 1) This guide is designed for students preparing for chiropractic schools. Some courses may not be required by all professional schools and some schools may require additional courses not on this list. See a PPA advisor for more information.
- 2) In order to take a proper math class, you have to have ACT, SAT or math placement test scores, or successfully pass a prerequisite math courses.