

Using Your CORE: General Education Course Suggestions for Pre-Health Students

Pre-health graduate programs (medical school, dental school, optometry school, physical therapy school, etc.) encourage students to not only complete the required prerequisites for their programs (visit www.prehealth.ua.edu for a list of prehealth tracks and guides for each), but also to seek ways to use their academic and co-curricular experiences to build a foundation of service for their careers.

While many of the courses outlined on your prehealth track will prepare you for standardized exam (MCAT, DAT, OAT, etc.), the Office of Health Professions Advising at The University of Alabama encourages students to not only meet these basic science requirements but to explore classes that challenge them and allow them to grow as a professional. Associations such as the Association for Medical Colleges (AAMC) have developed a list of competencies that they would like their entering medical students to have or demonstrate prior to matriculation into medical school. Other professional associations such as the ADEA and PAEA have similar competencies.

Below is a list of courses that we recommend that we have found to help students develop professional school competencies such as: **social skills, ethical responsibility to self and others, critical thinking, cultural competence, resilience and adaptability, service orientation, capacity for improvement, and teamwork**. This is not a full list of the offerings in The University of Alabama's course catalog, however the goal of this list is highlighting courses that help develop one or more of these competencies while also meeting general education (Core Designation) requirements.

Using the Core (or general education) course options is a meaningful and efficient way to build a foundation for these professional school competencies and will help strengthen your application to professional school.

Pre-Health Competency	Course Code	Course Name	Core Designation
Cultural Competence	AAST 201/AMS 201	Intro to African American Studies	Social and Behavioral Science
Cultural Competence	AMS 207	Intro to Latinx Studies	Humanities
Cultural Competence	ANT 100	Anthropology: Study of Humanity	Social and Behavioral Science
Cultural Competence	ANT 102	Cultural Anthropology	Social and Behavioral Science
Cultural Competence	ANT 106	Native Peoples of North America	Social and Behavioral Science
Cultural Competence	ANT 210	Language and Culture	Social and Behavioral Science
Ethical Responsibility to Self and Others	ANT 210	Language and Culture	Social and Behavioral Science
Cultural Competence	Any FL course	Any Foreign Language	Foreign Language
Cultural Competence	Any HY course	HY 101-118 (105-108 are Honors)	History
Teamwork	APR 221	Intro to Advertising	Social and Behavioral Science

Capacity for Improvement	ARH 252	Survey of Art I	Fine Arts
Capacity for Improvement	ARH 253	Survey of Art II	Fine Arts
Teamwork	AS 101	A&S Compass Course (any section)	A&S Students
Cultural Competence	CIP 200	Intro to Global Studies	Humanities
Capacity for Improvement	COM 122	Critical Decision Making	Humanities
Social Skills	COM 220	Interpersonal Communication	Humanities
Teamwork	EC 110	Microeconomics	Social and Behavioral Science
Teamwork	EC 111	Macroeconomics	Social and Behavioral Science
Critical Thinking	EN 200	Creative Writing	Fine Arts
Teamwork	ENGR 103	Engineering Foundations	Engr Students
Social Skills	FA 200	Intro to Fine Arts	Fine Arts
Teamwork	GBA 146	Professional Development Series	CBA Students
Cultural Competence	GY 105	World Regional Geography	Social and Behavioral Science
Critical Thinking	GY 110	People, Places, and Environment	Social and Behavioral Science
Resilience and Adaptability	HD 101	Human Development	Social and Behavioral Science
Critical Thinking	HY 115	History of Science to 1800	History
Critical Thinking	HY 116	History of Science since 1800	History
Cultural Competence	NEW 140	Sexuality and Society	Social and Behavioral Science
Ethical Responsibility to Self and Others	NEW 140	Sexuality and Society	Social and Behavioral Science
Capacity for Improvement	NEW 211	Perspective in Humanities	Humanities
Capacity for Improvement	NEW 212	Creativity	Fine Arts, Humanities
Critical Thinking	NEW 216	Digital Making: Creativity and Computers	Fine Arts
Teamwork	NEW 237	Social Issues and Ethics	Social and Behavioral Science
Ethical Responsibility to Self and Others	NEW 237	Social Problems and Social Change	Social and Behavioral Science
Ethical Responsibility to Self and Others	NEW 273	Social Issues and Ethics	Social and Behavioral Science
Ethical Responsibility to Self and Others	PHL 100	Intro to Philosophy	Humanities
Critical Thinking	PHL 104	Critical Thinking	Humanities
Ethical Responsibility to Self and Others	PHL 221	Honors Intro to Ethics (honors only)	Humanities
Ethical Responsibility to Self and Others	PHL 223	Medical Ethics	Humanities
Critical Thinking	PHL 230	Political Philosophy	Humanities

Social Skills	PHL 234	Social Philosophy	Humanities
Ethical Responsibility to Self and Others	PHL 234	Social Philosophy	Humanities
Ethical Responsibility to Self and Others	PHL 256	Philosophy of Sport	Humanities
Ethical Responsibility to Self and Others	PHL 264	Metaphysics	Humanities
Social Skills	PSC 101	Intro to American Politics	Social and Behavioral Science
Critical Thinking	PY 101	Intro to Psychology	Social and Behavioral Science
Ethical Responsibility to Self and Others	REL 101	Religion and the Problem of Human Suffering	Humanities
Ethical Responsibility to Self and Others	REL 103	Religion in the News	Humanities
Ethical Responsibility to Self and Others	REL 104	Religion in Pop Culture	Humanities
Cultural Competence	REL 236	Islam	Humanities
Cultural Competence	REL 241	American Religious History	Humanities
Social Skills	SOC 101	Intro to Sociology	Social and Behavioral Science
Ethical Responsibility to Self and Others	SOC 101	Intro to Sociology	Social and Behavioral Science
Resilience and Adaptability	SOC 202	Social Problems	Social and Behavioral Science
Resilience and Adaptability	SPE 100	Exceptional Lives in Society	Social and Behavioral Science
Service Orientation	SW 200	History of Social Welfare in the US	History
Ethical Responsibility to Self and Others	SW 200	History of Social Welfare in the US	History
Ethical Responsibility to Self and Others	SW 212	Death Dying Bereavement	Social and Behavioral Science
Resilience and Adaptability	SW 212	Sexuality and Society	Social and Behavioral Science
Service Orientation	UH 205	Social Foundations of Community Engagement	Honors; Humanities
Resilience and Adaptability	WS 200	Intro to Women Studies	Humanities

Course descriptions can be found on catalog.ua.edu. Please see a prehealth advisor if you have any questions about this list.