



*Office of*  
Health Professions  
Advising  
College of Arts & Sciences

## Bama Bound Orientation

# First Steps for a Pre-Health Student



# Understanding Course Demands & Requirements

## Interesting Fact:

- An average of 50-60% of your prerequisites to a health professions graduate program are completed within the first year of college....
  - That increases to 80-90% by your second year of college!
  - This means that your application for professional school starts NOW!!

**THE FOLLOWING INFORMATION IS IMPORTANT TO UNDERSTAND WHAT TO EXPECT WHEN YOU MEET WITH AN ADVISOR ABOUT YOUR FIRST SEMESTER SCHEDULE**

# Building a good schedule: What is BCPM?

“BCPM” or Biology, Chemistry, Physics, and Math classes. In short, we call it your **Science GPA**.

BCPM is a term that many professional schools will use when speaking about the grouping of your science and math courses. BCPM will have its own GPA when you apply to professional schools, demonstrating to them how you could perform in rigorous coursework.

Pre-Health advisors use this term frequently when discussing with you your progress and in your academic course planning.



## IMPORTANT ADVISING NOTE

Taking at least TWO BCPM courses per term is the NORM!

Depending on your pre-health track, it may be recommended that you take **AT LEAST TWO BCPM** courses each academic term. If you are a science major, it may end up being close to three, depending on your math placement.

This may sound difficult, but most pre-health students want to start their professional school immediately after graduating from UA. Taking the recommendation above is one way to do this.

This also helps you stay on track with when you want to take your standardized exam (MCAT, DAT, PA-CAT, etc.)

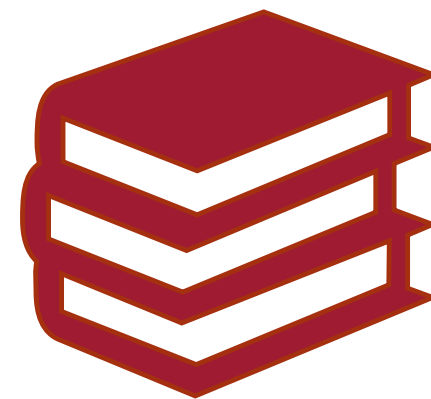
# First Year BCPM Courses

	Option 1	Option 2	Option 3	Option 4
<b>Chemistry</b> **Contingent upon your math placement	<u>CH 100</u> (5 credit hours): <u>General Chemistry I – Plus</u> ; Chemistry for students placed in Math 112	<u>CH 101</u> (4 hours): <u>General Chemistry</u> ; for students placed in Math 115 or higher	<u>CH 117</u> (4 hours): <u>Honors Chemistry I</u>	
<b>Biology</b>	<u>BSC 113</u> (1 hour): <u>Intro to Principles of Biology</u> ; This is a recommend course for students placed in Math 112 or lower	<u>BSC 114</u> (3 hours): <u>Principles of Biology I</u> ; This is the lecture for General Biology I	<u>BSC 115</u> (1 hour): <u>Laboratory Biology I</u> ; This is the accompanying lab for BSC 114	<u>BSC 118</u> (4 hours): <u>Honors General Biology I</u> (includes lecture and lab)
<b>Math **</b>	<u>MATH 005</u> (3 hours)	<u>MATH 100</u> (3 hours)	<u>MATH 112</u> (3 hours)	<u>MATH 115</u> (3 hours)
<b>Physics</b> <i>Check with the websites of the professional schools that you are interested in to see if they have a preference of the physics that you take.</i>	<u>PH 101</u> (4 hours): <u>General Physics I</u> Have to have completed MATH 112 and be MATH 113 eligible. This class is usually taken sophomore or junior year	<u>PH 105</u> (4 hours): <u>General Physics w/ Calculus</u> .	<u>PH 125</u> (4 hours): <u>Honors Physics w/ Calculus</u>	

**\*\*MATH 110 nor MATH 121 should not be taken if you are considering a Health Professions track**

# AP/IB SCIENCE Courses

- Depending on the program, some professional schools will accept AP credit in areas such as Biology, Chemistry, Physics, and Math to meet prerequisite courses in those areas. However SOME PROGRAMS WILL NOT.
- The BCPM courses at The University of Alabama are **rigorous and excellent** at preparing you for professional and graduate school programs.
- The collective recommendation of the Departments of Biological Sciences, Chemistry, and the Office of Health Professions Advising is that we **STRONGLY** recommend that students who have AP credit for BSC 114-117 and/or CH 101 and CH 102 to register for:
  - BSC 114 (lecture only; you won't have to retake BSC 115 which is the lab)
  - CH 101
  - You can take the honors version of these courses (BSC 118 and CH 117) but they include the lab.
- This recommendation is for students who are considering majoring or minoring in a science, or if they are pre-med, pre-dental, pre-optometry, pre-vet, pre-PA, or pre-pharmacy.
- Talk to your advisor about this if you have questions



# About AP/IB Science Courses (continued)...



- Advantages of retaking the course include:
  - Better preparation for the upper level science courses that you will take later throughout your degree program and track
  - You will have a grade in place of your “P” which will give you qualitative point instead of a null score on your professional school application.
  - It will broaden the schools options that you can apply to for professional school, since you will have a grade for the course.
- If you have AP credit in other courses such as MATH 125 (Calculus) or other non-science courses, you can apply the credit to your degree program and your professional school prerequisites. If you have questions, please ask a Pre-Health advisor.

# What about Dual Enrollment?

Dual enrollment credit for science courses generally are not recommended to be repeated.

Students will work with their advisors to decide what the next course in their pre-health sequence or major would be.



“Ok...I know what science and math classes to take now. What other classes do I need for my schedule?”

### General Education/Core Courses

Humanities,  
Computer Science,  
Foreign Language,  
History,  
Fine Art, etc.

*You can choose any course to round out your schedule. Try to register for between 14-16 credit hours as this is a typical full schedule for pre-health students.*

### Major Exploratory Courses

- EC 110 for Business students
- KIN 199 or 300 for Kinesiology Students
- PY 101 for Psychology Students
- NHM 101 for Food and Nutrition Students

### Special Programs

- IDMD 100 for students in the McCollough minor
- UH courses for students in Honors College
- GBA 145 if you are in STEM-MBA

**Our Advice: Choose courses that you think that you would enjoy with your science/math courses**

# Sample schedules:

Pre-Med, Chem or Bio Majors, Pre-Dental, Pre-Vet, Pre-Pharmacy, Pre-PA, Pre-Optometry

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## Placed in MATH 100

*(Do NOT take Math 110)*

BSC 113	1 hr
BSC 114	3 hrs
BSC 115	1 hr
MATH 100	3 hrs
MUS 121	3 hrs
EN 101	3 hrs
AS 101	1 hr

Total Hours                      15 hrs

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## Placed in MATH 112

BSC 113	1 hr
BSC 114	3 hrs
BSC 115	1 hr
CH 100	5 hrs
MATH 112	3 hrs
EN 101	3 hrs

Total Hours                      16 hrs

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## Placed in MATH 115

BSC 114	3 hrs
BSC 115	1 hr
CH 101	4 hrs
EN 101	3 hrs
MATH 115	3 hrs

Total Hours                      14 hrs

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## Placed in MATH 125 (Do NOT take Math 121)

BSC 114	3 hrs
BSC 115	1 hr
CH 101	4 hrs
Math 125	4 hrs
EN 101	3 hrs

Total Hours                      14 hrs

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# Sample schedules:

Pre-PT, Pre-OT (Pursing a non-science major)

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## *Placed in MATH 100 (Do NOT take Math 110)*

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BSC 113	1 hr
BSC 114	3 hrs
BSC 115	1 hr
MATH 100	3 hrs
MUS 121	3 hrs
EN 101	3 hrs
AS 101	1 hr

\*\*If you decide to pursue a major in biology or chemistry, CH 100 or CH 101 will also be recommended dependent on your math placement

Total Hours                      15 hrs

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## *Placed in MATH 112 or 115 or 125 (Do NOT take Math 121)*

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BSC 113	1 hr
BSC 114	3 hrs
BSC 115	1 hr
PY 101	3 hrs
MATH 112 or Math 115 or Math 125	3-4 hrs
EN 101	3 hrs

\*\* Math 113 can be taken depending on pre-health track. Completion of Math 112 is required to take this. Check the prehealth guide for details.

Total Hours                      14-15 hrs

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