



Occupational Therapy

Additional Education: M. OT

The Occupational Therapist is part of an interdisciplinary health care team that will work in hospitals, clinics, and home/work environments with a variety of disabled patients. Their ultimate goal is to help individuals achieve function and safety in their daily life through the use of special equipment, environmental modifications, and injury prevention strategies.

Prerequisite/suggested courses for Occupational Therapy at UBC

As of June 2017. Minimum required grade of 76% based on all upper level courses.

Note: All courses are recommended unless stated as a pre-requisite. In addition to courses, students are required to have a minimum of 70 hours of volunteer work in a rehabilitation related setting and 2 reference letters out of which one must reflect academic performance.

UBC OT Prerequisite Courses	Complementary Kinesiology Courses
1) 3 Credits of Accepted Human Anatomy: - Ex. CAPS 391: Introduction to Gross Human Anatomy	KIN 362: Adapted Physical Activity KIN 366: Movement Experiences for Young Children
2) 3 Credits of Social Science: - Ex. Any Sociology, Anthropology, <u>or</u> Human Geography	KIN 367: Leisure and Disabled Persons KIN 389: Neuromuscular Integration of Human Movement
3) 3 Credits of Behavioural Science: - Ex. Any Psychology	KIN 462: Skeletal Muscle Physiology KIN 469: Chronic Health Issues, Physical Activity, and Community Practice KIN 473: Neuroanatomy of Human Movement
Note: Kinesiology does not offer the anatomy pre-requisite for Occupational Therapy at UBC. KIN 190/191 are not valid for this requirement.	
For further information regarding accepted prerequisite courses, please visit the UBC Master of Occupational Therapy website: http://osot.ubc.ca/prospective-students/admission-requirements/ .	

Disclaimer: While every effort will be made to ensure that the information provided is accurate and up to date, it is the student's responsibility to check directly with the institutions/schools they are applying to. Courses listed in this document are RECOMMENDED courses for the Masters of Occupational Therapy program at the University of British Columbia. Other institutions/schools may have more specific/alternate requirements and it is advised that you consult their admission requirements respectively. Please see an Academic Advisor to discuss your course options.



Additional Resources

Suggested Co-Curricular Involvement	Suggested Certifications
G.F. Strong Rehabilitation Volunteer	First Aid & CPR/AED
Clinic Volunteer	Canadian Society of Exercise Physiology- Certified Exercise Physiologist (CSEP-CEP) – Recommended but not required
I-CORD Vancouver	
Vancouver Coastal Health Volunteer	
Kinesiology Undergraduate Society	

How To Get Involved / How To Get Certified	Other Programs To Enhance Your Learning Experience
Vancouver Coastal Health-Volunteer http://www.vch.ca/get-involved/volunteer	Kinesiology Peer Academic Coaching (KPAC) http://kin.educ.ubc.ca/current-students/student-kinvolvement/kpac/
Canadian Society for Exercise Physiology http://www.csep.ca/	Athletics & Recreation: Campus Recreation http://www.gothunderbirds.ca/
UBC Body Works Fitness http://outreach.kin.educ.ubc.ca/bodyworks/	Campus Life: Volunteer for Campus Events http://www.students.ubc.ca/campus-life/
First Aid/CPR Training – Canadian Red Cross http://www.redcross.ca/	Community Service Learning: http://www.learningexchange.ubc.ca/community_learn.html
	Co-operative Education Program http://kin.educ.ubc.ca/co-op/about/

Career Planning Tips
ASSESS: Self discovery <i>Reflect and write down your interests, values, personality traits, and skills.</i>
EXPLORE: Self awareness and career options <i>List your top 5 priorities in each category of self assessment. Identify employment sectors based on the list.</i>
RESEARCH: Gather information <i>Choose and gather information on 5 to 10 careers as identified above. Go online and talk to people in the industry.</i>
EVALUATE: Make decisions <i>Identify pros and cons, required education, job trends, entrance strategies, and related occupations.</i>
PLAN: Action! <i>Set goals and carry out strategies to experience your chosen career (e.g., volunteer, Co-op, summer work).</i>

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