



Springfield College Sequencing Guide

Health Science – Pre-occupational Therapy Undergraduate Major (HSOT/HSOD) ▼ 2026-2027

Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress with your advisor.

Core Curriculum Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following Core Curriculum categories:

- 100-level Wellness & Physical (1 cr)
- 200-level Wellness & Physical (1 cr)
- 300-level Wellness & Physical (1 cr)
- Literature (3 cr)
- Aesthetic Expression (3 cr)
- Themed Explorations (9 cr)
 - 3 different prefixes
 - 1 Global course

This major typically requires 82 credits to complete. In addition to the Core Curriculum and major requirements listed, you must complete:

- **1 elective credits or more** to total at least 120 credits
- **The residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)

HSOT/HSOD Major Requirements – Typical First-Year Schedule

<p>Fall: SCSM 101, Springfield College Seminar (Core requirement – 3 cr) ENGL 113, College Writing I (Core requirement – 3 cr) OCTH 100, Occupational Therapy Seminar I: Essentials for Academic and Professional Success (1 cr)</p> <p>Note: If you are planning to study abroad, also take: BIOL 130, Anatomy and Physiology Concepts I (3 cr) BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr)</p> <p>Plus other Core or major requirements to total approximately 15 credits</p>	<p>Spring: ENGL 114, College Writing II (Core requirement – 3 cr) OCTH 101, Survey of Occupational Therapy (3 cr)</p> <p>Note: If you are planning to study abroad, also take: BIOL 131, Anatomy and Physiology Concepts II (3 cr) BIOL 133, Anatomy and Physiology Concepts II Lab (1 cr)</p> <p>Plus other Core or major requirements or electives to total 30 credits for the year</p>
<p>Fall or Spring: CHEM 101, Chemistry Survey (3 cr – also fills Scientific Reasoning Core) CHEM 102, Chemistry Survey Laboratory (1 cr – also fills Scientific Reasoning Core) MATH 115, College Algebra (3 cr – also fills Quantitative Reasoning Core; or MATH 125, 131, 140, or 201) PSYC 101, Introduction to Psychology (3 cr)</p>	

HSOT/HSOD Major Requirements – Typical Second-Year Schedule

<p>Fall: BIOL 130, Anatomy and Physiology Concepts I (3 cr) BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr) OCTH 284, Occupational Therapy Practicum & Seminar II: Introduction to OT Practice Settings (3 cr)</p> <p>Plus Core or major requirements to total approximately 15 credits</p>	<p>Spring: BIOL 131, Anatomy and Physiology Concepts II (3 cr) BIOL 133, Anatomy and Physiology Concepts II Lab (1 cr)</p> <p>Plus Core or major requirements to total 30 credits for the year</p>
<p>Fall or Spring: PSYC 109, Human Development (3 cr) PSYC 221, Abnormal Psychology (3 cr) RHDS 230, Disability and Society (3 cr)</p>	

HSOT/HSOD Major Requirements – Typical Third-Year Schedule

<p>Fall: OCTH 335, Client Occupations through Service Learning (1 cr)</p> <p>Plus Core and major requirements, or electives to total approximately 15 credits</p>	<p>Spring: OCTH 384, OT Practicum and Seminar III: OT Practice Framework (3 cr)</p> <p>Plus any remaining Core and major requirements, or electives to total 30 credits for the year</p>
<p>Fall or Spring: One of the following: HSCI 225, Biostatistics (3 cr) MATH 215, Probability and Statistics (3 cr) PSYC 211, Introduction to Statistics (3 cr) Plus one WAC course</p>	

HSOT/HSOD Major Requirements – Typical Fourth-Year Schedule

<p>Fall: OCTH 501, Occupational Therapy Fundamentals (3 cr – also fills one WAC requirement) OCTH 503, Professional Seminar I (1 cr) OCTH 505, Group Process (1 cr) OCTH 506, Group Process Lab (1 cr) OCTH 510, Functional Human Anatomy (3 cr) OCTH 511, Functional Human Anatomy Lab (1 cr) OCTH 515, Functional Movement in Occupations (2 cr) OCTH 560, Evidence-Based Practice I (2 cr)</p>	<p>Spring: OCTH 512/OCTH 514 Lecture and Lab, Neuroscience and Occupation (3 cr) OCTH 520, Development, Occupation and Performance in Infancy and Childhood (4 cr) OCTH 526, Culture, Occupation and Occupational Justice (3 cr) OCTH 530, Occupation and Technology (1 cr) OCTH 561, Evidence-Based Practice II (2 cr) OCTH 570, Social Policy, Law, and Ethics (2 cr) OCTH 584, Clinical Education I and Professional Seminar II (2 cr)</p> <p>Plus Core and major requirements, or electives to total a minimum of 120 credits for your undergraduate career</p>
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Additional HSOT/HSOD Major Requirements – Flexible Timing

The following courses must be completed prior to senior year.

HSCI 201, Introduction to Health Care Ethics (3 cr – also fills Spiritual/Ethical Core)
HSCI 260, Human Disease and Chronic Illness (3 cr)
or PHTH 310 Healthcare Language: Systems, Specialties, Pathologies and Culture (3 cr)
SOCL 101, Introduction to Sociology (3 cr – also fills Historical and Social Literacy Core)

HSOT/HSOD Major – Program Standards

To continue in the HSOT/HSOD major, and to progress to the graduate level, standards include, but are not limited to:

- Meet the performance standards for academic and professional behavior outlined in the *Occupational Therapy Student Manual*
- Earn a grade of C or better for all major requirements
- Earn a minimum 3.000 cumulative GPA
- Meet the following additional GPA standards (see your on-line Degree Audit for more information):
 - Earn a minimum 3.200 GPA in the foundational science requirements
 - Earn a minimum 3.000 GPA in the social science requirements
 - Earn a minimum 3.000 GPA in the occupational therapy pre-professional requirements
 - Earn a minimum 3.000 GPA in the occupational therapy professional core requirements
 - Earn a minimum 3.000 GPA in the occupational therapy professional science requirements

For more information about these and other program standards, contact your advisor or the HSOT program coordinator.

Following completion of the 4th year, students continue with requirements for the Occupational Therapy graduate program.