Pre-Chiropractic Guide
2021-2022

Chiropractors, also known as Doctors of Chiropractic or Chiropractic Physicians, diagnose and treat patients with health problems of the musculoskeletal system and treat the effects of those problems on the nervous system and on general health. Many chiropractic treatments deal specifically with the spine and the manipulation of the spine.

The chiropractic approach to healthcare focuses on the patient’s overall health. Chiropractors provide natural, drugless, nonsurgical health treatments, relying on the body’s inherent recuperative abilities. They also recognize that many factors affect health, including exercise, diet, rest, environment, and heredity. Chiropractors recommend changes in lifestyle that affect those factors. In some situations, chiropractors refer patients to consult with other medical professionals.

The University of Iowa does not offer a graduate program in chiropractic medicine. As Pre-Chiropractic advisors, we strive to guide you to the best of our abilities, but it is important to know that chiropractic programs are not standardized. From the beginning, you are encouraged to research possible programs of interest to identify discrepancies in pre-requisite and other requirements between schools of chiropractic medicine. For instance, one chiropractic program might require Organic Chemistry Lab, whereas another might not require Organic Chemistry at all. It is important for you to be proactive in cross-referencing required prerequisite coursework. Your academic advisor is happy to discuss specific program requirements as they relate to University of Iowa coursework.

Sample Pre-Chiropractic Four-Year Academic Plans

Plan A: Starting with General Chemistry and Pre-Calculus

Year 1:
CHEM:1070 General Chemistry I                  CHEM:1110 Principles of Chemistry I
Math through Trig. Or Pre-Calculus*            MATH:1460 Calculus for Biological Sciences*
PSY:1001 Elementary Psychology

Year 2:
CHEM:1120 Principles of Chemistry II          CHEM:2210 Organic Chemistry I
BIOL:1411 Foundations of Biology **           BIOL:1412 Div. of Form and Function**

Year 3:
CHEM:2220 Organic Chemistry II                CHEM:2410 Organic Chemistry Lab
PHYS:1511 College Physics I***                PHYS:1512 College Physics II***
HHP:1100 Human Anatomy                        Human Physiology Course****
HHP:1110 Human Anatomy Laboratory

Year 4:
Courses to complete major                    Courses to complete major
Plan B: Starting with Principles of Chemistry and Calculus

Year 1:
CHEM:1110 Principles of Chemistry I  CHEM:1120 Principles of Chemistry II
MATH:1460 Calculus for Biological Sciences*  BIOL:1411 Foundations of Biology
PSY:1001 Elementary Psychology

Year 2:
CHEM:2210 Organic Chemistry I (CHEM:2210)  CHEM:2220 Organic Chemistry II
BIOL:1412 Diversity of Form/Function**  CHEM:2410 Organic Chemistry Lab

Year 3:
PHYS:1511 College Physics I***  PHYS:1512 College Physics II***
HHP:1100 Human Anatomy  Human Physiology Course****
HHP:1110 Human Anatomy Laboratory  ENGLISH LITERATURE COURSE****
(Beyond ENGL:1200 and RHETORIC)

Year 4:
Courses to complete major  Courses to complete major

*Calculus is not required for the chiropractic program but is required for most science majors. The major will determine which math class is taken.
**Must have two biological sciences with labs. Some programs will accept BIOL:1141 Animal Biology or BIOL:1140 Human Biology.
***Approved biomechanics, kinesiology, statistics, or exercise physiology may also be used.
****These are recommended courses (and required at some schools; see school websites for details).

The Application Process

Applications are considered for each academic term. It is recommended the application be submitted one year prior to the desired enrollment. This process may vary. Check specific programs for their application process and deadlines. Applicants will be required to submit transcripts and a personal statement or essay that expresses their motivation for choosing the chiropractic profession.

Letters of Evaluation/Recommendation

At least one letter of reference is required from a licensed practicing Doctor of Chiropractic. Other reference and evaluation requirements may vary by program. These may be in the form of confidential evaluations, character reference forms, or additional letters of reference.

Interviews

Some programs conduct informal interviews with each applicant. These interviews generally take place in conjunction with a campus visit and can be arranged through the school’s admissions office.

Criminal Background Checks

Applicants should be prepared to disclose and explain any felony or misdemeanor convictions. They may be required to provide signed consent for conducting an External Criminal Background Investigation. Applicants should also be aware that some clinical education sites will require drug screening for students performing clinical rotations.
Pre-Chiropractic Curriculum

Most chiropractic programs require that applicants have at least three years of undergraduate education, and an increasing number require a bachelor’s degree. In either case, your undergraduate studies must include a prescribed number of prerequisite courses as defined by the field’s accrediting body, the Council on Chiropractic Education. The curricula are designed to qualify graduates for state licensure examinations. Certain states may require undergraduate degrees or special courses at the pre-professional or postgraduate level to qualify the applicant for examination. Current entrance requirements for the Doctor of Chiropractic degree program are as follows:

- **STUDENTS WITH A BACHELOR’S DEGREE:** A degree in a pre-health discipline such as pre-med, exercise science, kinesiology, nursing or a similar program; or a life science degree such as biology or chemistry, along with an earned cumulative grade point average of 3.0 or better.
- **STUDENTS WITHOUT A DEGREE:** A total of 90 semester (135 quarter) hours of undergraduate coursework with an earned cumulative grade point average of 3.0 GPA is required. It’s strongly recommended that non-degree seeking students complete at least 24 semester (36 quarter) hours of life and physical sciences, with half of the science credits having corresponding labs. To meet science criteria, reference the recommended courses.

**General Education**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>English Language Skills</td>
<td>6 semester</td>
</tr>
<tr>
<td>Psychology</td>
<td>3 semester</td>
</tr>
<tr>
<td>Social Sciences or Humanities</td>
<td>15 semester</td>
</tr>
</tbody>
</table>

**Biological /Physical Sciences**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biological Sciences (with labs)</td>
<td>6 semester</td>
</tr>
<tr>
<td>Chemistry</td>
<td>12 semester</td>
</tr>
</tbody>
</table>

The chemistry requirement may be met with at least one general or inorganic chemistry and at least two organic chemistry/biochemistry courses with unduplicated content. At least two of the courses must include related laboratory experiences.

**Physics & Related Studies**

<table>
<thead>
<tr>
<th>Subject</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physics &amp; Related Studies</td>
<td>6 semester</td>
</tr>
</tbody>
</table>

The physics requirement may be met with either one or more physics courses with unduplicated content (of which one must include a related laboratory), or one physics course with laboratory and one course in biomechanics, kinesiology, statistics, or exercise physiology.

**Diversity in Chiropractic**

Factors considered in admissions committee evaluations include, but are not limited to, life experiences, work experiences, professional goals, geographical background (rural, urban or suburban), cultural background, and disadvantaged status. Weight will be given to qualified applicants who possess characteristics that are underrepresented in the profession and who would contribute to the overall diversity of the class.
Citizenship/International Students

Most chiropractic colleges admit international students. The application process may be challenging at some schools, and non-citizen students should thoroughly research admission requirements specific to international students and allow additional time for application processing.

Websites

The Association of Chiropractic Colleges:  www.chirocolleges.org/
American Chiropractic Association:  www.acatoday.org
Council on Chiropractic Education:  www.cce-usa.org/

Pre-Chiropractic Coursework Checklist*

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM:1110</td>
<td>Prin of Chemistry I</td>
<td>4</td>
</tr>
<tr>
<td>CHEM:1120</td>
<td>Prin of Chemistry II</td>
<td>4</td>
</tr>
<tr>
<td>CHEM:2210</td>
<td>Organic Chemistry I</td>
<td>3</td>
</tr>
<tr>
<td>CHEM:2220</td>
<td>Organic Chemistry II</td>
<td>3</td>
</tr>
<tr>
<td>CHEM:2410</td>
<td>Organic Chemistry Lab</td>
<td>3</td>
</tr>
<tr>
<td>BIOL:1411</td>
<td>Foundations of Biology</td>
<td>4</td>
</tr>
<tr>
<td>BIOL:1412</td>
<td>Div. of Form/Function**</td>
<td>4</td>
</tr>
<tr>
<td>PHYS:1511</td>
<td>College Physics I</td>
<td>4</td>
</tr>
<tr>
<td>PHYS:1512</td>
<td>College Physics II***</td>
<td>4</td>
</tr>
<tr>
<td>Human Language Skills:****</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>English Language Skills:****</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>Human Anatomy Course</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Human Physiology Course****</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>PSY:1001</td>
<td>Psychology Course</td>
<td>3</td>
</tr>
<tr>
<td>Humanities or Social Sciences:+</td>
<td></td>
<td>15</td>
</tr>
</tbody>
</table>

*Students should consult specific chiropractic programs directly for various interpretations of these requirements. A few programs encourage students to pursue a well-rounded education with coursework that includes 24 science credits (half with labs) instead of specific requirements. These credits may include biology (human anatomy and physiology, embryology, genetics, microbiology, immunology, cellular biology, exercise physiology, and kinesiology); chemistry (general, organic or, analytical); biochemistry, toxicology/pharmacology, nutrition, nuclear medicine, and physical sciences (physics, biomechanics, and statistics).
**Must have two biological sciences with labs. With prior approval, some programs will accept BIOL:1141 Animal Biology or BIOL:1140 Human Biology.
***Approved biomechanics, statistics, or exercise physiology may also be used. Consult individual schools.
****These are recommended courses (and required at some schools; see school websites for details).
+ These 15 s.h. can include any University of Iowa General Education courses except for math or science courses.

Academic Advising Center, 2021-2022