

Pre-Podiatry Guide 2021-2022

Doctors of Podiatric Medicine (DPMs) focus on preventing, diagnosing, and treating conditions associated with the foot and ankle. A DPM makes independent judgments, prescribes medications, and performs surgery. The human foot has a complex interrelation with the rest of the body which means that it may be the first area to show signs of serious conditions such as diabetes and cardiovascular disease. Podiatric physicians are often the first to detect symptoms of these disorders. Consequently, DPMs are a vital and sometimes lifesaving link on a health care team. (From the website *American Association of Colleges of Podiatric Medicine*).

A degree in podiatry is a four-year professional degree. To enter a college of podiatric medicine, students must complete at least three years or 90 semester hours of college credit at an accredited institution. Over 95% of the students who enter a college of podiatric medicine have earned an undergraduate degree.

The University of Iowa does not have a College of Podiatric Medicine. However, there are nine programs in the United States including three in the Midwest (<https://www.aacpm.org/colleges/> and [Find a School - APMA Student Recruitment \(stepintopodiatry.com\)](#)). You will find a link to the complete list of schools on the last page of this document. As pre-podiatry advisors, we strive to guide you to the best of our abilities, but it is important to know that podiatry programs are not standardized. From the beginning, you are encouraged to research possible programs of interest in order to identify discrepancies in pre-requisite and other requirements between schools of podiatric medicine. It is important for you to be proactive in cross-referencing required prerequisite coursework. Your advisor is happy to discuss specific program requirements as they relate to University of Iowa coursework.

Sample Pre-Podiatry Four-Year Academic Plans

Plan A: Starting with General Chemistry and Pre-Calculus

Year 1:

CHEM:1070 General Chemistry I
Math through Trig. Or Pre-Calculus*

CHEM:1110 Principles of Chemistry I
MATH:1460 Calc. for Bio. Sciences*
or MATH:1850 Calculus I*
SOC:1010 Intro. to Sociology**

Year 2:

CHEM:1120 Principles of Chemistry II
BIOL:1411 Foundations of Biology
PSY:1001 Elementary Psychology**

CHEM:2210 Organic Chemistry I
BIOL:1412 Diversity of Form and Function
PSY:2130 Adv. Psychology-Pre-Med.**

Year 3:

CHEM:2220 Organic Chemistry II
PHYS:1511 College Physics I
BIOC:3110 Biochemistry***

CHEM:2410 Organic Chemistry Lab
PHYS:1512 College Physics II
Advanced Biology***
Take MCAT in spring or summer

Year 4:

Courses to complete major
Apply to podiatry schools after September 1

Courses to complete major

Plan B: Starting with Principles of Chemistry and Calculus

Year 1:

CHEM:1110 Principles of Chemistry I
MATH:1460 Calculus for Biological Sciences*
or MATH:1850 Calculus I*

CHEM:1120 Principles of Chemistry II
BIOL:1411 Foundations of Biology
SOC:1010 Intro.to Sociology**

Year 2:

2:32 Div. of Form & Function (BIOL:1412)
4:121 Organic Chemistry I (CHEM: 2210)
PSY:1001 Elementary Psychology**

CHEM:2220 Organic Chemistry II
CHEM:2410 Organic Chemistry Lab
PSY:2130 Adv. Psychology-Pre-Med.**

Year 3:

PHYS:1511 College Physics I
BIOC:3110 Biochemistry***

PHYS:1512 College Physics II
Advanced Biology***
Take MCAT in spring or summer

Year 4:

Courses to complete major
Apply to podiatry schools
after September 1

Courses to complete major

*Calculus is not required for admission but is required for most science majors. The major will determine which math class is taken.

** While sociology and psychology are not prerequisites for most podiatry schools, topics from sociology form 30% and topics from psychology form 60% of one section of MCAT. To be well-prepared, students may wish to complete SOC:1010 Intro. to Sociology, PSY:1001 Elementary Psychology, and PSY:2130 Advanced Psychology.

*** Biochemistry is necessary preparation for the MCAT. One advanced biology course (with lab) is required at some schools; additional advanced biology courses such as genetics are recommended.

American Association of Colleges of Podiatric Medicine Averages:

In 2020, 564 students were matriculated nationally.

Average cumulative GPA: 3.4
Average science GPA: 3.2

Average MCAT CPBS: 123.6
Average MCAT CARS: 123.4
Average MCAT BBFL: 123.6
Average MCAT PSBB: 124.1
TOTAL AVERAGE: 494.6

Note: CPBS = Chemical and Physical Foundations of Biological System

CARS = Critical Analysis and Reasoning Skills

BBFL = Biological and Biochemical Foundations of Living Systems

PSBB = Psychological, Social, and Biological Foundations of Behavior

Academic Guidelines:

Individual schools post profiles of their students on their websites. In 2020 the average cumulative GPA was 3.4. The average science GPA was 3.2. Some schools require at least a “C” in each of the prerequisite courses. (See prerequisite list at the end of this guide).

Non-Academic Guidelines:

Important non-academic factors include good moral character, excellent interpersonal skills, a deep commitment to health care, evidence of leadership potential, and service to others. Successful applicants have volunteer or work experience in a health care setting with patient contact, participated in organizations that serve others, participated in leadership opportunities, job shadowed podiatrists, and learned how to work independently and conduct research.

The Application Process

All applications for podiatric medical schools are initiated through the centralized, online American Association of Colleges of Podiatric Medicine (AACPM) Application Service (<http://www.e-aacpmas.org>). Ideally, applications should be submitted the September prior to the year for which a student is seeking admission. Most schools are willing to accept applications up until July. Since many schools have rolling admission, it is in a student's best interest to apply early. No supplemental applications are required by the podiatric medical schools.

Diversity in Podiatric Medicine

Many podiatric medical schools seek to recruit a diverse class of students, including students from groups underrepresented in podiatric medicine. According to the AACPM, in 2019-2020 Asian/Pacific Islander matriculants totaled 29.7%, African Americans 7%, Hispanic/Latinos 6.6%, and American Indian/Alaskan Natives <1%. Caucasians totaled 49% of the entering class in 2019-2020 with 6.2% not reporting racial or ethnic identity. See [CORRECTED-FALL-ENROLLMENT-by-class-year-ethnic-and-gender-2019-2020-2.pdf \(aacpm.org\)](http://www.aacpm.org).

Entrance Examination Requirement (MCAT)

The Medical College Admission Test (MCAT) is required for admission to most podiatric programs. A few programs will accept GRE or DAT scores in place of the MCAT. MCAT is a standardized, computer-based exam. It is typically taken after the pre-medical courses have been completed. MCAT consists of four sections: Biological and Biochemical Foundations of Living Systems; Chemical and Physical Foundations of Biological Systems; Psychological, Social and Biological Foundations of Behavior; and Critical Analysis and Reasoning Skills. Preparation consists of successful completion of the pre-medical courses, as well as self-study, taking MCAT practice tests and/or participating in a formal MCAT test preparation course.

Letters of Evaluation/Recommendation

Applicants typically obtain letters from science faculty members, faculty members from the applicant's major department, pre-podiatry advisors, research supervisors, volunteer coordinators, and podiatrists. UI does not have a committee process for letters of evaluation; instead, students request letters from their individual evaluators.

Interviews

Podiatric medical schools usually require personal, on-campus interviews. Selected candidates will be contacted to arrange an interview. Interviews vary by school; applicants should check with the schools to which they have applied for the interview timeline. The interview is an important part of the selection process, and candidates should prepare well for the interview. Practice interviews are available through the UI Career Center in C310 Pomerantz Center.

Criminal Background Checks

Some podiatric medical colleges ask applicants whether they have a record of felonies or misdemeanors. Students should make careful decisions throughout their undergraduate years, since charges for drug and/or alcohol use or possession, as well as other charges, can have negative consequences for an application.

Citizenship/International Students

Some colleges of podiatric medicine admit non-citizen international students. However, some require full tuition and fees payment in advance. Non-citizen students should thoroughly research and carefully consider such a decision and discuss it with their pre-podiatry advisors early in their undergraduate years.

Websites

American Association of Colleges of Podiatric Medicine (AACPM): www.aacpm.org/

Links to all schools in the U.S.: www.aacpm.org/colleges/

American Podiatric Medical Association: www.apma.org

Step Into Podiatry: [Find a School - APMA Student Recruitment \(stepintopodiatry.com\)](http://Find a School - APMA Student Recruitment (stepintopodiatry.com))

To submit your application to the colleges of podiatric medicine, you can apply online through a centralized application portal: <https://aacpmas.liaisoncas.com/applicant-ux/#/login>

Pre-Podiatry Coursework Checklist

- | | |
|--|---|
| <input type="checkbox"/> MATH:1010 Trigonometry or MATH:1440 Math for Bio. Sci. or higher Math or Stats | <input type="checkbox"/> CHEM:1110 Principles of Chemistry I <input type="checkbox"/> CHEM:1120 Principles of Chemistry II |
| <input type="checkbox"/> BIOL:1411 Foundations of Bio. <input type="checkbox"/> BIOL:1412 Div. of Form/Function <input type="checkbox"/> BIOC:3110 Biochemistry* <input type="checkbox"/> Advanced Biology* | <input type="checkbox"/> CHEM:2210 Organic Chemistry I <input type="checkbox"/> CHEM:2220 Organic Chemistry II <input type="checkbox"/> CHEM:2410 Organic Chemistry Lab |

Two semesters of physics** Choose one sequence:

- PHYS:1511 College Physics I and PHYS:1512 College Physics II
or PHYS:1611 Introductory Physics I and PHYS:1612 Introductory Physics II
or PHYS:1701 Physics I and PHYS:1702 Physics II

- | | |
|---|---|
| <input type="checkbox"/> English (to include Composition/Literature)*** <input type="checkbox"/> English (to include Composition/Literature) | <input type="checkbox"/> SOC:1010 Intro. to Sociology**** <input type="checkbox"/> PSY:1001 Elementary Psychology <input type="checkbox"/> PSY:2130 Adv. Psychology-Pre-Med |
|---|---|

* Biochemistry is necessary preparation for MCAT. At least one advanced biology course (with lab) is required at some schools. Additional advanced biology courses are recommended.

**Most students enroll in the PHYS:1511-1512 sequence. The calculus-based sequences PHYS:1611-1612 and PHYS:1701-1702 (physics majors only) are also possible. See your advisor for choosing the appropriate sequence.

***Most schools require 6-8 semester hours of English; students should check the individual school's website to determine the specific requirement at each school and consult with their pre-podiatry advisor if there are questions.

****While not typically required as a prerequisite for most podiatry schools, topics from sociology will form 30%, and topics from psychology will form 60% of one section of MCAT. To be well-prepared, students may wish to complete SOC:1010 Intro to Sociology, PSY:1001 Elementary Psychology, and PSY:2130 Advanced Psychology-Pre-Med. Students should consult their pre-podiatry advisor for more information.