Pre-Podiatry Guide  
2020-2021

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 in the 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 schools in the Midwest. You will find a link to the complete list of schools on the last page of this document.

Sample Pre-Podiatry Four-Year Academic Plans

Plan A: Starting with General Chemistry

Year 1:
CHEM:1070 General Chemistry I
MATH based on UI placement
SOC:1010 Introduction to Sociology**

Year 2:
CHEM:1120 Principles of Chemistry II
BIOL:1411 Foundations of Biology
PSY:1001 Elementary Psychology**

Year 3:
CHEM:2220 Organic Chemistry II
BIOL:1412 Diversity of Form and Function
BIOC:3110 Biochemistry***

Year 4:
Courses to complete major
Apply to podiatry schools after September 1

Courses to complete major
Take MCAT in spring or summer
Plan B: Starting with Principles of Chemistry

Year 1:
CHEM:1110 Principles of Chemistry I
CHEM:1120 Principles of Chemistry II
MATH related to major*
BIOL:1411 Foundations of Biology
SOC:1010 Intro. to Sociology**

Year 2:
BIOL:1412 Div. of Form & Function
CHEM:2210 Organic Chemistry I
CHEM:2220 Organic Chemistry II
PSY:1001 Elementary Psychology**
CHEM:2410 Organic Chemistry Lab
PSY:2130 Adv. Psychology-Pre-Med.**

Year 3:
PHYS:1511 College Physics I
PHYS:1512 College Physics II
BIOC:3110 Biochemistry***
Advanced Biology***
Take MCAT in spring or summer

Year 4:
Courses to complete major
Courses to complete major
** Apply to podiatry schools after September 1

* Calculus is not required for admission, but it 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 of the MCAT tests. To be well-prepared, students may wish to complete SOC:1010 Intro. to Sociology, PSY:1001 Elementary Psychology and PSY:2130 Advanced Psychology for Pre-Med

*** Biochemistry is necessary preparation for 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:

For the 2019-2020 academic year, 964 individuals applied to at least one of the nine podiatric medical schools. A total of 567 first year students entered programs in the fall of 2019. Women made up 452 (~47%) of student applications in 2019. Underrepresented student populations are expected to increase in the future.

Matriculant GPA and MCAT Averages in 2019:

<table>
<thead>
<tr>
<th>Average cumulative GPA:</th>
<th>3.4</th>
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<tbody>
<tr>
<td>Average science GPA:</td>
<td>3.2</td>
</tr>
<tr>
<td>Total 2019 AACPMAS Matriculants:</td>
<td>567</td>
</tr>
</tbody>
</table>

| Average MCAT Chemical and Physical Foundations: | 123.5 |
| Average MCAT Critical Analysis and Reasoning:  | 123.4 |
| Average MCAT Biological and Biochemical Foundations: | 123.6 |
| Average Psychological, Social and Biological Behavior: | 124.1 |

| Total Average MCAT Score: | 494.6 |

Academic Guidelines:

Individual schools post profiles of their students on their websites. In 2019 the average science GPA was 3.2. The average cumulative GPA was 3.4. 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, deep commitment to health care, evidence of leadership potential, and service to others. Successful applicants volunteered or worked in a health care setting with patient contact, participated in organizations in service to 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. Be sure to contact each school where you plan to apply to confirm application deadlines.

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 Asian/Pacific Islander enrollees totaled 25.2%, African Americans 6.5%, Hispanic/Latinos 5.1%, and American Indian/Alaskan Natives 0.5%. Caucasians totaled 54.0%.

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. The MCAT is a standardized, computer-based exam. It is typically taken after the pre-medical courses have been completed. The 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 obtain letters from science faculty members, faculty in major department, research mentors, volunteer coordinators, and podiatrists. UI does not have a committee process for letters of evaluation.

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 webcam 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/
American Podiatric Medical Association: www.apma.org
Allopathic Medicine (for information on MCAT): www.aamc.org

Pre-Podiatry Coursework Checklist

___MATH:1010 Trigonometry or ___CHEM:1110 Principles of Chemistry I
    MATH:1440 Math for Bio. Sci. or higher Math or Stats
    ___CHEM:1120 Principles of Chemistry II

___BIOL:1411 Foundations of Bio. ___CHEM:2210 Organic Chemistry I
___BIOL:1412 Div. of Form/Function ___CHEM:2220 Organic Chemistry II
___BIOC:3110 Biochemistry* ___CHEM:2410 Organic Chemistry Lab
___Advanced Biology*

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

___English (to include Composition/Literature)*** ___SOC:1010 Intro. to Sociology****
___English (to include Composition/Literature) ___PSY:1001 Elementary Psychology****
    ___PSY:2130 Adv. Psychology-Pre-Med****

* Biochemistry is necessary as 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 help in choosing the appropriate sequence for your major.

***All 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 advisors for more information.

Academic Advising Center, 2020-2021