

, known as D.O.s, use all the tools and technology available to modern medicine with the added benefits of a holistic philosophy and a system of hands-on diagnosis and treatment known as osteopathic manipulative medicine. \

treating an ailment or disease. D.O.s are licensed to practice the full scope of medicine in the United States.

The total median annual income of physicians in 2018 was \$217,000 for general practice and \$329,000 for specialists (Occupational Outlook Handbook, 2018). Employment of physicians and surgeons will grow faster than average (7%) for all occupations through 2018-2028.

There are currently 33 accredited colleges of osteopathic medicine offering instruction at 44 locations in 29 states. Osteopathic medical school usually requires four academic years. The first two years of osteopathic medical school are geared toward the basic sciences, learning a core set of clinical examination skills, and courses that cover the various systems of the body. The last two years involve a series of clinical rotations throughout inpatient and outpatient settings where students work with patients under the supervision of attending physicians and medical residents. Throughout the four years of training, osteopathic principles and techniques are integrated into the curriculum and rotations as additional resources for diagnosis and treatment of disease. During the last year of medical school, students make decisions about medical specialty and apply for internship or residency programs in their desired area of expertise.

7 training required varies from 3 to 7 years or more depending on the specialty selected. Students may do a preliminary or transitional year prior to beginning their residency, with some advanced specialties requiring preliminary years before beginning the official residency. Some specialties also offer advanced training in a subspecialty usually requiring an chooses residencies in Family Practice, Pediatrics, and Internal Medicine. D.O. graduates may apply to osteopathic and allopathic residency programs. [Find more on the length of residencies by specialty.](#)

is appropriate for osteopathic medical school preparation. While a science major requires many of the same basic pre-requisites, it is not required for admission to any medical school. Students are advised to select a major they find interesting and to work at developing a broad-based, interdisciplinary foundation of knowledge and skills from which they can build upon.

Specific undergraduate course requirements vary from program to program. Requirements that differ from those listed below can be found in school catalogs or in the [Osteopathic Medical College Information Book](#) which is available for free online or in the HPAO Resource Library.

Students maintain responsibility for verifying course selection with individual programs. This is NOT a comprehensive list of prerequisites for all Osteopathic programs.

One year of General Chemistry with lab	Chemistry 111A & 111B
One year of Organic Chemistry with lab	Chemistry 220A & 220B + 320L (Chemistry. & Biochemistry. majors) OR 220A w/ 223A & 220B w/ 223B (Biology & other majors)
One year of General Biology with lab	Biology 211 & 212 & 213
One year of General Physics with lab	Physics 100A & 100B OR 151 & 152
One semester to 1 year of Calculus (check with the school)	Math 119A & 119B OR 122 & 123
One year of English (Composition and Literature preferred)	English 100 AND another course from the English department such as: 102, 180, 300

Students must take the [Medical College Admission Test \(MCAT\)](#) for admissions.

Many colleges require applicants to get to know a D.O. and request a letter of recommendation as part of the application process. Applicants should meet and spend time shadowing the physician. This provides the applicant with exposure to the osteopathic profession and enhances awareness of osteopathic medical philosophy.

Many programs require at least 2 letters of recommendation, although more may be recommended or required as part of the admissions process. Many schools require 1 letter from a D.O. and 1 letter from a science faculty.

The [American Association of Colleges of Osteopathic Medicine \(AACOM\)](#) is used for applications for allopathic medical schools.

The national average GPA for the fall 2019 entering class was _____ and _____.
The average overall MCAT score was _____.