

UC San Diego Global Health Major Pre-Med Timeline

Global Health (B.A.) students pursuing a career in the medical field should include appropriate Pre-Med coursework into their schedule.

Common Medical School Pre-Requisites:

- One year of **college math** (usually Math 10 or 20); AP credit okay
- One course in **statistics** (Math 11, Psych 60, BIEB 100, etc.)
- One year of **physics, including labs** (Physics 1ABC/L or 2 ABC series)
- One year of **general chemistry with lab** (Chem 6 ABC and 7L). *Students with AP credit can take Chem 6H series or inorganic chem 120 AB or biochem 114 AB if desired.
- One year of **organic chemistry with lab** (Chem 140 ABC and 143A) – must take CHEM 6A,B and C prior
- One year of general biology with lab (BILD 1, 2, 3 and 4.0 unit lab).
- Students with AP credit should take several UD courses and a lab (genetics, cell biology, molecular biology, microbiology, physiology, immunology, etc.)
- One course in **biochemistry** (BIBC 100 or 102 or Chem 114A or B)

Coursework

(*bolded courses also fulfill GH major requirements)

Freshmen Year

Courses required for Medical School:

- BILD 3** (can fulfill GH biology elective - may be taken prior to BILD 1 and 2 as they are not pre-requisites of BILD 3)
- CHEM 6 A, B, C and 7L
- Math 10A, B and either C or 11 (or 20A/B/C)
- One year of English Composition – fulfilled with college writing reqts.

For additional information and resources visit

<http://prehealth.ucsd.edu> &
globalhealthprogram.ucsd.edu

Sophomore Year

Courses Required for Medical School:

- BILD 1 and 2
- O-Chem Series - Chem 140 A (Chem 6B or Chem 6BH), B (Chem 140A), C (Chem 140B)
- Physics 1A/L, 1B/L, 1C/L or 2A/L, 2B/L, , 2C/L

Recommended Courses:

- SOCI 30, 40 or 70

Junior Year

Courses Required for Medical School:

- Take Chem 143A (Chem 7L and B or better grade in Chem 140A)
- UD Biology Lab

Recommended Courses (can fulfill Global Health biology electives):

- BIBC 100 Structural Biochemistry** (BIBC 102)
- BICD 100 Genetics** (BILD 1)
- BIPN 100 Human Physiology 1** (BILD 1 & BILD 2)
- BIMM 100 Molecular Biology** (BIBC 100 or BIBC 102, BICD 100)

Senior Year

Recommended courses that can fulfill Global Health Elective Requirements (not recommended for students who are close to 200 units):

- ANSC 164: Medical Anthropology**
- USP 143: The US Health-care System**
- FPMU 101: Epidemiology** (FPMU 40, PSYC 60 or Math 11 & Upper Division Standing)
- FPMU 120: Health Policies for Healthy Lifestyles** (FPMU 110 and upper-division standing)
- FPMU 110: Health Behavior and Chronic Disease** (FPMU 40 and upper-division standing)
- Anatomy** (UCSD Extension or community college)

Additional recommended courses:

- COMM 10: Introduction to Communication
- Medical Terminology (UCSD Extension or community college)

Additional Experiences:

Freshmen Year

Experiences:

- Connect with the **Career Services Center**
- Join HMP3 and other pre-health student organizations
- Begin getting involved with student organizations that interest you or find a [Global Health Field Experience Opportunity](#) working with a student organization.
- Start medical experiences (shadowing, intern, scribe, EMT, etc)
- Explore undergraduate research opportunities
- Go to office hours and start developing professional relationships with Professors
- Explore community service, volunteer opportunities and medical experiences (shadowing, intern, scribe, EMT, etc)
- Review "Considering a Career in Medicine" at www.aamc.org/students_and_explorehealthcareers.org

Sophomore Year

Experiences:

- Connect with the Career Services Center
- Stay involved with extracurricular activities
- Consider leadership positions for your student organizations
- Explore MCAT preparation and study options
- Identify medical programs which interest you
- Identify and foster relationships for letters of recommendation
- Obtain a research position (if interested).

Junior Year

Experiences:

- Connect with Career Services
- Attend Medical School Application workshop
- Register for MCAT (early Winter quarter)
- Study for MCAT and take MCAT (Spring/Summer)
- Request the letters of recommendation from 5 individuals
- Complete Application (AMCAS or AACOMAS) (Spring/Summer)
- Continue with activities; obtain leadership positions
- Look towards research publication

Senior Year

Experiences:

- Connect with Career Services
 - Attend Interview Workshop
- Submit Application (AMCAS or AACOMAS) if not already submitted (early Fall quarter)
- Complete supplemental application
- Wait to be contacted for interview from medical schools, continue with activities; continue leadership positions
- If applicable, contact Career Services regarding a Plan B

Sample Four Year Pre-Med Plan for Global Health Students

Pre-med reqs that also fulfill GH reqs are listed in [blue](#)

*College GE's not included

Year	Fall	Winter	Spring
Freshmen	CHEM6A MATH 10A/ 20A BILD 3 (GH bio elective)	CHEM 6B MATH 10B/ 20B	CHEM 6C CHEM 7L Math 11/L
Sophomore	PHYS 1A/1AL CHEM 140A (O-CHEM) BILD 1 LD Core Req (SOCI 30, 40 or 70)	PHYS 1B/BL CHEM 140B (O-CHEM) BILD 2	PHYS 1C/1CL CHEM 140C (O-CHEM) LD Core Req (HILD 30)
Junior	CHEM 143A (O-CHEM Lab) UD Bio Lab UD Core Req. (Policy Analysis)	UD Core Req. UD Biochemistry (BIBC 100 or 102) Bio Elective (BICD 100 Genetics) Register for MCAT	UD Core Req UD Core Req Bio Elective (BIPN 100 Physics)
Senior	Elective Elective	GLBH 150A. Senior Capstone Elective Elective MCAT	GLBH 150B. Senior Capston Elective

LD core requirements: HILD 30 and Sociology options (SOCI 30, 40, 70 or PHIL 26)

UD core requirements: GLBH 181, MGT 173, ANSC 148 and Policy Analysis course