

## Pre-Naturopathic Medicine Prerequisites and Timeline for Application



Idaho State  
University

Kasiska Division  
of Health Sciences

How to use this document:

- These are the common prerequisites for naturopathic medical school and for preparations to take the MCAT. Check individual programs for exact requirements.
- Take these classes (according to prerequisites). Work with a pre-health advisor to determine correct sequencing.
- This page demonstrates the prerequisites, you may choose to take two to four years – whatever amount of time fits best for your plan.
- Add major classes along with pre-medical prerequisites
- Pay close attention to sequences, prerequisites and when classes are offered
- Your major can be in any field as long as you have the classes to prepare you for naturopathic medical school – Choose your major by your greatest field of interest.

Course Subject and Title	Credits	Offered	Pre & Co Requisites
BIOL 1101/L General Biology I and Lab	4	F,S,Su	Must place into MATH 1108
BIOL 1102/L General Biology II and Lab	4	F,S	BIOL 1101/L
BIOL 4432 Biochemistry	3	F,S	BIOL 1101, CHEM 3301
CHEM 1111/L General Chemistry I and Lab	5	F,S	MATH 1143 or 1147 (recommended – CHEM 1101)
CHEM 1112/L General Chemistry II and Lab	4	F,S	CHEM 1111/L
CHEM 3301/3303 Organic Chemistry I and Lab	4	F	CHEM 1112/L
CHEM 3302/3304 Organic Chemistry II and Lab	4	S	CHEM 3301
PHYS 1111/L General Physics I and Lab	4	F	MATH 1143 or 1147
MATH 1143 College Algebra	3	F,S,Su	MATH 1108
PSYC 1101 Introduction to Psychology	3	F,S	
<b>Recommended courses</b>			
BIOL 2227/L or BIOL 3301/L Human Anatomy and Physiology I and Lab	4	F,S	Place into MATH 1108 OR BIOL 1101 or BIOL 2227/L
BIOL 2228/L or BIOL 3302/L Human Anatomy and Physiology II and Lab	4	F,S	BIOL 2227 or BIOL 3301 OR BIOL 1101 or BIOL 2227/L
Additional Humanities courses (3-9 credits recommended) in Sociology, Philosophy, Gender and Sexuality Studies, Religion, Global/International Studies, etc.			
<b>For Naturopathic Medical School Application</b>			
Research schools you wish to apply to			
3-6 months prior to application – Begin drafting personal essay and finding letter writers			
NDCAS Application			
At least three months prior to application – Create your account and complete the “Colleges Attended” and “Evaluations” sections			
10-12 weeks before deadline – Ask your schools to send official transcripts directly to NDCAS; enter coursework; check in with your evaluators to confirm they received evaluation request			
6-8 weeks before deadline – Complete and submit your application; review the verification process; monitor your application for receipt of transcripts and letters of evaluation			
4-6 weeks before deadline – Continue to monitor application until your status is Verified			
After deadline – Download a copy of your application for your records			
Reach out to programs to learn about admissions decisions			

## What else do you need?

- Undergraduate degree
  - Major – complete all requirements for major
  - General Education Requirements
- Shadowing and Interviewing
  - Programs may have a minimum time requirement for shadowing experience
  - Must be done under a certified naturopathic doctor
  - Look for opportunities in your area using networking connections available to you
  - Interview as many naturopathic doctors as you can; consider calling some on the phone and asking for some sort of phone or virtual interview
  - Intern in the natural medicine/natural products field or participate in natural medicine research
- Volunteer Work or Community Service
  - Medical or non-medical
  - Naturopathic schools of medicine are looking for applicants who have concern for others, as well as high levels of empathy, compassion, and integrity; these attributes can be shown in volunteer work
  - Try to use a talent or hobby to reach others in your community
- Health Care Experience
  - All paid or unpaid work in a health-related field where you have patient interaction
  - Preferably in a naturopathic setting of some sort, but any experience is valuable
  - Patient care experience will give you a better idea of what working with patients is really like
- Leadership
  - In a healthcare setting or in a non-healthcare setting, students are encouraged to be creative
  - Shows that you are a strong member of a team
  - Showing leadership will make you stand out from other applicants and show you are actively preparing for your future in your career and community
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- Attributes
  - Communicative
  - Socially Conscious
  - Integrity
  - Empathy
  - Passionate
  - Inquisitive

## Helpful links:

AANMC: <https://aanmc.org/>

NDCAS Applicant Help Center: [https://help.liaisonedu.com/NDCAS\\_Applicant\\_Help\\_Center](https://help.liaisonedu.com/NDCAS_Applicant_Help_Center)