Your path to a career in Health Care Professions
Health care professionals have successful careers in a variety of areas. They may work in health care administration, provide patient care, or sell medical equipment and supplies. This publication is designed to help you understand that medical school is not the only path to a career in health care. In the following pages, you will find that there are many paths at Ohio State that can lead to a successful career in the health field.

Regardless of the path you choose, here are five suggestions to keep in mind as you set goals toward a career in health care.

1. Consider your interests. What aspects of health care appeal to you? Do you enjoy working with people? Are you interested in caring for the sick or disabled? Do you prefer research and discovery? From management to medical equipment sales, from clinics to chronic care centers, health professionals have many options. Remember to consider your specific interests and abilities as you set career goals.

2. Understand the skills health care professionals need. Do you have an aptitude for math and science? Do you have the desire and ability to continually learn new procedures and technologies? Begin now to develop skills needed to be successful in health care. For example, consider what experiences beyond the classroom will help you gain excellent communication skills and the ability to work with diverse populations.

3. Consider a wide range of majors. Once you have assessed your personal interests and considered the skills required for success in health care, look into the variety of majors Ohio State offers and determine which one is right for you. This publication introduces you to some of the majors that have health-related career opportunities.

4. Take advantage of co-curricular opportunities. Practical experiences are vital when preparing for a health-related career. Many health-related programs of study include internships or clinical experience. Additionally, Ohio State is home to more than 1,000 student organizations, some specifically for those pursuing degrees in the health professions. There are many volunteer programs on campus and within the community that also provide hands-on opportunities.

5. Consider graduate or professional school. Health professionals may find that an undergraduate degree isn’t enough to be competitive in the expanding health field. Postgraduate work may be in your future; keep that in mind when making decisions regarding your major, courses and co-curricular activities.
For incoming freshmen who are interested in health care but undecided on a major, University Exploration is a valuable resource. Health and Human Services Exploration (one of six specialized areas in University Exploration) focuses on degrees related to health and helping at Ohio State. By participating in Health and Human Services Exploration, students can pursue course work for health-related majors and discover opportunities they may have never considered.

For more information, visit exploration.osu.edu/prospective-students.

Pursuing pre-health at Ohio State

You may already have goals for a career in medicine, dentistry, pharmacy, optometry, occupational therapy or physical therapy—all of which require education beyond the four-year degree. Undergraduates who plan to pursue advanced health-related degrees follow a pre-health academic program while completing an undergraduate degree. The pre-health program includes necessary courses required for admission to medical school or other professional programs. Ohio State offers many health-related graduate degrees, including (but not limited to) the ones listed below:

- Master of Applied Clinical and Preclinical Research (macpr.osu.edu)
- PhD in Biomedical Science (medicine.osu.edu/bsgp)
- Doctor of Dental Surgery (dentistry.osu.edu)
- MA and PhD in Health and Exercise (ehe.osu.edu/graduate-students)
- Master of Occupational Therapy (medicine.osu.edu/hrs/ot)
- Clinical Doctorate in Physical Therapy (medicine.osu.edu/hrs/pt)
- PhD in Health and Rehabilitation Sciences (medicine.osu.edu/hrs/phd)
- MS and PhD in Vision Science, Doctor of Optometry (optometry.osu.edu)
- Doctor of Pharmacy (pharmacy.osu.edu)
- MS and PhD in Public Health (cph.osu.edu)

In addition to prerequisite courses, medical and professional schools will also consider relevant co-curricular activities, so it is important for students to take advantage of the many opportunities Ohio State offers: volunteer programs at the University Medical Center, research activities and pre-health student organizations.

Ohio State offers a wide variety of undergraduate majors (some are described in this publication) that can prepare students for medical school at Ohio State or elsewhere. Students who are interested in the pre-health program should contact a pre-health advisor as early as possible for help choosing an appropriate undergraduate major. Pre-health advisors can also assist throughout the undergraduate program as students prepare for the rigorous exams and competitive courses of post-baccalaureate study.
Select majors at Ohio State that can lead to a career in health care professions

### Career categories

- **□** = Teaching within health care or preparation for graduate/professional school
- **●** = Manufacturing/designing medical equipment or selling medical supplies
- **★** = Health care administration or other managerial roles
- **▲** = Providing care for patients or clients through home care or at health care facilities
- **♦** = Research or laboratory work

### Arts and Sciences

For more information: artsandsciences.osu.edu

<table>
<thead>
<tr>
<th>Majors</th>
<th>Career possibilities</th>
</tr>
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<tbody>
<tr>
<td><strong>Speech and Hearing Science ▲ ♦</strong></td>
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| The speech and hearing science major offers concentrations in speech-language pathology, audiology, speech science and hearing science. The curriculum includes basic studies in areas such as linguistics, hearing and speech science, and communication disorders for both audiology and speech language pathology. | • Centers for the developmentally disabled  
• Community and university clinics  
• Health departments  
• Hospitals  
• Nursing care and private practice facilities  
• Public and private schools  
• Rehabilitation centers  
• Research laboratories |

| **Psychology ● ★ ▲ ♦** |
| The psychology major offers students exposure to disciplined inquiry into human and animal behavior. A major in psychology can provide a strong foundation for the professional training or graduate study that is necessary to pursue a career in psychology. | • Administration and management  
• Business and industry  
• Casework  
• Child care  
• Health services  
• Marketing and public relations  
• Psychiatric assistant  
• Research or laboratory assistant |

### Dental Hygiene

For more information: dentistry.osu.edu/dhy

<table>
<thead>
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| The dental hygiene program prepares graduates for licensure as dental hygienists who provide educational, clinical and therapeutic services supporting total health through the promotion of oral health. The curriculum includes comprehensive and clinical instruction and courses in an area of specialization. | • Administration  
• Advocacy  
• Dental clinics  
• Education  
• Research |
Education and Human Ecology

For more information: ehe.osu.edu

**Majors**

**Exercise Science Education**
Exercise science education prepares students for employment in commercial, corporate, clinical, community and government agencies with interest in the areas of physical activity and/or health promotion. Students study structural, functional and behavioral phenomena related to participation in acute and chronic exercise in multiple settings.

**Dietetics track in the Human Nutrition major**
This program prepares students to apply for and complete a dietetic internship and to take the ADA exam to become a registered dietician.

**Nutrition in Industry specialization in the Human Nutrition major**
This specialization prepares students for careers in the development, marketing, advertisement and sales of food and health products. In addition to taking the core human nutrition course work, students will complete a general business minor through the Fisher College of Business.

**Nutrition Sciences specialization in the Human Nutrition major**
Students in this specialization study how metabolism and nutrients play roles in human health and disease. The curriculum is coupled with internships and undergraduate research opportunities.

**Career possibilities**

- Cardiac rehabilitation
- Employee fitness
- Exercise physiology
- Personal training
- Physical therapy / sports medicine (requires graduate school)
- Strength and conditioning coaching
- Nutrition education
- Nutrition counseling and therapy
- Sports nutrition
- Business organizations that focus on foods, nutrition and nutraceuticals
- Government policy/regulation/lobbying
- Nutritional marketing
- Public relations
- Sales for nutritional, pharmaceutical and other health care products
- Biological technology
- Food science
- Health education
- Fitness training
- Medicine and other allied medical professions (requires graduate school)

Engineering

For more information: engineering.osu.edu

**Majors**

**Pre-health specializations within engineering majors**
Engineering continues to be involved in all branches of health care as technology and scientific breakthroughs expand, creating an important relationship between engineering and medicine. Several engineering majors combine engineering principles and methodology with other sciences to solve problems in biology, medicine, behavior and health care.

**Career possibilities**

- Government agencies
- Medical center labs
- Medical device companies
- Pharmaceutical companies
- Research universities
## Food, Agricultural and Environmental Sciences

For more information: cfaes.osu.edu/students

### Majors

#### Food Science and Technology

- The food science and technology program includes nutrition and medical dietetic classes along with courses in microbiology and chemistry.

- **Career possibilities:**
  - Dietitian
  - Graduate study in medicine or nutrition
  - Nutrition research or education

### Health and Rehabilitation Sciences

For more information: medicine.osu.edu/hrs

### Majors

#### Athletic Training

- The athletic training program prepares students to provide sports medicine care to physically active persons, including competitive athletes in professional, college and high school sports. Students experience classroom and clinical instruction, have access to research opportunities, and complete clinical rotations on and off campus.

- **Career possibilities:**
  - Certified athletic trainer
  - Health care administration
  - Risk management and injury prevention
  - Sports medicine clinics
  - Sports programs in secondary schools, colleges, universities and professional sports
  - Teaching in AT educational programs

#### Health Information Management and Systems (HIMS)

- The HIMS curriculum blends course work in biological sciences, health services management, clinical documentation, finance, reimbursement and health care law. This program prepares students to manage staff and systems that deal with health care data.

- **Career possibilities:**
  - Consulting
  - Data quality management
  - HIMS department administration
  - HIMS management
  - Research and development
  - Teaching in HIMS educational programs

#### Health Sciences

- Health sciences prepares students for career opportunities in health care and services or for entry into graduate and professional programs. The program provides students with a strong science background and includes research and service.

- **Career possibilities:**
  - Acute-care centers
  - Education
  - Graduate/professional school
  - Health care corporations
  - Non-profit organizations
  - Public health
  - Work-site health promotion

#### Medical Laboratory Science

- This program educates students in clinical laboratory science and prepares graduates to become certified medical technologists and/or pursue post-baccalaureate studies in graduate, medical, dental, optometry, pharmacy or veterinary school. The program has two BS tracks to choose from based on a student's future academic and professional career goals.

- **Career possibilities:**
  - Clinical laboratories (e.g. fertility clinics, forensic labs, physician offices)
  - Laboratory information systems (computers)
  - Public health
  - Research and development
  - Sales
The nursing program provides students access to advanced resources, study abroad and service opportunities, and faculty who are specialists in their fields. Course work in theory and clinical areas prepares students for entry-level professional practice positions and provides the basis for graduate study.

Medical Dietetics
The medical dietetics program integrates course work with supervised practice so that graduating students are eligible to sit for the Registration Examination for Dietitians. The program also prepares students for medical school, physical therapy, occupational therapy or other graduate programs.

Radiologic Sciences and Therapy
The radiologic sciences and therapy program prepares graduates for professional-level careers in radiologic science, advanced clinical practice and research. Curriculum includes extensive theory and clinical education in one of three specialty areas: radiography, radiation therapy or sonography.

Respiratory Therapy
The respiratory therapy curriculum prepares graduates for professional level careers. The program provides opportunities for hands-on experience and prepares students to treat patients with cardiopulmonary disorders such as asthma, emphysema, infant prematurity and trauma.

Nursing
For more information: nursing.osu.edu

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Social Work

For more information: csw.osu.edu

Majors

Social Work

The social work major focuses on human behavior in the social environment; diversity; social work values and ethics; social policy and program analysis; social work research; and generalist practice with individuals, families, groups and communities. Students apply classroom learning in a professional agency during a year long internship. The social work degree prepares students for entry-level professional practice or for graduate study.

Career possibilities

• Chemical dependency counseling
• Community health clinics
• Health care advocacy
• HIV/AIDS counseling and education
• Hospice and palliative care
• Hospital social work
• Nursing care facilities
• Prevention and wellness education
• Rehabilitation centers

Pharmacy

For more information: pharmacy.osu.edu

Majors

Pharmaceutical Sciences

The curriculum for pharmaceutical sciences builds a strong science foundation, develops laboratory skills, and provides training and experience for graduate school or a health-related career. Students study drug discovery, drug delivery, drug action, drug distribution and pharmacoeconomics.

Career possibilities

• Clinical research
• Drug discovery and development
• Insurance companies
• Post-graduate study in professional fields such as dentistry, law, medicine, optometry, pharmacy, physical therapy and veterinary medicine
• Pharmaceutical administration
• Public health
• Quality assurance
• Sales and marketing

Public Health

For more information: cph.osu.edu

Major

Public Health

Specializations: Public Health Sociology; Environmental Public Health

Public health integrates many disciplines to prevent illness, disease and injury and to promote wellness and protect health. This is an excellent option for students considering any health-related career or graduate study in a variety of health professions such as medicine, nursing, dentistry, physical therapy and veterinary medicine. The field covers a broad range of issues, including environmental pollution, health behaviors, access to health care, obesity prevention and prevention of infectious diseases.

Career possibilities

• Community health clinics
• Environmental specialists and scientists
• Global health
• Graduate study in public health and health-related fields such as medicine, dentistry, optometry, pharmacy, social work and law
• Health departments
• Health, prevention, wellness education
• Health-related non-profit organizations
• Health services administration
• Public health social services
• Wellness programs for private corporations
• Wellness programs for private corporations
About the medical facilities at Ohio State

Medical and health science students at Ohio State have unparalleled opportunities as they study at one of the largest and most diverse academic medical centers in the country. Ranked 14th among the nation's public medical schools (U.S. News & World Report), Ohio State maintains its reputation as a top medical institution offering practical opportunities—internships, fellowships, clinicals and residencies—at state-of-the-art facilities. Students studying at the Wexner Medical Center at The Ohio State University not only have access to these opportunities and facilities, but also learn from the expertise of research scientists, faculty and practicing physicians within a variety of fields. Ohio State's advanced resources combine with a multidisciplinary team of experts to provide students hands-on experiences, thus preparing a new generation of physicians, scientists and health care professionals.

Health care degrees on regional campuses

Lima, Mansfield, Marion and Newark

Courses are offered at regional campuses to meet the needs of both nontraditional and traditional students. Students receive the same comprehensive education that they would receive on the Columbus campus at four convenient Ohio State locations around the state. Students may begin any degree at a regional campus and can complete a select few. The following are health-related degrees that can be completed at a regional campus:

- **Dental Hygiene** (BS completion program): Lima, Mansfield, Marion and Newark
- **Health Science**: Lima
- **Nursing** (RN to BSN program): Lima, Mansfield, Marion and Newark
- **Psychology**: Lima, Mansfield, Marion and Newark
- **Social Work**: Lima, Mansfield, Marion and Newark

Learning communities and Scholars programs

Students pursuing a health-related degree at Ohio State have many learning and social opportunities beyond the classroom. **Learning communities** are residential experiences in which students of the same academic program or interest reside in the same residence hall. These communities feature faculty interaction, special programming and community service. Ohio State offers three health-related learning communities: Future Health Professionals Learning Community, Nursing Learning Community and Pharmacy House Learning Community. [housing.osu.edu/learning-communities](http://housing.osu.edu/learning-communities)

The Ohio State **Scholars Program** brings together high ability students in academically stimulating, close-knit communities. Each program emphasizes its own specific academic program, career or special interest. Scholars programs designed for students interested in health care professions include Health Sciences Scholars and Sports and Wellness Scholars. [honors-scholars.osu.edu](http://honors-scholars.osu.edu)

For more information

1. Learn about the more than 200 undergraduate majors at Ohio State: [majors.osu.edu](http://majors.osu.edu)
2. Find a link to every Ohio State college and school: [osu.edu/academics/a-z.html](http://osu.edu/academics/a-z.html)
3. Email Undergraduate Admissions with your questions: askabuckeye@osu.edu