

PCOM On-line Pre-matriculation Program (POPP)

In partnership with OnlineMedEd



+ OnlineMedEd

Welcome to the PCOM pre-matriculation program in partnership with OnlineMedEd (OME)! In advance of the start of your OMS-1 year, PCOM has arranged for optional early access to the OME curriculum (lessons) to reinforce key topic areas that are covered during the first few months of the OMS-1 year. We are providing a roadmap with a proposed schedule of lessons for you to complete over the next 3 weeks before orientation that also pair with the Pre-matriculation Academic Success Sessions (PASS) coordinated by the Academic Support staff from the PCOM Office of Student Affairs. Of course, this is not a strict schedule as OME is a self-paced platform and you can spread out, or batch lessons as needed.

OnlineMedEd is all about self-directed learning, so feel free to explore the rest of the website and view other lessons that best suit your needs. You'll have access to all of our curriculum during this 3-week program.

Congratulations on the start of your medical school journey at PCOM! As an alumnus of the school, I am so excited to have the opportunity to be a small part of your new career as an Osteopathic Physician.

Sincerely,

Stephen DeMeo, DO
VP of Medical Education at OnlineMedEd
PCOM Class of 2008

Getting Started

01:40:25

Course	Time
Quickstart Guide	00:05:29
Learning How to Learn	01:34:56

OME Week 1: Biochemistry and Metabolism*

02:16:08

Course	Lesson	Time
Biochemistry 1: DNA to Protein	Genetic Material and an Introduction	16:32
Biochemistry 1: DNA to Protein	Nucleotides and Nucleic Acids	20:12
Biochemistry 1: DNA to Protein	OME's Version of DNA and RNA	20:16
Biochemistry 2: Metabolism	Introduction to Metabolism	19:14
Biochemistry 2: Metabolism	Glycolysis	29:09
Biochemistry 2: Metabolism	Citric Acid Cycle	17:13
Biochemistry 2: Metabolism	Electron Transport Chain	13:32

OME Week 2: Genetics and General Physiology* and OMM**

03:17:50

Course	Lesson	Time
Biochemistry 3: Genetics	Introduction to Genetics	22:16
Biochemistry 3: Genetics	Modes of Inheritance	24:02
Biochemistry 3: Genetics	Chromosome Number Diseases	21:51
General Physiology	Plasma Membranes	21:36
General Physiology	Transporters	19:24
General Physiology	Epithelia	21:58
OMM 1: Core Curriculum	Introduction to OMM	19:48
OMM 1: Core Curriculum	Treatment Modalities	31:35
OMM 2: Next Level	Structured Sequence Exam	15:20

OME Week 3: Immunology and Microbiology***

02:53:38

Course	Lesson	Time
Immunology Normal & Abnormal	Introduction to Immunology	17:12
Immunology Normal & Abnormal	Taxonomy of Immune Cells	18:00
Immunology Normal & Abnormal	Vaccines and Immunization	18:48
Microbiology 1: Bacteria	Bacterial Structure and Introduction To Bacteria	22:23
Microbiology 1: Bacteria	Bacterial Taxonomy at OnlineMedEd	20:40
Microbiology 3: Viruses	Introduction to Viruses	22:22
Microbiology 4: Fungi	Fungi	28:04
Microbiology 5: Parasites	Protozoa	26:09

* Corresponds to content in the Cellular and Biochemical Foundations of Medicine (CBFM) course

** Corresponds to content in the Osteopathic Principles and Practices (OPP) course

*** Corresponds to content in the Infection and Immunology (I&I) course

PCOM will be hosting several Zoom sessions as part of POPP. These presentations will be recorded and you must register to receive a link to the recording – even if you are not able to attend the session live.

Please check your email to register for the following Zoom sessions:

POPP Orientation:

Monday July 8, 2024 6:00pm–8:00pm EDT

During this 2-hour orientation session you will meet the Deans, the Chief of Students Affairs, the PCOM Academic Success Team, and a representative from OnlineMedEd and learn about POPP. There will be a PASS presentation that teaches about learning strategies and time management and an introduction to the OnlineMedEd platform.

PASS Presentations:

During these 1-hour sessions you will hear from Course Directors/Faculty who will introduce the course, discuss learning strategies, and recommend resources and from PCOM Peer Tutors who will share personal experiences, advice about resources, learning strategies, and insight into approaching examinations.

Pass Presentation 1:

[Introduction to Cellular and Biochemical Foundations of Medicine \(CBFM\)](#)

Wednesday July 10, 2024 12:00pm-1:00pm EDT

PASS Presentation 2 (Philadelphia Only):

**[Introduction to Osteopathic Principles and Practices \(OPP\)](#)
[and Primary Care Skills \(PCS\)](#)**

Wednesday July 17th, 2024 12:00pm-1:00pm EDT

PASS Presentation 2 (Georgia Only):

**[Introduction to Osteopathic Principles and Practices \(OPP\)](#)
[and Primary Care Skills \(PCS\)](#)**

Wednesday July 17, 2024 12:00pm-1:00pm EDT

PASS Presentation 3:

[Introduction to Infection and Immunity \(I & I\)](#)

Wednesday July 24th, 2024 12:00pm-1:00pm EDT