



Occupational therapist

Occupational therapy helps you live your best life at home, at work - and everywhere else. It's about being able to do the things you want and have to do. That could mean helping you overcome challenges learning at school, going to work, playing sport or simply doing the dishes. Everything is focused on your wellbeing and your ability to participate in activities.

[What is Occupational Therapy?](#)

What do they do?

Occupational therapists see beyond diagnoses and limitations to hopes and aspirations. They look at relationships between the activities you do every day - your occupations - alongside the challenges you face and your environment.

Summary:

An occupational therapist helps people of all ages overcome challenges completing everyday tasks or activities - what we call 'occupations'.



Do I need to go to College?



[Bolton Sixth Form College](#)
[Thornleigh Salesian College](#)
[Turton Sixth Form College](#)
[Runshaw College](#)

College courses:

A-level Biology or PE is required for a degree course.

[Find apprenticeships](#)

How do I get into College?

A grade 5 or above in Science and Maths. A grade 5 in English is needed for A-levels.

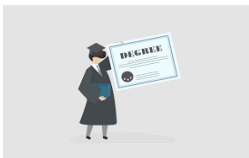
Can I get work experience?

[Plan your NHS career](#)
[Being a physiotherapist](#)

University degree?



BSc Physiotherapy



Providers:

[Occupational Therapy courses](#)

North west only courses are [here](#).

How do I get onto the degree course?

A-Level Biology, Human Biology, Sport Science or PE.

How long is the course and what work experience will I gain?

BSc (Hons) is 3 years.

Degree apprenticeship?



See [here](#) for more information.

Providers (list not exhaustive):

[Sheffield Hallam](#)
[Northumbria University](#)
[Huddersfield](#)

How do I get onto the degree course?

B grade at A-level in Biology and/or PE
NHS apprenticeships are listed [here](#).

How long is the course?

Most courses last up to 4 years.