The course content of the Junior Freshman year includes modules in The Study of Occupation, Anatomy, Applied Anatomy, Introduction to Psychology, Psychology Applied to Occupational Therapy, Professional Development, Human Biology, Introduction to Disability Studies and Practice Education.

Overall Aims of the Junior Freshman and Overview of Course Outline
The overall aim of the first year is for the student to gain an understanding of human behaviour and occupation, to develop an understanding of the person as an occupational being and develop awareness of the underlying components that contribute to normal human occupation.

By the end of the first year the student will

- Outline an understanding of the biophysical foundations underlying human movement and physical occupation
- Outline an understanding of the psychological concepts that guide human behaviour, communication and occupation
- Outline an understanding of the person as an occupational being, through an understanding of the person-occupation-environment interaction and its relationship to normal health and well-being
- Understand and outline the basic personal and professional behaviours and skills considered appropriate for a novice occupational therapy student
- Outline the foundation skills in independent, self-directed learning
- Familiarise her/himself with occupational therapy practice within a particular context through supervised practice education.