

Health Science: General

Bachelor of Science (BS)

This degree map is based on the 2023-24 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree will vary based on several factors including summer/winter enrollment, dual enrollment and number of courses successfully completed each semester. We recommend taking a minimum of 15 credits each fall and spring semester.

Sample 4-Year Plan

First Year

Fall Courses	Credits	Spring Courses	Credits
BIOL110 Principles of Biology 1 (N)	4	CHEM121 Chemistry 1 (N)	4
EXER161 Intro to Health and Exercise Science	3	HLSC120 or BIOL181 Anatomy and Physiology 2	4
HLSC115 or BIOL180 Anatomy & Physiology 1 (N)	4	PSYC100 Introduction to Psychology	3
First Year Seminar (F)	3	HLSC108 Medical Terminology for Health Professions or BIOL108 Medical Terminology	3
General Education	3		
Semester Total	17	Semester Total	14

Second Year

Fall Courses	Credits	Spring Courses	Credits
HLSC200 Introduction to Disease	3	STAT141 Introduction to Statistics (Q)	3
NUTR200 Introduction to Nutrition	3	General Education / Elective	12
General Education / Elective	9		
Semester Total	15	Semester Total	15

Third Year

Fall Courses	Credits	Spring Courses	Credits
General Education / Elective	15	HLSC Professional Field Experience in Health Science	3
		General Education / Elective	12
Semester Total	15	Semester Total	15

Fourth Year

Fall Courses	Credits	Spring Courses	Credits
General Education / Elective	16	General Education / Elective	13
Semester Total	16	Semester Total	13

Winter/Summer College - Optional

While not required, Winter and Summer sessions are offered each year and may help you stay on track or get ahead. You may take up to seven (7) credits during Winter College and up to 14 credits during Summer College.

Curriculum Checklist

Health Science Core (22 Credits)

- ___ EXER161 Intro to Health and Exercise Science (3)
- ___ HLSC108 or BIOL108 Medical Terminology (3)
- ___ HLSC120 or BIOL181 Anatomy and Physiology 2 (4)
- ___ HLSC200 Introduction to Disease (3)*
- ___ HLSC498 Professional Field Experience in Health Science (3)*
- ___ PSYC100 Introduction to Psychology (3)
- ___ NUTR200 Introduction to Nutrition (3)

Major Area, Natural Science, or Psychology Electives (Choose 38 Credits)

- ___ EXER255 Functional Anatomy (3)*
- ___ EXER282 Care and Prevention of Athletic Injuries (3)*
- ___ EXER294 Resistance Training Techniques (3)
- ___ EXER306 Psychology of Sport and Exercise (3)*
- ___ EXER351 Biomechanics (3)*
- ___ EXER360 Sport Nutrition (3)*
- ___ EXER378 Exercise Physiology (3)*
- ___ EXER380 Research in Health and Exercise Science (3)*
- ___ EXER453 Clinical Exercise Physiology (3)*
- ___ EXER477 Exercise Testing Prescription (3)*
- ___ EXER478 Advanced Exercise Physiology (3)*
- ___ EXER493 Independent Study (variable)*
- ___ HLSC110 Orientation to Athletic Training (1)
- ___ HLSC225 Comparative Healthcare (3)
- ___ HLSC290 Special Topics (3)
- ___ HLSC332 Psychology of injury and Illness (3)*
- ___ HLSC402 Evaluating Health Education and Promotion Programs (3)*
- ___ HLSC406 Biomechanics of injury (3)*
- ___ HLSC407 Advanced Human Physiology & Mechanisms of Disease (4)*
- ___ HLSC415 Pharmacology (3)*
- ___ HLSC420 Rehabilitation Science (3)*
- ___ HLSC451 Advanced Human Anatomy (3)*
- ___ HLSC452 Advanced Human Anatomy Lab (1)*
- ___ HLSC490 Special Topics (3)*
- ___ HLSC493 Independent Study (variable)*
- ___ HLSC498 Field Experience (variable)*
- ___ HLSC140 Introduction to Public Health (3)
- ___ HLSC208 Stress Management and Life Skills for Health Promotion (3)
- ___ HLSC210 Public Health, Social Justice and Advocacy (3)
- ___ HLSC212 Introduction to Global Health Promotion (3)
- ___ HLSC218 Public Health and the Environment (3)
- ___ HLSC307 Cultural Aspects of Health (3)*
- ___ HLSC335 Community-level Health Methods and Strategies (3)*
- ___ HLSC336 Health Literacy and Patient Education (3)*
- ___ HLSC340 Epidemiology (3)*
- ___ HLSC350 Planning Health Promotion Programs (3)*
- ___ HLSC401 Current Health Issues (3)*
- ___ HLSC402 Evaluating Health Education & Programs (3)*
- ___ HLSC465 Rural Health Issues (3)*
- ___ HLSC470 Sex Education for Health Sciences (3)*
- ___ NUTR300 Cultural Nutrition (3)*
- ___ NUTR310 Nutrition Assessment and Medical Terminology (3)*
- ___ NUTR325 Nutrition Counseling and Education (3)*
- ___ NUTR350 Nutrition in Healthcare (3)*
- ___ SPPP208 Introduction to Sport and Performance Psychology (3)
- ___ SPPP318 Advanced Theory and Application of Sport and Performance Psychology (3)*

- ___ BIOL111 Principles of Biology 2 (4)
- ___ BIOL200 Cancer Awareness (3)
- ___ BIOL208 Human Genetics (3)*
- ___ BIOL209 Genetics (3)*
- ___ BIOL211 Cell Biology (4)*
- ___ BIOL340 Microbiology (4)*
- ___ BIOL345 Medical Microbiology (3)*
- ___ BIOL446 Immunology (3)*
- ___ CHEM122 General Chemistry 2 (4)*
- ___ CHEM231 Condensed Organic Chemistry (4)*
- ___ CHEM281 Organic Chemistry 1 (4)*
- ___ CHEM282 Organic Chemistry 2 (4)*
- ___ CHEM351 Biochemistry 1*
- ___ CHEM452 Biochemistry 2*
- ___ PHYS208 Introductory Physics 1 (4)^
- ___ PHYS209 Introductory Physics 2 (4)*

- ___ PSYC210 Child Development (3)
- ___ PSYC211 Adolescent Development (3)
- ___ PSYC212 Lifespan Development (3)
- ___ PSYC217 Adult Development and Aging (3)
- ___ PSYC281 Brain and Behavior (3)
- ___ PSYC335 Psychological Disorders (3)*
- ___ PSYC355 Health Psychology (3)*

General Education Requirements

(48 credits)

Note: Some requirements may be fulfilled by coursework in your major program including directed Gen Ed courses noted below

- Foundations (15 credits)
 - Quantitative: STAT141 Introduction to Statistics (3)
- Interconnections (9 credits)
- Citizenship & Responsibility (6 credits from at least two goals)
- Natural World & Technologies (12 credits)
 - BIOL110 Principles of Biology 1 (4)
 - CHEM121 Chemistry 1 (4)^
 - HLSC115 or BIOL180 Anatomy & Physiology 1 (4)
- Creativity & Expression (6 credits)

Degree Requirements

All students must obtain a minimum of 120 credits (a minimum of 42 credits must be advanced coursework), complete all General Education requirements, and all requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

A minimum GPA of 2.0 in the major and overall are required.

Campus Locations

- | | |
|-------------------|--|
| Bloomsburg | <input type="checkbox"/> Online; <input checked="" type="checkbox"/> In-person; <input type="checkbox"/> Blended |
| Lock Haven | <input type="checkbox"/> Online; <input checked="" type="checkbox"/> In-person; <input type="checkbox"/> Blended |
| Mansfield | <input type="checkbox"/> Online; <input type="checkbox"/> In-person; <input checked="" type="checkbox"/> Blended |
| Clearfield | <input type="checkbox"/> Online; <input type="checkbox"/> In-person; <input type="checkbox"/> Blended |

**Denotes advanced coursework.*

Students must take a minimum of 42 credits of advanced coursework to complete their undergraduate degree. Advanced coursework can be met in major courses, minor courses, free elective courses, and general education courses. Courses that meet this requirement are designated in Banner.

^ Enrollment in course is contingent on an ALEKS math placement score >61 or successful completion of MATH118 College Algebra with a grade of C or better.

Note: Progression through the sequence of all chemistry courses requires achievement of a minimum grade of C in pre-requisite

