

# Health Science: Pre-Occupational Therapy

## Bachelor of Science in Health Science

This degree map is based on the current Academic Catalog and is subject to change. Please note that the degree map is designed to give you a sense of roughly how courses might be distributed over a 4-year degree. Your exact schedule will differ depending on a range of factors though we recommend taking a minimum of 15 credits each fall and spring semester. Regular consultation with your academic advisor is the best way to make sure that you are taking the courses you need in the right order to ensure efficient progress through your degree program.

### Sample 4-Year Plan

First Year			
Fall Courses	Credits	Spring Courses	Credits
EXER161 Introduction to Health & Exercise Science	3	CHEM121 Chemistry 1	4
HLSC115 or BIOL180 Anatomy & Physiology 1	4	HLSC108 or BIOL108 Medical Terminology	3
BIOL110 Principles of Biology 1	4	HLSC120 or BIOL181 Human Anatomy and Physiology 2	4
FYS100 First Year Seminar	3	PSYC100 Introduction to Psychology	3
		General Education / Elective	3
Semester Total	14	Semester Total	17

Second Year			
Fall Courses	Credits	Spring Courses	Credits
HLSC200 Introduction to Disease	3	EXER378 Exercise Physiology	3
EXER351 Biomechanics	3	BIOL211 Cell Biology	4
PSYC212 Lifespan Development	3	PSYC335 Psychological Disorders	3
General Education / Elective	6	STAT141 Introduction to Statistics	3
		General Education / Elective	3
Semester Total	15	Semester Total	16

Third Year			
Fall Courses	Credits	Spring Courses	Credits
HLSC332 Psychological Considerations of Injury and Illness	3	HLSC420 Rehabilitation Science	3
SOCI101 Introduction to Sociology	3	HLSC498 Professional Field Experience in Health Science	3
General Education / Elective	9	General Education / Elective	9
Semester Total	15	Semester Total	15

Fourth Year			
Fall Courses	Credits	Spring Courses	Credits
EXER380 Research in Health and Exercise Science	3	HLSC451 Advanced Human Anatomy	3
General Education / Elective	12	General Education / Elective	10
Semester Total	15	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 (44 Credits)

- \_\_\_ BIOL211 Cellular Biology (4)\*
- \_\_\_ EXER161 Introduction to Health and Exercise Science (3)
- \_\_\_ EXER351 Biomechanics (3)\*
- \_\_\_ EXER378 Exercise Physiology (3)\*
- \_\_\_ EXER380 Research Methods in Health and Exercise Science (3)\*
- \_\_\_ HLSC108 or BIOL108 Medical Terminology (3)
- \_\_\_ HLSC120 or BIOL181 Anatomy and Physiology 2 (4)
- \_\_\_ HLSC200 Introduction to Disease (3)\*
- \_\_\_ HLSC332 Psychological Considerations of Injury & Illness (3)\*
- \_\_\_ HLSC420 Rehabilitation Science (3)\*
- \_\_\_ HLSC451 Advanced Human Anatomy (3)\*
- \_\_\_ HLSC498 Professional Field Experience in Health Science (3)\*
- \_\_\_ PSYC100 Introduction to Psychology (3)
- \_\_\_ PSYC335 Psychological Disorders (3)\*

### Health Science Electives (16 Credits)

- \_\_\_ EXER294 Resistance Training Techniques
- \_\_\_ EXER306 Psychology of Sport & Exercise\*
- \_\_\_ EXER360 Sport Nutrition\*
- \_\_\_ EXER453 Clinical Exercise Physiology\*
- \_\_\_ EXER477 Exercise Testing and Prescription\*
- \_\_\_ EXER478 Advanced Exercise Physiology\*
- \_\_\_ HLSC110 Orientation to Athletic Training
- \_\_\_ HLSC140 Introduction to Public Health
- \_\_\_ HLSC208 Stress Management and Life Skills for Health Promotion
- \_\_\_ HLSC211 Public Health, Social Justice, and Advocacy
- \_\_\_ HLSC212 Introduction to Global Health Promotion
- \_\_\_ HLSC218 Public Health and the Environment
- \_\_\_ HLSC235 Community-level Health Methods and Strategies
- \_\_\_ HLSC236 Health Literacy and Patient Education
- \_\_\_ HLSC307 Cultural Aspects of Health\*
- \_\_\_ HLSC340 Epidemiology\*
- \_\_\_ HLSC350 Planning Health Promotion Programs\*
- \_\_\_ HLSC401 Current Health Issues\*
- \_\_\_ HLSC402 Evaluating Health Education and Promotion Programs\*
- \_\_\_ HLSC406 Biomechanics of Musculoskeletal Injury\*
- \_\_\_ HLSC407 Advanced Human Physiology\*
- \_\_\_ HLSC415 Pharmacology\*
- \_\_\_ HLSC452 Advanced Human Anatomy Lab\*
- \_\_\_ HLSC470 Sex Education for Health Sciences\*
- \_\_\_ HLSC490 Special Topics\*
- \_\_\_ NUTR310 Nutrition Assessment and Medical Terminology \*
- \_\_\_ NUTR325 Nutrition Counseling and Education \*
- \_\_\_ NUTR350 Nutrition in Healthcare\*
- \_\_\_ SPPP208 Introduction to Sport and Performance Psychology
- \_\_\_ SPPP318 Advanced Theory and Application of Sport and Performance Psychology\*

## 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 Statistics (3)
- Interconnections (9 credits)
  - PSYC212 Lifespan Development (3)
- Citizenship & Responsibility (6 credits from at least two goals)
  - Critical Reasoning: SOCI101 Introduction to Sociology (3)
- Natural World & Technologies (9 credits)
  - BIOL110 Principles of Biology 1 (4)
  - CHEM121 General Chemistry 1 (4)^
  - HLSC115 or BIOL180 Anatomy & Physiology 1 (4)
- Creativity & Expression (6 credits)

^ 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.

## Degree Requirements

All students must obtain a minimum of 120 credits (A minimum of 42 credits must be advanced course work), 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.*

\*Denotes advanced coursework

Students must take a minimum of 42 credits of advanced coursework. 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.