

# HEALTH SCIENCE, BS

School of Health Sciences

The Bachelor of Science in Health Science (BSHS) program is designed for students looking for a career in the health sciences. The BSHS is a degree that will advance their current healthcare careers to the next level, change jobs or industries or prepare for graduate or professional programs, such as medical and chiropractic programs, physical or occupational therapy, healthcare informatics, athletic training, or healthcare administration.

This program aims to produce graduates who are competent to perform, develop, evaluate, correlate, and assure accuracy and validity of health programs and health information. Students will be able to direct and supervise health education programs and operations and collaborate with clinicians and the lay population. Graduates should be confident in their ability to practice independently and collaboratively in all areas of health. Students will possess skills in problem solving, interpretation and evaluation of health information, statistical approaches to data evaluation, principles and practices of leadership, and communicating health information to all. Furthermore, they will be equipped to provide information that is crucial to improve the health of all individuals.

The program is hybrid program with the majority of courses offered online; however, some classroom-based courses may be required.

To qualify for graduation, students must meet all graduation requirements (<http://catalog.highlands.edu/academic-information/#graduationrequirements>).

Code	Title	Hours	Completed
<b>A. Essential Skills</b>			
ENGL 1101	English Composition I	3	_____
ENGL 1102	English Composition II	3	_____
Select one of the following or a mathematics course for which one of these is a prerequisite: <sup>1</sup>		3	_____
MATH 1001	Quantitative Reasoning		_____
MATH 1111	College Algebra		_____
MATH 1113	Precalculus		_____
STAT 1401	Elementary Statistics		_____
<b>B. Institutional Options</b>			
COMM 1100	Human Communication	2-3	_____
	or COMM 1110 Public Speaking		_____
Select one of the following:		2	_____
GHHU 2901	Special Topics: Humanities		_____
GHMA 2901	Special Topics: Mathematics		_____
GHSC 2901	Special Topics: Science		_____
GHSS 2901	Special Topics: Social Science		_____

<b>C. Humanities/Fine Arts</b>			
Select one of the following:		3	_____
ENGL 2111	World Literature I		_____
ENGL 2112	World Literature II		_____
ENGL 2121	British Literature I		_____
ENGL 2122	British Literature II		_____
ENGL 2131	American Literature I		_____
ENGL 2132	American Literature II		_____
ENGL 2135	Latino Literature		_____
ENGL 2140	African-American Literature		_____
Select one of the following:		3	_____
ARTS 1100	Art Appreciation		_____
ARTS 1111	Art History to Renaissance		_____
ARTS 1112	Art History Renaissance to Pre		_____
ENGL 2010	Humanities in Drama		_____
ENGL 2111	World Literature I		_____
ENGL 2112	World Literature II		_____
ENGL 2121	British Literature I		_____
ENGL 2122	British Literature II		_____
ENGL 2131	American Literature I		_____
ENGL 2132	American Literature II		_____
ENGL 2135	Latino Literature		_____
ENGL 2140	African-American Literature		_____
FILM 1100	Film Appreciation		_____
FILM 2700	History of Motion Pictures		_____
HUMS 2011	Studies In Humanities		_____
MUSC 1100	Music Appreciation		_____
PHIL 2010	Introduction to Philosophy		_____
RELI 1116	Intro to Religion		_____
SPAN 1001	Elementary Spanish I		_____
SPAN 1002	Elementary Spanish II		_____
SPAN 2001	Intermediate Spanish I		_____
SPAN 2002	Intermediate Spanish II		_____

THEA 1100	Theater Appreciation		
<b>D. Science, Mathematics, and Technology<sup>2</sup></b>			
Select one of the following lab science sequences:		8	
BIOL 1010 & 1010L & BIOL 1012 & BIOL 1012L	Introduction to Biology I and Introduction to Biology I Lab and Introduction to Biology II and Introduction to Biology II Lab		
BIOL 1107K & BIOL 1108K	Principles of Biology I and Principles of Biology II		
CHEM 1151K & CHEM 1152K	Survey of Chemistry I and Survey of Chemistry II		
CHEM 1211 & 1211L & CHEM 1212 & CHEM 1212L	Principles of Chemistry I and Principles of Chemistry I Lab and Principles of Chemistry II and Principles of Chemistry II Lab		
PHYS 1111K & PHYS 1112K	Introductory Physics I and Introductory Physics II		
PHYS 2211K & PHYS 2212K	Principles of Physics I and Principles of Physics II		
Select one of the following:		3-4	
MATH 1113	Precalculus		
MATH 2040	Applied Calculus		
MATH 2261	Calculus I		
STAT 1401	Elementary Statistics (strongly recommended)		
STAT 2401	Elementary Statistics II		
<b>E. Social Sciences<sup>3</sup></b>			
POLS 1101	American Government	3	
HIST 2111	American History I	3	
or HIST 2112	American History II		
Select one of the following:		3	
HIST 1111	World Civilization to 1500		

HIST 1112	World Civ Since 1500		
HIST 1121	Western Civilization I		
HIST 1122	Western Civilization II		
Select one of the following:		3	
ECON 2105	Principles of Macroeconomics		
HIST 1111	World Civilization to 1500		
HIST 1112	World Civ Since 1500		
HIST 1121	Western Civilization I		
HIST 1122	Western Civilization II		
HIST 2111	American History I		
HIST 2112	American History II		
HIST 2154	Minorities in U.S. History		
HIST 2400	Economic History		
POLS 2401	Intro to Global Issues		
POLS 2501	Intro to Domestic Issues		
PSYC 1101	Intro to General Psychology (strongly recommended)		
RELI 1116	Intro to Religion		
SOCI 1101	Introductory Sociology (strongly recommended)		
SOCI 1160	Intro to Social Problems		

**F. Courses Related to the Program of Study**

STAT 1401	Elementary Statistics <sup>4</sup>	3	
BIOL 2251K	Anatomy & Physiology I	3-4	
or PHED 2603	Functnl Anatomy & Physiology I		
Select one of the following:		3	
PSYC 1101	Intro to General Psychology <sup>5</sup>		
SOCI 1101	Introductory Sociology <sup>5</sup>		
Select from the following course prefixes to complete remaining 18 hours: <sup>6</sup>		8-12	
AHSC, BIOL, CHEM, EXSC, HMSV, MATH, PHED, PHYS, PSYC, SOCI			

**Institutional Requirements Outside the Core**

PHED 1010	Concepts of Fitness/Health	2	_____
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Additional two credit hours of physical education		2	_____
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**BSHS Major Courses***Required Courses for the Major*

HSCI 3105	Hlth Promotion & Disease Prev	3	_____
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HSCI 3200	Theories & Behavior in Hlth Ed	3	_____
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HSCI 3315	Fund of Epidemiology & Biostat	3	_____
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HSCI 3502	Healthcare in Diverse Cultures	3	_____
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HSCI 3515	Health Policy	3	_____
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HSCI 3710	Health Education	3	_____
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HSCI 4205	Hlth Promotion & Ed Prog Plan	3	_____
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HSCI 4700	Foundations of Research	3	_____
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HSCI 4820	Leadership & Mgmt in Hlth Prof	3	_____
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HSCI 4910	Interprofessional Collaboratio	2	_____
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HSCI 4950	Capstone	1	_____
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*Major Electives*

Select 9 credit hours of the following:		9	_____
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HSCI 3501	Ethics in Healthcare		_____
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HSCI 3503	Healthcare Informatics & Tech		_____
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HSCI 3504	Drugs Alcohol & Behavior		_____
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HSCI 3505	Soc Det of Health & Wellness		_____
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HSCI 3506	Special Populations		_____
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HSCI 3507	Patient Safety		_____
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HSCI 4096	Independent Study I		_____
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HSCI 4097	Independent Study II		_____
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HSCI 4098	Independent Study III		_____
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HSCI 4510	Current Topics in Health		_____
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HSCI 4520	Strategies for Healthy Living		_____
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HSCI 4545	Environmental Health		_____
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HSCI 4999	Internship in Health Sciences		_____
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EXSC 3700	Strength and Conditioning		_____
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EXSC 3800	Biomechanics		_____
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EXSC 4000	Exercise Physiology		_____
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EXSC 4202	Sports Nutrition		_____
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EXSC 4600	Exercise Testing & Prescriptio		_____
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*Guided Electives*

Select 21 credit hours of courses from the following prefixes:	21	_____
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Supporting Disciplines for Guided Electives: selected in consultation with an advisor

HSCI, BIOL, CHEM, DHYG, EXSC, HCMT, HMSV, MATH, NURS, PHED, PHYS, PSYC, SMGT, SOCI, AHSC

<b>Total Hours</b>	<b>124</b>	_____
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1

MATH 1001 Quantitative Reasoning is allowed, however, students who plan to continue to graduate school for a health professions degree (Medicine, Physical Therapy, Physical Assistant, etc.), are advised to take MATH 1111 College Algebra or MATH 1113 Precalculus.

2

Students should consult an advisor to coordinate Area D course selections with Area F requirements.

3

Students should consult an advisor to coordinate Area E course selections with Area F requirements.

4

Required If not taken in Area A or D

5

Required if not taken in Area E

6

Any course already taken to satisfy an Area D or E requirement cannot also be used to satisfy an Area F requirement

**Graduation Requirements**

Code	Title	Hours	Completed
<b>General Education Core A-F</b>		60	_____
<b>PHED Institutional Requirements</b>		4	_____
<b>HSCI Program Requirements</b>		33	_____
<b>HSCI/EXSC Upper-Level Electives (3000 – 4000)</b>		9	_____
<b>Guided Electives (1000 - 4000)</b>		21	_____
<b>Total Hours</b>		<b>127</b>	_____