

# HEALTH SCIENCE: PUBLIC HEALTH BS

Total Units Required: 190 units

## Required Course Listings

This breakdown shows a Health Science: Public Health BS Pathway to be completed in 4 years at La Sierra University. All courses with a star (\*) indicate a prerequisite or multiple prerequisites for the class. Courses with a dagger (†) are only offered in years ending with an odd number (e.g. 2022-2023 school year) and courses with a double dagger (‡) are only offered in years ending with an even number (e.g. 2023-2024 school year). By following the suggested/required sequencing all necessary prerequisite courses will be fulfilled. Please consult the Bulletin, Records, or your Guided Pathways Advisor for more information about prerequisites.

Major Requirements (81 units)		
Course	Course Title	Units
HLSC 104	Seminar in Health Science	1
HLSC 214	Dimensions of Wellness*	4
HLSC 225	Nutrition Theory & Practice	4
HLSC 275	Critical Scholarship in Health Science*	4
HLSC 314	Dynamics of Health Education	4
HLSC 317	Health, Society & the Consumer*	4
HLSC 326	Behavior Change in Health & Wellness*	4
HLSC 340	Lifestyle Diseases*	4
HLSC 350	Health Science Colloquium*	1
HLSC 364	Research Methods for Health Science*	4
HLSC 410	Public Health Foundations & Policies*‡	4
HLSC 430	Applied Public Health Statistics*	4
HLSC 467	Principles of Epidemiology*	4
HLSC 475	Senior Practicum*	4
HLSC 476	Health & the Global Environment*	4
HLSC 316	Maternal & Child Health*	4
HLSC X00	Health Science Electives	4
HLSC/C S00	General Biology or General Chemistry Required Science Cognate with Lab	15
MATH 155	Introductory Statistics	4

General Education Requirements (109 units)		
Course	Course Title	Units
UNST 101	First Year Seminar	3
ENGL 111	College Writing I	3
ENGL 112	College Writing II*	3
ENGL 113	College Writing III*	3
EXSC 416	Movement in Cultural Perspective*	4
WDLG 151	World Language I	4
WDLG 152	World Language II*	4
WDLG 153	World Language III*	4
HLSC 120	Lifetime Fitness	2
SSCI 20X-SL	SSCI Theme Course (with Service Learning)	4
THM1 X00	Theme I Elective	4
HUMN 10X	HUMN Theme Course	4
THM2 3/400	Theme II Elective Upper Division*	4
THM2 X00	Theme II Elective	4
RLGN 304	Adventism in Global Perspective*	4
RELB X00	Theme IIIBiii - Scripture Elective	4
THM3 3/400	Theme III Elective Upper Division*	4
THM3 X00	Theme III Elective	4
NSCI 40X-SL	NSCI Theme Course (with Service Learning)*	4
PHYS 117	Introduction to Physics	4
UNST 404G-SL	Senior Seminar: Religion, Values & Social Responsibility in Health & Movement (with Service Learning)*	4

## Sequencing

Health Science: Public Health BS Pathway in 4 years at La Sierra University.

Year 1			Year 1			Year 1		
Fall Quarter (16 units)			Winter Quarter (14 units)			Spring Quarter (16 units)		
<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>
HLSC 104	Seminar in Health Science	1	ENGL 112	College Writing II*	3	MATH 155	Introductory Statistics	4
MATH 007	Introductory Algebra	4	HLSC 120	Lifetime Fitness	2	ENGL 113	College Writing III*	3
ENGL 111	College Writing I	3	UNST 101	First Year Seminar	1	UNST 101	First Year Seminar	1
UNST 101	First Year Seminar	1	HUMN 10X	HUMN Theme Course	4	THM2 X00	Theme II Elective	4
RELB X00	Theme IIIBiii - Scripture Elective	4	THM1 X00	Theme I Elective	4	elct X00	Elective	4
elct X00	Elective	3						
Year 2			Year 2			Year 2		
Fall Quarter (17 units)			Winter Quarter (17 units)			Spring Quarter (17 units)		
<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>
HLSC 214	Dimensions of Wellness*	4	HLSC 225	Nutrition Theory & Practice	4	HLSC 275	Critical Scholarship in Health Science*	4
HLSC/C S00	General Biology or General Chemistry Required Science Cognate with Lab	5	HLSC/C S00	General Biology or General Chemistry Required Science Cognate with Lab	5	HLSC X00	Health Science Electives	4
WDLG 151	World Language I	4	WDLG 152	World Language II*	4	HLSC/C S00	General Biology or General Chemistry Required Science Cognate with Lab	5
SSCI 20X-SL	SSCI Theme Course (with Service Learning)	4	elct X00	Elective	4	WDLG 153	World Language III*	4
Year 3			Year 3			Year 3		
Fall Quarter (16 units)			Winter Quarter (16 units)			Spring Quarter (16 units)		
<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>
HLSC 364	Research Methods for Health Science*	4	HLSC 317	Health, Society & the Consumer*	4	HLSC 314	Dynamics of Health Education	4
EXSC 416	Movement in Cultural Perspective*	4	HLSC 316	Maternal & Child Health*	4	HLSC 326	Behavior Change in Health & Wellness*	4
RLGN 304	Adventism in Global Perspective*	4	PHYS 117	Introduction to Physics	4	HLSC 340	Lifestyle Diseases*	4
elct X00	Elective	4	THM2 3/400	Theme II Elective Upper Division*	4	THM3 3/400	Theme III Elective Upper Division*	4
Year 4			Year 4			Year 4		
Fall Quarter (16 units)			Winter Quarter (16 units)			Spring Quarter (17 units)		
<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>
HLSC 467	Principles of Epidemiology*	4	HLSC 430	Applied Public Health Statistics*	4	HLSC 350	Health Science Colloquium*	1
NSCI 40X-SL	NSCI Theme Course (with Service Learning)*	4	HLSC 475	Senior Practicum*	4	HLSC 410	Public Health Foundations & Policies*‡	4
elct X00	Elective	4	THM3 X00	Theme III Elective	4	HLSC 476	Health & the Global Environment*	4
elct X00	Elective	4	elct X00	Elective	4	UNST 404G-SL	Senior Seminar: Religion, Values & Social Responsibility in Health & Movement (with Service Learning)*	4
						elct X00	Elective	4