# Health Science: Bio-Health Science, B.S.

## Major Requirements (85 Units)

**Grades of "C" or better required.**

### Health Science Core Curriculum: (29 units)

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<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
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<tr>
<td>HLSC 214 Dimensions of Wellness (4)</td>
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<tr>
<td>HLSC 225 Nutrition Theory and Practice (4) Prerequisite: ENGL 111/124. Recommended: HLSC 120/214. Social Science*</td>
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<td>HLSC 250 Health Science Colloquium I (1)</td>
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<td>HLSC 275 Critical Scholarship in Health Science (4) Prerequisite: ENGL 113 or 124.</td>
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<td>HLSC 317 Health, Society, and the Consumer (4) Prerequisite: ENGL 113/124 and HLSC 214.</td>
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<td>HLSC 350 Health Science Colloquium II (1) Prerequisite: HLSC 250.</td>
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<td>HLSC 364 Research Methods for Health Sciences (4) Prerequisite: Math 155 &amp; HLSC 275.</td>
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<td>HLSC 467 Principles of Epidemiology (3) Prerequisite: MATH 121, HLSC 214, and HLSC 429.</td>
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<td>HLSC 476 Health and the Global Environment (4) Prerequisite: HLSC 214</td>
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### Bio-Health Science Courses (44 units)

- **BioI 111 General Biology I (4) and BIOL 111L Laboratory (1) Prerequisite: MATH 121 eligibility. Life Science**
- **BioI 111A General Biology Seminar (0)**
- **BioI 112 General Biology II (4) and BIOL 112L/114L Laboratory (1) Prerequisite: BIOL 111, 111A, and 111L. Life Science**
- **BioI 113 General Biology III (4) and BIOL 113L/115L Laboratory (1) Prerequisite: BIOL 112 and 112L/114L. Life Science**
- **CHEM 111 General Chemistry I (4) and CHEM 111L Laboratory (1) Prerequisite: CHEM 111 and 111L. Physical Science**
- **CHEM 112 General Chemistry II (4) and CHEM 112L Laboratory (1) Prerequisite: CHEM 111 and 111L. Physical Science**
- **CHEM 113 General Chemistry III (4) and CHEM 113L Laboratory (1) Prerequisite: CHEM 112 and 112L. Physical Science**
- **CHEM 281 Organic Chemistry I (3) and CHEM 281L Laboratory (1) Prerequisite: CHEM 113 and 113L.**
- **CHEM 282 Organic Chemistry II (3) and CHEM 282L Laboratory (1) Prerequisite: CHEM 281 and 281L.**
- **EXSC 426 Exercise Physiology (4) Prerequisite: BIOL 131 and 132. Offered fall quarters.**

### Required Cognates (10 units)

- **BIOL 131 Human Anatomy and Physiology I (5) Life Science**
- **BIOL 132 Human Anatomy and Physiology II (5) Prerequisite: BIOL 131.**

## University Studies Foundational Studies (20-33 Units)

**Grades of "C" or better required.**

### I First-Year Seminar

- **UNST 101A (1) and 101B (1) or UNST 100A (3) and 100B (3)**

### II Rhetorical Skills

- **A. ENGL 111 (3), 112 (3), 113 (3) College Writing or ENGL 124 Freshman Seminar (4)**
- **B. Upper Division Rhetoric: EXSC 416 Movement in Cultural Perspective (4)**

### III Mathematics

- **One college-level Mathematics course (4) MATH 155 preferred by major**

### IV World Languages

- **Level 3 proficiency (e.g. 153) in one non-English language (4-12)**

### V Health and Fitness

- **HLSC 120 Lifetime Fitness (2)**

## University Studies General Studies (48 Units, 16 Upper Division)

**Grades of "D" or better required, unless courses are required by major.**

### Theme I. Social Sciences (Ssci) 8 units

- **Globalization, Identity and Citizenship (4 units from SSCI 204/205/206/207/208) Prerequisite: ENGL 113/124**
- **Social Science Breadth Courses (4 units)**

### Theme II. Arts and Humanities (Humn) 12 units

- **Exploring Culture (4 units from HUMN 104/105/106/107/108/109) Prerequisite: ENGL 111/124**
- **Arts and Humanities Breadth Courses (4 units)**
- **Arts and Humanities Breadth Courses (4 units)**

### Theme III Religious Beliefs and Practices (Rlgn) 16 units

- **RLGN 304 Adventism in Global Perspective or RLGN 305 Religion in Three Cultures (4) Prerequisite: ENGL 113/124, Junior Status**
- **A. Spiritual Experience and Expressions (0-4 units)**
- **B. Beliefs and Heritage (4 units)**
- **C. Scripture (4 units)**
- **D. Religion and Society (0-4 units)**

### Theme IV Natural Sciences (Nsci) 12 units

- **Scientific Foundations (4 units from NSCI 404/405/406/407/408)**
- **Life Science (4 units) Either life science or physical science must include a laboratory**
- **Physical Science (4 units) Either life science or physical science must include a laboratory**

### Theme V Senior Seminar

- **UNST 404G Religion, Values, and Social Responsibility (4)**

## University Studies Service-Learning (3 courses)

*A maximum of 4 units from major and 8 units of major cognates can be applied to General Studies. For more information, consult 2017-2018 Undergraduate Academic Bulletin.*

**NOTE: Should a student's general education and degree program not meet the minimum 190 units (60 upper division) required for graduation, the student must complete elective units to make up the deficiency.**
HEALTH SCIENCE
Concentration in Bio-Health Science
Bachelor of Science

Health Science prepares students to recognize social, cultural, economic, political and biological effects on personal and community health. Students will be able to describe the United States profile, including key indicators, determinants, disparities, access to health services, and both historical and contemporary trends and implications. Graduates of this degree will understand the role of research, evaluation, and the use of data in health promotion, disease prevention, and health services.

Additionally, Health Science provides guided opportunities for students to augment their competencies. Choices may be made in keeping with their plans for the future professional development or with the requirements of a prospective employer. A wide range of relevant Area Elective Studies (AES) options is possible, including Cross-cultural Communication, Human Biology, Social Services, Recreational Sports and Fitness, Psychology and Health, Health Care Management, Wellness and Youth Ministry, Anthropology and International Health, and Family Wellness. Emerging and non-traditional health fields may also be considered. Working closely with a designated advisor, the student is to configure and submit an AES plan for approval prior to the junior year.

CAREER OPPORTUNITIES AND RELATED OCCUPATIONS:
Graduates of this program are prepared for entry-level positions in corporate fitness centers, health and wellness centers, private and public fitness centers, or as positions as a wellness coach. This degree also prepares students for graduate work in healthcare management. Coursework is balanced between Health & Exercise Science studies and business management courses such as accounting and marketing.

EDUCATIONAL QUALIFICATIONS: Medical and health services managers typically need at least a bachelor’s degree to enter the occupation. However, master’s degrees are common and sometimes preferred by employers. Graduate programs often last between 2 and 3 years and may include up to 1 year of supervised administrative experience in a hospital or healthcare consulting setting. Many employers require prospective medical and health services managers to have some work experience in either an administrative or a clinical role in a hospital or other healthcare facility. For example, nursing home administrators usually have years of experience working as a registered nurse.

Others may begin their careers as medical records and health information technicians, administrative assistants, or financial clerks within a healthcare office. 

JOB OUTLOOK: Employment of medical and health services managers is projected to grow 17 percent from 2014 to 2024, much faster than the average for all occupations.

SALARY: The median annual wage for medical and health services managers was $94,500 in May 2015. The lowest 10 percent earned less than $56,230, and the highest 10 percent earned more than $165,380.
