



**BACHELOR OF SCIENCE - HEALTH CARE STUDIES**  
**SPECIALIZATIONS IN: Community Health (3 potential tracks – see next page for details); Health & Fitness Training; Complementary & Alternative Health Care Practices**

Following is a suggested course sequence for your program. Courses may be offered as indicated and/or at other times. Consult your Advisor for further direction and planning.

**N.B.:** Service Learning (3 credits) is included in Year 3 but may be taken earlier and may be fulfilled in one course or a combination of Service Learning courses or SL Add-Ons.

**YEAR 1**

FIRST SEMESTER	SECOND SEMESTER
----------------	-----------------

**LEARNING COMMUNITIES are generally completed in the first year (LC1 in the 1<sup>st</sup> semester; LC2 in the 2<sup>nd</sup> semester)**

<b>Biology:</b> Select 1: BIO100 Intro to Biological Science;	3	<b>Chemistry*:</b> Select 1: CHE100 Chem for a Changing World;	3-4
BIO103 Human Biology; BIO109 General Bio I Lecture		CHE101 General Chemistry, CHE110 Chemistry I Lecture	
CMP101 English Composition	3	PSY103 Introduction to Psychology	3
HCS101 Introduction to Health Care Models	3	CORE ELECTIVES	9
IND101 Sustainable & Critical Relationships	3		
CORE ELECTIVES	3		
	<b>15</b>		<b>15-16</b>

\*Students who complete the Chemistry requirement by taking CHE110 and also take CHE111 will have 3 of the credits count in the major and 5 credits count under the Free Electives. When CHE110-111 are selected, CHE110 will be taken in the first semester, CHE111 in the second semester, making each semester's course load = 16 credits.

**YEAR 2**

FIRST SEMESTER	SECOND SEMESTER
----------------	-----------------

<b>Anat/Phys*:</b> Select 1: BIO313/L-314/L Anat & Phys I-II;	4	BIO117 Human Nutrition	3
BIO316/L Anatomy & Physiology; BIO330/L-340/L General Physiology		HCS320 Community Health Education and Disease Prevention	3
<b>Communications:</b> Oral, Visual, Written: Select 1: CA205	3	PSY229 Health Psychology	3
Oral & Visual Communication; CMP311 Advanced English Composition; CMP315 Advanced Comp for Health Professionals; SPA110 Spanish for the Health Professions		CORE ELECTIVES	3
CORE ELECTIVES	6	FREE ELECTIVES*	4
FREE ELECTIVES	3		
	<b>16</b>		<b>16</b>

\*Students who complete the Anatomy & Physiology requirement by taking either BIO313-314 or BIO330-340, will do so over both semesters in Year 2. Since 8 credits will be completed, 4 will be credited in the major and 4 will count under the Interdisciplinary Electives.

**YEAR 3**

FIRST SEMESTER	SECOND SEMESTER
----------------	-----------------

HCS310 Health Promotion and Education	3	HCS335 Critical Issues in Global Health	3
Specialization requirements (See p.3 for course options)	7	HCS353 Introduction to Epidemiology	3
<b>Statistics:</b> Select 1: MTH104 Survey of Statistics; NSC310 Biostatistics; PSY211 Statistics for Psych & Social Sciences	3	Service Learning	3
FREE ELECTIVES	3	Specialization requirements (See p.3 for course options)	6
	<b>16</b>		<b>15</b>

**YEAR 4**

FIRST SEMESTER	SECOND SEMESTER
----------------	-----------------

HCS300 Contemporary Issues in Integrative Health Care	3	<u>Professional Practicum:</u> Depending upon specialization:	
Specialization Requirements (See p.3 for course options)	6	Select one: HCS491-CH; HCS492-HFT; HCS493-CAHCP	3
CORE ELECTIVES	3	Specialization Requirements (See p.3 for course options)	5
FREE ELECTIVES	3	CORE ELECTIVES	3
	<b>15</b>	FREE ELECTIVES	2

**COURSE LOADS:** Maximum of 17 credits allowed for all semesters. Additional course loads are allowed for students who achieve Dean's List. Consult the catalogue for details on the Dean's List privilege.

**GRADUATION REQUIREMENTS:**

- A. A minimum grade of 'C' in all courses in Health Care Studies portion of the curriculum (This includes all courses under the Major and the Specialization, i.e., Section I on page 1).
- B. A cumulative grade point average (GPA) of 2.00.

**PROGRAM NOTES:**

A. **PREREQUISITE STUDIES:** As in all majors, all prerequisites for courses in the program must be satisfied.

HCS.BS; BCS.CHLT.BS; HCS.HFT.BS; HCS.AHC.BS  
 Office of the Registrar (09/08)

**SPECIALIZATION (24)**

Students will select one specialization from the following options: **Community Health; Health & Fitness Training; Contemporary and Alternative Health Care Practices.**

**OPTION A: COMMUNITY HEALTH**

**PLEASE NOTE: Additional courses may be allowed with the authorization of the Health Care Studies Program Director.**

Students will select one of the following tracks and complete the requirements indicated:

**TRACK 1: COMMUNITY HEALTH EDUCATION:** HCS305 Communicating Health (3); HCS313 Essential Concepts in Personal Health Behavior and Behavior Change (3); HCS321 Community Health Education: Needs Assessment (3); HCS324 Community Health Education: Program Planning & Implementation (3); HCS331 Community Health Education: Outreach & Fieldwork (3); HCS344 Community Health Education: Program Evaluation (3); 6 credits in Community Health electives selected from the four areas below (Education; Psychological, Social & Philosophical Aspects of Health & Wellness; Physical Health & Wellness; Administrative & Policy Aspects of Health) and with Advisor's approval.

**TRACK 2: ADMINISTRATIVE ASPECTS OF HEALTH:** ACC225 Financial Accounting (3); BA211 Effective Business Communications (3); HSM210 Introduction to Health Systems Management (3); MGT208 Principles of Management (3); MGT312 Human Resource Management (3); MKT209 Principles of Marketing (3); 6 credits in Community Health electives selected from the four areas below (Education; Psychological, Social & Philosophical Aspects of Health & Wellness; Physical Health & Wellness; Administrative & Policy Aspects of Health) and with Advisor's approval.

**TRACK 3: COMMUNITY HEALTH PRINCIPLES:** 24 credits selected from the four areas below (Education; Psychological, Social & Philosophical Aspects of Health & Wellness; Physical Health & Wellness; Administrative & Policy Aspects of Health) and with Advisor's approval. **A minimum of 3 credits must be selected from each of the four areas.**

**EDUCATION**

EDU237 Instructional Design: Theory & Practice (2)	HCS313 Essential Concepts in Personal Health Behavior and Behavior Change (3)	HCS331 Community Health Education: Outreach & Fieldwork (3)
EDU313 Foundations of Education (3)	HCS321 Community Health Education: Needs Assessment (3)	HCS344 Community Health Education: Program Evaluation (3)
EDU319 Assessment Methods in Education (3)	HCS324 Community Health Program Education: Planning & Implementation (3)	PSY309 Assessment in Psychology & Education (3)
HCS305 Communicating Health (3)		SED270 Introduction to the Nature & Educational Needs of Children with Disabilities (3)

**PSYCHOLOGICAL, SOCIAL & PHILOSOPHICAL ASPECTS OF HEALTH & WELLNESS**

**\*PLEASE NOTE:** Students oriented towards Community Mental Health should focus their course work in this area of study, with PSY408 **AND** SW/SOC217 being a minimum recommendation.

HCS205 Healthy Eating and Body Image (2)	PHI326 The Meaning of Care in a Technological Society (3)	SOC/SW213 The Social Welfare Institution (3)
HCS225 Healthy Relationships (1)	PSY223 Forensic Psychology (3)	SOC224 Ethnicity, Race & Cultural Diversity (3)
HCS338 Social Determinants of Health (3)	PSY302 Developmental Psychology: Infancy through Childhood (3)	SOC/SW243 Child Welfare Policy & Services (3)
NUR/PHI222 Healing, Holism & Spirituality in Health Care (3)	PSY310 Social Psychology (3)	SOC303 Sociology of the Family (3)
NUR316 Holistic Perspectives (3)	PSY311 Psychology of Adolescence (3)	SW/SOC217* Alcoholism, Substance Abuses & Other Addictions (3)
PHI203 The Question of the Human (3)	PSY312 Psychology of Adult Development & Aging (3)	SW226 Adolescence: An Interdisciplinary Approach to Understanding & Treatment of Adolescents (3)
PHI209 Science & Values (3)	PSY408* The Psychology of Mental Illness (3)	SW/SOC232 The Aging Process: An Introduction to Gerontology (3)
PHI321 Medical Ethics (3)	PSY530 Psychology of Health and Disability (3)	SW/SOC327 Death, Dying and Bereavement (3)

**PHYSICAL HEALTH & WELLNESS**

CAT213 Foundations of Yoga (2)	HCS106 Introduction to Core Strengthening (1)	HCS215 HIV/AIDS Education: Science & Society (1)
CAT214 Foundations of Tai Chi (1)	HCS200 CPR and Emergency Health Care (2)	HCS216 Sexual Health Education (2)
CAT224 Qi Gong Healing Method (1)	HCS201 Survey of Eastern & Western Complementary Medical Approaches (3)	HSC/NUR221 Issues in Women's Health (3)
HCS105 Introduction to Weight Training (1)	HCS206 Cardiovascular Health Education (2)	HCS308 Environmental Health (3)

**ADMINISTRATIVE AND POLICY ASPECTS OF HEALTH**

ACC225 Financial Accounting (3)	HSM210 Introduction to Health Systems Management (3)	MGT312 Human Resource Management (3)
BA210 Legal Environment of Business (3)	HSM302 Health and Administrative Law (3)	MGT321 Organizational Behavior and Theory (3)
BA211 Effective Business Communications (3)	HSM/NUR309 Healthcare Risk Management (3)	MKT209 Principles of Marketing (3)
BA220 Diversity and Cross Cultural Management (3)	MGT206 The Functional Organization (3)	MKT312 Promotional Strategies (3)
BA350 Business Law I (3)	MGT208 Principles of Management (3)	MKT313 Customer Relations (3)
HSC/NUR323 The Health Care Professional and Computers (3)		SOC/SW243 Child Welfare Policy & Services (3)

**OPTION B: HEALTH AND FITNESS TRAINING**

If you intend to pursue a graduate degree, the following courses are recommended for completion of requirements in the major (p. 1-Section I): **Anatomy/Physiology:** BIO330-340; **Biology:** BIO109-110; **Chemistry:** CHE110-111.

**REQUIRED COURSES:**

HCS200 CPR and Emergency Health Care (2)	HCS332/L Strength & Conditioning (3/0)
HCS301/L Physiology of Exercise & Cardiopulmonary Assessment (3/0)	HCS340 Musculoskeletal Fitness Assessment (3)
HCS317/L Human Motion: Principles and Perspectives (4/0)	HCS350/L Fitness Training and Exercise Prescription (3/0)

**AND**

**6 CREDITS OF ELECTIVES SELECTED FROM THE FOLLOWING:** CAT213 Foundations of Yoga (2); CAT214 Foundations of Tai Chi (1); CAT224 Qi Gong Healing Method (1); HCS105 Introduction to Weight Training (1); HCS108 Introduction to Athletic Training (1); IND249 Performance Enhancement (3); MGT301 Introduction to Sport Management (3).

**OPTION C: COMPLEMENTARY AND ALTERNATIVE HEALTH CARE PRACTICES**

If you intend to pursue a graduate degree, the following courses are recommended for completion of requirements in the major (p. 1-Section I): **Anatomy/Physiology:** BIO330-340; **Biology:** BIO109-110; **Chemistry:** CHE110-111.

**REQUIRED COURSES:**

HCS200 CPR and Emergency Health Care (2)	HCS301 Physiology of Exercise & Cardiopulmonary Assessment (3)
HCS201 Survey of Eastern & Western Complementary Medical Approaches (3)	HCS317/L Human Motion: Principles and Perspectives (4/0)
HCS229 Holistic Lifestyle Practices (3)	

**AND**

**COMPLETE A TOTAL OF 9 CREDITS FROM THE FOLLOWING; SELECT AT LEAST ONE COURSE FROM THREE OF THE FOUR: Biologically Based Therapies; Energy Therapies; Manipulative & Body Based; Mind-Body Interventions**

**Biological Based Therapies Domain:**

- CAT230 Herbal Studies (3)
- CAT231 Aromatherapy: The Science of Fragrance (1)
- CAT232 Foundations of Homeopathy (2)
- CAT233 Introduction to Naturopathy (2)

**Energy Therapies Domain:**

- CAT220 Foundations of Energy Therapies (1)
- CAT221 Introduction to Chakra System (1)
- CAT222 Reiki I: Self (1)
- CAT223 Reiki II: Others (1)
- CAT224 Qi Gong Healing Method (1)
- CAT225 Acupressure (1)
- CAT226 Healing & Therapeutic Touch (1)
- CAT228 Introduction to Reflexology (1)

**Manipulative & Body Based Domain:**

- CAT210 Massage Therapy I (2)
- CAT211 Massage Therapy II (1)
- CAT212 Massage Therapy III (1)
- CAT213 Foundations of Yoga (2)
- CAT214 Foundations of Tai Chi (1)

**Mind-Body Intervention Domain:**

- CAT201 Introduction to Psychoneuroimmunology (1)
- CAT202 Foundations of Meditation & Mental Imagery (2)
- CAT203 Science of Prayer in Healing (1)
- CAT204 Introduction to Hypnotherapy (3)