

BS IN HEALTH SCIENCE

Units required for Major: 51-55

Total units required for BS: 120

Program Description

The Bachelor of Science program in Health Science prepares students for a variety of roles within the allied health professions. The curriculum integrates coursework from disciplines across the University to provide students with a broad foundation of knowledge and skills related to life sciences, social sciences, communications, health ecology, public service, ethical practice, and data analysis.

The curriculum is designed to provide students with the necessary prerequisite courses to pursue careers or training in clinical or non-clinical practice professions after graduation, such as Occupational Therapy, Nursing, Physician Assistance, or Public Health. The curriculum also prepares students to transition to clinical majors at Sacramento State if they wish. Students have the flexibility to select a program of study that suits their career goals within the allied health professions.

Note: Students graduating with a BS in Health Science will not be subject to the University's Foreign Language Graduation Requirement. Students who change major may be subject to the University's Foreign Language Graduation Requirement.

Minimum Grade Requirement

All courses must be completed with at least a "C-" grade.


Additional Information

Credit by Examination: A student who seeks course credit by examination is to enroll in the course to be challenged. No course may be challenged after the first two weeks of the semester. The instructor of the course will conduct an assessment of the student's readiness for the challenge for credit examination. Refer to Credit by Examination section of the Sacramento State Catalog.

Advising: It will be necessary to work closely with an advisor to complete the BS degree in a timely manner. Therefore, it is strongly recommended that all Health Science students consult with an advisor prior to enrollment for any course. This procedure should be followed each semester.

Program Requirements

Code	Title	Units
Required Lower Division Courses (13 Units)		
BIO 25 & BIO 26	Human Anatomy and Physiology I & Human Anatomy and Physiology II	8
CHEM 6A or CHEM 1A	Introduction to General Chemistry ^{1,2} or General Chemistry I	5
Required Lower Division Electives		5 - 8
<i>Select two courses from the following Lower Division Electives: (5-8 units)</i>		
BIO 10	Basic Biological Concepts ¹	
BIO 39	Microbiology for Allied Health Students	
CHAD 30	Human Development	
NUFD 10	Nutrition And Wellness ¹	

PSYC 2 or SOC 1	Introductory Psychology ¹ or Principles of Sociology	
STAT 1 or STAT 10B	Introduction to Statistics ¹ or Introductory Statistics with Developmental Mathematics	
NURS 14	Pharmacology	
Required Upper Division Courses (15 Units)		
HHS 196B	(Introduction to Health Science)	3
PUBH 114	Human Ecology and Health ¹	3
PUBH 122	Health Psychology	3
<i>Select one course from the following courses on Aging: (3 units)</i>		3
GERO 100	Aging Issues in Contemporary America	
GERO 101	Older Adult Services and Strategies	
GERO 121	Strategies for Optimal Aging	
GERO 122	Interprofessional Approaches to Health Care in Older Adults	
KINS 136	Sport And Aging	
PUBH 150	Aging and Health	
<i>Select one course from the following courses on Ethical Practices: (3 units)</i>		3
PHIL 102	Professional and Public Service Ethics ¹	
PHIL 104	Bioethics ¹	
PHIL 105	Science and Human Values ¹	
PUBH 151	Introduction to the U.S. Healthcare System	
SWRK 151	Health Services and Systems ¹	
Required Health Science Electives		18 - 19
<i>Select six courses from the following elective courses: (18-19 units)</i>		
BIO 104	Physiology of Human Reproduction	
BIO 123	Neuroanatomy	
BIO 130	Histology	
BIO 131	Systemic Physiology	
BIO 140	Medical Microbiology and Emerging Infectious Diseases	
COMS 161	Health Communication	
GERO 103	Applied Care Management in Gerontological Practice	
HHS 160	Senior Seminar: Health Science Careers, Policy, and Research	
KINS 132	Planning, Designing and Managing a Fitness Center	
KINS 139	Leadership and Communication	
KINS 156	Care Of Athletic Injuries	
NURS 165	Hospice and Palliative Nursing Care 	
NURS 168	The Brain and Gender-Related Differences ¹	
NUFD 113	Nutrition And Metabolism ¹	
PHYS 182	Physics of Sports ¹	
PSYC 149	Psychology of Adolescence	
PSYC 168	Abnormal Psychology	
PUBH 100	Fundamentals of Safety and Health	
PUBH 116	Public Health Policy, Management & Administration	

PUBH 124	Ethical Considerations in Public Health 
PUBH 130	Alcohol and Other Drugs
PUBH 134	Understanding Human Sexuality or NURS 160 Human Sexuality
RPTA 100	Recreation and Leisure Lifestyle Development or RPTA 125 Leisure, the Individual, and Contemporary Society 
RPTA 106	Introduction to Inclusive Recreation and Recreation Therapy
RPTA 165	Volunteer Management in Nonprofit, Service, or Community Organizations
RPTA 196E	
RPTA 124	The Science of Nature Engagement and Human Health & Wellbeing (The Science of Nature Engagement and Human Health & Wellbeing)
Total Units	51-55

¹ Course also satisfies General Education (GE)/Graduation Requirement.

² Any 4 or 5 unit lecture-based Chemistry course

Note: Health Science courses depend upon concentration, permission of the faculty advisor, program coordinator, and department chair.

General Education Requirements ¹

Code	Title	Units
Area A: Basic Subjects (9 Units)		
A1	Oral Communication	3
A2	Written Communication	3
A3	Critical Thinking	3
Area B: Physical Universe and Its Life Forms (6 Units)		
B1	Physical Science ²	0
B2	Life Forms	3
B3	Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5 ²)	0
B4	Math Concepts ²	0
B5	Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area & upper division requirements.	3
Area C: Arts and Humanities (12 Units)		
C1	Arts	3
C2	Humanities	3
C1/C2	Area Course C	3
C1/C2	Area C Course - Take upper-division course to complete Area & upper division requirements.	3
Area D: The Individual and Society (6 Units)		
Area D	Course	3
Area D	Course	3
Area D	Course - Take upper-division course to complete Area & upper division requirements. ²	0
Area E: Understanding Personal Development (3 Units)		
Area E	Course	3
Area F: Ethnic Studies (3 Units)		
Area F	Course	3
Total Units		39

¹ To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<https://catalog.csus.edu/colleges/academic-affairs/general-education/>).

Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad>), by phone (916) 278-1000, or email (advising@csus.edu).

² Required in Major; also satisfies GE.

Graduation Requirements ¹

Code	Title	Units
Graduation Requirements (required by CSU) (9 Units)		
American Institutions: U.S. History		3
American Institutions: U.S. Constitution & CA Government		3
Writing Intensive (WI)		3
Graduation Requirements (required by Sacramento State) (6 Units)		
English Composition II		3
Race and Ethnicity in American Society (RE)		3
Foreign Language Proficiency Requirement ²		0

¹ To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<https://catalog.csus.edu/colleges/academic-affairs/general-education/>).

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² If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: <https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html>
Note: Students with a declared major of BS in Health Science (Occupational Health and Safety), BS in Health Science (Health Care Administration), or BS in Health Science (Community Health Education) are exempt from the Foreign Language Graduation Requirement.

The following roadmaps are sample planning resources. Please consult your academic advisor and Academic Catalog for graduation requirements as you develop your individualized academic plan.

Health Science, BS: 4-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
HLTH 100	Introduction to Health Science	3
GE Area 1A	English Composition ²	3
GE Area 4	Social & Behavioral Sciences ²	3
GE Area 5B	Biological Science ²	3
	Elective of Choice	3
Units		15

Second Semester

BIO 25 or BIO 22	Human Anatomy and Physiology I or Introductory Human Anatomy	4
GE Area 1B - Critical Thinking ²		3
GE Area 1C - Oral Communication ²		3
GE Area 2 - Mathematical Concepts & Quantitative Reasoning ²		3
Elective of Choice		3
Units		16

Year 2**First Semester**

BIO 26 or BIO 31	Human Anatomy and Physiology II or Intro Human Physiology	4
GE Area 3A - Arts ²		3
GE Area 3B - Humanities ²		3
GE Area 6 - Ethnic Studies ²		3
Second Semester Composition ²		3
Units		16

Second Semester

CHEM 6A or CHEM 1A	Introduction to General Chemistry or General Chemistry I	5
GR American Institutions (GOVT) ²		3
GR American Institutions (US History) ²		3
Elective of Choice		3
Units		14

Year 3**First Semester**

PUBH 114	Human Ecology and Health	3
HLTH Elective ³		3
Health Science Major UD Elective ³		3
Upper Division GE Area 3 - Arts or Humanities ²		3
Elective of Choice		3
Units		15

Second Semester

PUBH 122	Health Psychology	3
HLTH Elective ³		3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning ²		3
Health Science Major UD Elective ³		3
Elective of Choice		3
Units		15

Year 4**First Semester**

HLTH Aging Option ³		3
HLTH Elective ³		3
Health Science Major UD Elective ³		3
Health Science Major UD Elective ³		3
Elective of Choice		3
Units		15

Second Semester

HLTH Ethical Practices Option ³		3
Health Science Major UD Elective ³		3
Health Science Major UD Elective ³		3
Health Science Major UD Elective ³		3
Elective of Choice		3
Units		15

Total Units 121

Health Science, BS: 2-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
HLTH 100	Introduction to Health Science	3
PUBH 114	Human Ecology and Health	3
HLTH Elective ³		3
Health Science Major UD Elective ³		3
Upper Division GE Area 3 - Arts or Humanities ²		3
Units		15
Second Semester		
PUBH 122	Health Psychology	3
HLTH Elective ³		3
Health Science Major UD Elective ³		3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning ²		3
GR American Institutions (GOVT) ²		3
Units		15
Year 2		
First Semester		
HLTH Aging Option ³		3
HLTH Elective ³		3
Health Science Major UD Elective ³		3
Health Science Major UD Elective ³		3
GR American Institutions (US History) ²		3
Units		15
Second Semester		
HLTH Ethical Practices Option		3
Health Science Major UD Elective ³		3
Health Science Major UD Elective ³		3
Health Science Major UD Elective ³		3
Elective of Choice		3
Units		15
Total Units		60

- Any course not completed in the first semester should be taken in the second or a later semester.
- Please see General Education/Graduation Requirement **course options** (<https://catalog.csus.edu/colleges/engineering-computer-science/engineering-civil/bs-in-civil-engineering/colleges/academic-affairs/general-education/>).
- Please see an academic advisor for elective options.