

BS IN HEALTH SCIENCE

Units required for Major: 57-61

Total units required for BS: 120

Program Description

The Bachelor of Science in Health Science degree offers a rigorous and dynamic education, preparing students for a wide array of careers within the allied health professions. With a multidisciplinary approach, the curriculum integrates critical knowledge and skills across the biological, physical, social, environmental, and computational sciences. Students gain a well-rounded understanding of both the scientific and human aspects of healthcare.

The curriculum also equips students with the necessary pre-requisite courses to pursue graduate education or advanced training in high-demand fields such as Nursing, Physician Assistant Studies, Occupational Therapy, Sonography, Radiation Therapy, Emergency Medical Services, and more. With an extensive list of elective options, the program offers maximum flexibility for students to design an individualized course of study that uniquely matches their career aspirations, ensuring they are well-equipped for success in a broad range of health-related professions.

Note: Students graduating with a BS in Health Science are not subject to the University's Foreign Language Graduation Requirement. Students who change their 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 to challenge the course for credit examination. For more information, refer to the "Credit by Examination" section of the Sacramento State Catalog.

Advising: It is necessary for students to work closely with an advisor to complete the BS in Health Science degree in a timely manner. It is strongly recommended that all Health Science students consult with an advisor prior to enrolling in courses, and this should occur at least once per semester.

Program Requirements (57-61 Units)

Code	Title	Units
REQUIRED LOWER DIVISION (13 Units)		
Select one of the following Anatomy and Physiology series:		
BIO 25	Human Anatomy and Physiology I	8
& BIO 26	Human Anatomy and Physiology II	
or BIO 22	Introductory Human Anatomy	
& BIO 31	Intro Human Physiology	
CHEM 6A	Introduction to General Chemistry ^{1, 2}	5
or CHEM 1A	General Chemistry I	
LOWER DIVISION ELECTIVES (5-9 Units)		
Select two lower division courses:		5 - 9

ANTH 2	Introduction to Cultural Anthropology
or SOC 1	Principles of Sociology
BIO 10	Basic Biological Concepts
BIO 39	Microbiology for Allied Health Students
CHAD 30	Human Development
CHEM 6B	Introduction to Organic and Biological Chemistry
or CHEM 1B	General Chemistry II
HLTH 6	Medical Terminology for Health Professions
HLTH 22	Happiness, Quality of Life, and Recreation Over the Lifespan
MATH 10	Essentials of Algebra
NUFD 5	Science of Food
NUFD 9	Food Safety and Sanitation
NUFD 10	Introduction to Nutrition ¹
NURS 14	Pharmacology
PHYS 5A	General Physics: Mechanics, Heat, Sound
PSYC 2	Introductory Psychology
STAT 1	Introduction to Statistics
	or STAT 10B Introductory Statistics with Developmental Mathematics

REQUIRED UPPER DIVISION (24 Units)		
HLTH 100	Introduction to Health Science	3
PUBH 114	Human Ecology and Health ¹	3
PUBH 122	Health Psychology	3

Select three Health Science Courses: 9

HLTH 140	Diversity, Equity, and Inclusion in Healthcare
HLTH 142	Leadership in Healthcare
HLTH 141	Interpersonal Dynamics in Healthcare
HLTH 143	Personal Wellness for Healthcare Professionals
HLTH 147	Alternative Health Practices
HLTH 149	Health and Disease Pathology
HLTH 151	Neurodiversity
HLTH 154	Traumatology: An Introduction to Posttraumatic Growth
HLTH 155	Perspectives on Health and Wellness 
HLTH 159	Innovations in Health and Wellness
HLTH 160	Health Professions, Research, and Services
HLTH 170	Introduction to Health Informatics
HLTH 171	Artificial Intelligence In Healthcare

Select one Aging course: 3

ETHN 133	Crosscultural Aging in America 
GERO 103	Applied Care Management in Gerontological Practice
GERO 121	Strategies for Optimal Aging
GERO 122	Interprofessional Approaches to Health Care in Older Adults
	or FSHD 159 Adulthood and Aging in Human Development
HLTH 158	Special Populations in Healthcare
KINS 136	Sport And Aging
PUBH 150	Aging and Health

Select one Ethics course: 3

PHIL 102	Professional and Public Service Ethics ¹
PHIL 104	Bioethics ¹

PHIL 105	Science and Human Values  ¹
PHIL 106	Philosophy of Medicine
PUBH 124	Ethical Considerations in Public Health 
SWRK 151	Health Services and Systems ¹
HEALTH SCIENCE ELECTIVES (15 Units)	
Select 15 units of electives, which may include any HLTH, Aging, or Ethics courses that are not being used to fulfill a different requirement:	
BIO 104	Physiology of Human Reproduction
BIO 107	Gastrointestinal Physiology
BIO 123	Neuroanatomy
BIO 130	Histology
BIO 131	Systemic Physiology
BIO 140	Medical Microbiology and Emerging Infectious Diseases
COMS 161	Health Communication
COMS 186	Seminar in Health Communication
CSAD 101	Introduction to Communication Sciences and Disorders
CSAD 110	Physics of Sound and Phonetics
CSAD 130	Introduction to Audiology
CSAD 133	Introduction to Aural Rehabilitation
HIST 120A	History of Medicine, Ancient and Medieval 
HIST 174B	History of Madness in the United States
HIST 175A	Sex, Population, and Birth Control in America
HIST 175B	Health, Death and Disease in America 
HLTH 195	Health Science Internship
HLTH 199	Independent Study
GEOG 109	Geographic Information Systems
GEOG 110	Spatial Analysis in GIS
GEOG 150	Programming for GIS
GEOG 155	GIS Data Acquisition and Management
GERO 125	Moving Toward Equity in California Aging Policy and Practice
KINS 126	Sleep, Health and Athletic Performance
KINS 156	Care Of Athletic Injuries
KINS 157B	Therapeutic Exercise for Chronic Conditions
NUFD 107	Nutrition Education, Communication, and Counseling
NUFD 113	Nutrition And Metabolism
NUFD 114	Cultural and Social Aspects of Food 
NURS 160	Human Sexuality
NURS 165	Hospice and Palliative Nursing Care 
NURS 166	Health Careers at California Correctional Facilities
NURS 168	The Brain and Gender-Related Differences
NURS 181	Research as the Foundation for Evidence-Based Nursing Practice
PHYS 182	Physics of Sports ¹
PSYC 168	Abnormal Psychology
PUBH 130	Alcohol and Other Drugs
PUBH 134	Understanding Human Sexuality
or NURS 160	Human Sexuality
PUBH 151	Introduction to the U.S. Healthcare System

SOC 144	Sociology of Health and Illness
TH 110	Foundations of Therapeutic Recreation
Total Units	57-61

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 1: English Communication (9 Units)		
1A - English Composition		3
1B - Critical Thinking		3
1C - Oral Communication		3
Area 2: Mathematical Concepts and Quantitative Reasoning (3 Units)		
Area 2 Course - Lower Division		3
Area 3: The Arts and Humanities (6 Units)		
3A - Arts		3
3B - Humanities		3
Area 4: Social and Behavioral Sciences (6 Units)		
Area 4 Course -Lower Division		3
Area 4 Course - Lower Division		3
Area 5: Physical and Biological Sciences (7 Units)		
5A - Physical Science		3
5B - Biological Science		3
5C - Laboratory		1
Area 6: Ethnic Studies (3 Units)		
Area 6 Course		3
Upper Division Courses: (9 Units)		
Area 3 Course - Upper Division		3
Area 4 Course - Upper Division		3
Area 2 OR Area 5 Course - Upper Division		3
Total Units		43

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

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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.