The Department of Health Sciences offers a BS degree program in health science and minors in exercise physiology and in health science.

Health Science
The rapidly changing health system is creating a demand for broadly educated graduates possessing a strong understanding of health, health care, and community-service-related issues. Individuals with these skills are needed by public and private agencies, public health services, hospitals and other nonprofit and for-profit companies, and health-related organizations. The health science major is a preprofessional program designed to provide students with the appropriate background and preparation for entry into graduate and professional programs such as: medicine, dentistry, veterinary medicine, public health, physician assistant, exercise physiology, and social work. The major is also designed for students who are seeking a general preparation for positions in health promotion, health administration, and community-based public health.

The health science curriculum is an integrated model that builds upon a foundation of the social sciences, natural sciences, and the liberal arts. All health science students have the option to complete the program with or without a co-op experience. Health science students complete an array of major courses that introduce them to the health-care system in the United States and provide them with the opportunity to develop an understanding of health policy and administration, health research, quality-of-care improvement and evidence-based health care. The curriculum includes a significant number of electives designed to enrich students’ intellectual lives. Students will have an opportunity to identify a specific area of interest and may use the electives to explore a declared focus or a formal minor that complements their health science studies. The entire academic experience is drawn together through a capstone project during the senior year. The capstone project is intended to provide students with a structured opportunity to broaden, deepen, and integrate the knowledge and skills acquired in prior courses and experiential activities.

Minor in Health Science
The minor in health science is designed for undergraduate students from any discipline across the University wishing to expand and apply their understanding in health-science-related areas. The minor comprises five courses (20 credits) selected from courses offered within the health sciences major. The selection of courses is done in consultation with the health science program faculty.

Minor in Exercise Physiology
This minor in exercise physiology is for undergraduate students from any discipline across the University wishing to expand their understanding of human physiology. Exercise physiology is a discipline that examines the short- and long-term responses to exercise and benefits of exercise training for healthy persons as well as persons with chronic diseases such as heart disease, pulmonary diseases, diabetes, obesity, etc. Undergraduate students from many disciplines could broaden their understanding of human physiology and the role of exercise in health promotion, disease prevention, and rehabilitation with a minor in exercise physiology. Students who elect a minor in exercise physiology may then apply to the MS in clinical exercise physiology upon graduation.

BS in Health Science
Note: Students pursuing premed track should consult advisor for additional guidance.

YEAR 1

American Health Care
Complete the following course:
BHS U260 The American Health-Care System 4 SH

Freshman Seminar
Complete the following course:
BHS U100 College: An Introduction 1 SH

General Biology 1 and 2
Complete the following two courses with corresponding labs:
BIO U111 General Biology 1 4 SH
with BIO U112 Lab for BIO U111 1 SH
BIO U113 General Biology 2 4 SH
with BIO U114 Lab for BIO U113 1 SH

Mathematics
Complete the following course:
MTH U141 Calculus 1 4 SH
General Chemistry 1
Complete one of the following courses with corresponding lab:
- CHM U101 General Chemistry 4 SH for Health Sciences
  with CHM U102 Lab for CHM U101 1 SH
- CHM U211 General Chemistry 1 4 SH
  with CHM U212 Lab for CHM U211 1 SH

General Chemistry 2
Complete one of the following courses with corresponding lab:
- CHM U104 Organic Chemistry 4 SH for Health Sciences
  with CHM U105 Lab for CHM U104 1 SH
- CHM U214 General Chemistry 2 4 SH
  with CHM U215 Lab for CHM U214 1 SH

Foundations of Psychology
Complete the following course:
- PSY U101 Foundations of Psychology 4 SH

College Writing
Complete the following course with a grade of C or higher:
- ENG U111 College Writing 4 SH

YEAR 2

Community and Public Health
Complete the following course:
- BHS U350 Community and Public Health 4 SH

Anatomy and Physiology 1 and 2
Complete the following two courses with corresponding labs:
- BIO U117 Integrated Anatomy and Physiology 1 4 SH
  with BIO U118 Lab for BIO U117 1 SH
- BIO U119 Integrated Anatomy and Physiology 2 4 SH
  with BIO U120 Lab for BIO U119 1 SH

Statistics and Software
Complete the following course:
- MTH U280 Statistics and Software 4 SH

Nutrition
Complete the following course:
- BHS U105 Nutrition 4 SH

Professional Development for Co-op
Complete one of the following courses:
- BHS U101 Professional Development 1 SH for Bouvé Co-op
- COP U101 Professional Development for Co-op 1 SH

Basic Clinical Skills
Complete the following course with corresponding lab:
- BHS U200 Basic Skills for the Health-Care Professional 2 SH
  with BHS U201 Lab for BHS U200 1 SH

Program Electives 1 and 2
Complete two courses selected in consultation with your advisor as part of your declared track of study.

YEAR 3 (4-YEAR OPTION)
YEARS 3 AND 4 (5-YEAR CO-OP OPTION)

Advanced Writing in the Health Professions
Complete the following course with a grade of C or higher:
- ENG U306 Advanced Writing in the Health Professions 4 SH

Communications for Health Professions
Complete the following course:
- BHS U300 Communication Skills for the Health Professions 4 SH

Health-Care Research
Complete the following course:
- BHS U450 Health-Care Research 4 SH

Moral Problems of Medicine
Complete the following course:
- PHL U165 Moral and Social Problems in Health Care 4 SH

Program Electives 3–6
Complete four courses selected in consultation with your advisor as part of your declared track of study.

FINAL YEAR

Race, Ethnicity, and Health (Comparative Study of Cultures)
Complete the following course (which satisfies the NU Core comparative study of cultures requirement):
- BHS U520 Race, Ethnicity, and Health in the United States 4 SH

Health-Care Management
Complete the following course:
- BHS U511 Health-Care Management 4 SH

Health Policy
Complete the following course:
- BHS U515 Health Policy 4 SH

Health Education and Program Planning
Complete the following course:
- BHS U540 Health Education and Program Planning 4 SH

Health Science Capstone Project
Complete the following course:
- BHS U710 Health Science Capstone 4 SH

Electives
Complete three electives as described below:
- ARTS/HUMANITIES
  Complete one course in the NU Core, arts/humanities level 1, as described on page 42.
- GENERAL ELECTIVES
  Complete two general electives.

HEALTH SCIENCE MAJOR GRADE REQUIREMENT
A grade of C or higher is required in all health science courses.

NU CORE REQUIREMENTS
See page 42 for requirement list.
GENERAL ELECTIVES
Additional courses taken beyond college and major course requirements to satisfy graduation credit requirements.

COOPERATIVE EDUCATION
If elected

UNIVERSITY-WIDE REQUIREMENTS
135 total semester hours required
Minimum 2.000 GPA required

Minor in Health Science

REQUIRED COURSES
Complete five of the following courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>SH</th>
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<tbody>
<tr>
<td>BHS U105</td>
<td>Nutrition</td>
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<tr>
<td>BHS U260</td>
<td>The American Health-Care System</td>
<td>4</td>
</tr>
<tr>
<td>BHS U300</td>
<td>Communication Skills for the Health Professions</td>
<td>4</td>
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<tr>
<td>BHS U350</td>
<td>Community and Public Health</td>
<td>4</td>
</tr>
<tr>
<td>BHS U450</td>
<td>Health-Care Research</td>
<td>4</td>
</tr>
<tr>
<td>BHS U511</td>
<td>Health-Care Management</td>
<td>4</td>
</tr>
<tr>
<td>BHS U515</td>
<td>Health Policy</td>
<td>4</td>
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<td>BHS U520</td>
<td>Race, Ethnicity, and Health in the United States</td>
<td>4</td>
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<tr>
<td>BHS U530</td>
<td>Clinical Nutrition Applications in Health and Disease</td>
<td>4</td>
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<tr>
<td>BHS U540</td>
<td>Health Education and Program Planning</td>
<td>4</td>
</tr>
<tr>
<td>BHS U550</td>
<td>Introduction to Epidemiology</td>
<td>4</td>
</tr>
</tbody>
</table>

GPA REQUIREMENT
2.000 GPA required in the minor

Minor in Exercise Physiology

A minimum grade of C is required in all courses taken toward the minor.

REQUIRED COURSES
Complete the following five courses with corresponding labs, as indicated.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>SH</th>
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</thead>
<tbody>
<tr>
<td>BHS U200</td>
<td>Basic Skills for the Health-Care Professional</td>
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<td>with BHS U201 Lab for BHS U200</td>
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<td>CES U500</td>
<td>Exercise Physiology 1</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>with CES U501 Lab for CES U500</td>
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<tr>
<td>CES U502</td>
<td>Exercise Testing and Prescription</td>
<td>4</td>
</tr>
<tr>
<td>CES U504</td>
<td>Clinical Kinesiology</td>
<td>4</td>
</tr>
<tr>
<td>CES U520</td>
<td>Exercise Physiology 2</td>
<td>3</td>
</tr>
</tbody>
</table>

GPA REQUIREMENT
2.000 GPA required in the minor