

HEALTH SCIENCE ADVISING SHEET

Date:

Use this advising sheet in conjunction with professional advising. Advisors can help identify your correct catalog rights, courses that complete multiple requirements (overlap) & provide requirement updates.

Fall 2021- Present Graduation Requirements:

*Items numbered 1-4 should be taken in sequence.



Minimum 120 units to graduate	
39 units of upper division (<i>courses 100-199</i>)	
American Institutions: # U.S. History	
# U.S. Constitution	
# CA State & Local Government	
1. Written Communication (GE A2) (ENGL 5 or 11) <i>"C- or better required"</i>	
2. Second Semester Composition (ENGL 20) <i>"C- or better required"</i>	
Foreign Language (FL) <i>"C- or better required"</i> (HLSC majors EXEMPT)	
Race & Ethnicity in American Society (RE)	
3. Writing Placement for Juniors (WPJ) Portfolio	
4. Writing Intensive (WI) <i>"C- or better required"</i>	

General Education Requirements

Course



A. Basic Subjects (9 units)	
A1. Oral Communication <i>"C- or better required"</i>	
A2. Written Communication <i>"C- or better required"</i>	
A3. Critical Thinking <i>"C- or better required"</i>	
B. Physical Universe & Its Life Forms (12 units) (minimum 3 units upper-division)	
B1. Physical Science	
B2. Life Forms	
B3. Lab	
B4. Math Concepts <i>"C- or better required"</i>	
B5. Additional B Course (Upper-division, 100-199)	
C. Arts & Humanities (12 units) (minimum 3 units upper-division)	
C1. Arts	
C2. Humanities	
Any Area C Course	
Any Area C Course (Upper-division, 100-199)	
D. The Individual & Society (9 units) (minimum 3 units upper-division) (minimum of <u>two</u> disciplines must be represented in Area D)	
U.S. History or US Constitution/CA Govt.	
Any Area D Course	
Any Area D Course (Upper-division, 100-199)	
E. Understanding Personal Development (3 units)	
<small>KINS 99 may be taken CONCURRENTLY with any 1 unit KINS course for a total of 3 units</small>	
F. Ethnic Studies (3 units)	
ETHN 11, ETHN 14, ETHN 30, ETHN 53 or ETHN 70	

Fall 2021-Present Health Science Requirements

Required lower division (13 units)	Or Planned Substitution	<input checked="" type="checkbox"/>
BIO 25 or Human Anatomy or A/P I		
BIO 26 or Human Physiology or A/P II		
CHEM 6A or CHEM 1A (both are GE B1+B3)		
Lower Division Electives (5-8 units) Choose two of the following courses:		
BIO 10, BIO 39, CHAD 30, NUFD 10, PSYC 2, SOC 1, STAT 1 or STAT 10B, NURS 14		
Required upper division (15 units)		
HHS 100 (replaces HHS 160 & 196B)		
PUBH 114 (GE D)		
PUBH 122		
Aging course requirement (select one): GERO 100, GERO 101, GERO 121, GERO 122, PUBH 150, KINS 136, ETHN 133		
Ethical Practices (select one): PUBH 151, PHIL 102 (GE C), PHIL 104, PHIL 105 (WI)		
Health Science Electives (18-19 units)		
Health Science Elective		
Health Science Elective		
Health Science Elective		
Health Science Elective		
Health Science Elective		
Health Science Elective		

The following box is for students who plan on applying to the **BS in Nursing** here at Sac State.

Nursing Application Course Pre-requisites

Science Prerequisite Courses	Grade
BIO 25 Anatomy or A/P I w/ lab, 4 units	
BIO 26 Physiology or A/P II w/ lab, 4 units	
CHEM 6A or 1A Chemistry, 5 units (both are GE B1+B3)	
BIO 39 Microbiology, 4 units [Pre-Requisite: BIO 10 (GE B2)]	
Core GE Prerequisite Courses	
A1: Oral Communication	
A2: Written Communication	
A3: Critical Thinking	
B4: STAT 1 or STAT 10B	
Co-requisite Course	
CHAD 30, Human Development (GE E)	
NUFD 10, Intro to Nutrition (GE E)	
PSYC 2, Intro to Psychology (GE D)	
Societal-Cultural Pattern Course: SOC 1 (GE D), ANTH 2 (GE D), ETHN 11, ANTH 101 (GE D/RE), ANTH 186 (GE D/WI/RE), ETHN 100 (GE D/WI/RE), HRS 161 (GE C)	

HEALTH SCIENCE ACADEMIC PLAN

Academic Planning

COURSE OPTIONS:		TO DO:		NOTES:	
1					
2					
3					
4					
5					
6					
7					
FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	
FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	
FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	

HEALTH SCIENCE ELECTIVES

BIOLOGY ELECTIVES	
BIO 104	Physiology of Human Reproduction
BIO 123	Neuroanatomy
BIO 130	Histology
BIO 131	Systemic Physiology
BIO 140	Medical Microbiology and Emerging Infectious Diseases
COMMUNICATION	
COMS 161	Health Communication
GERONTOLOGY	
GERO 103	Applied Care Management in Gerontological Practice
KINESIOLOGY	
KINS 132	Planning, Designing and Managing a Fitness Center
KINS 139	Leadership and Communication
KINS 156	Care of Athletic Injuries
NURSING ELECTIVES	
NURS 165	Hospice and Palliative Nursing Care (GE D/RE)
NURS 168	The Brain and Gender-Related Differences (GE B5)
NUTRITION ELECTIVE	
NUFD 113	Nutrition and Metabolism (GE B5)
PHYSICS	
PHYS 182	Physics of Sports (GE B5)
PSYCHOLOGY	
PSYC 149	Psychology of Adolescence
PSYC 168	Abnormal Psychology
PUBLIC HEALTH	
PUBH 100	Fundamentals of Safety and Health
PUBH 116	Public Health Administration and Policy
PUBH 124	Consumer Health Education (WI)
PUBH 130	Alcohol and Other Drugs (GE D)
PUBH 134 or NURS 160	Understanding Human Sexuality (GE D) Human Sexuality (GE D)
RECREATION, PARKS & TOURISM ADMINISTRATION	
RPTA 100 or RPTA 125	Recreation and Leisure Lifestyle Development (GE E) Leisure, the Individual, and Contemporary Society (GE D/WI)
RPTA 106	Introduction to Inclusive Recreation and Recreation Therapy
RPTA 124	Science Nature Engagement and Human Health & Wellness (GE B5)
RPTA 165	Volunteer Management in Recreation, Parks and Tourism
RPTA 169	Traumatology: An Introduction to Posttraumatic Growth (GE B5)

- Minimum grade for Health Science requirements is "C-". Please see Health Science advisor to submit a grade waiver petition if your course is not appearing in the Academic Requirement Report to satisfy the requirement.
- If you do not see an enrolled/completed Health Science elective in your Academic Requirement Report, see a Health Science advisor to submit a major course substitution form.