

HEALTH SCIENCE ADVISING SHEET

Fall 2021 Continuing Students

Please 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 18-Spring 21 Graduation Requirements:	
*Items numbered 1-4 should be taken in sequence.	<input checked="" type="checkbox"/>
Minimum 120 units to graduate	
39 units of upper division (courses 100-199)	
American Institutions: # U.S. History	
# U.S. Constitution	
# CA State & Local Government	
1. Written Communication (GE A2) (ENGL 5 or 11) "C- or better required"	
2. Second Semester Composition (ENGL 20) "C- or better required"	
Foreign Language (FL) "C- or better required" (HLSC majors EXEMPT)	<input type="checkbox"/>
Race & Ethnicity in American Society (RE)	
3. Writing Placement for Juniors (WPJ) Portfolio	
4. Writing Intensive (WI) "C- or better required"	

General Education Requirements	Course	<input checked="" type="checkbox"/>
A. Basic Subjects (9 units)		
A1. Oral Communication "C- or better required"		
A2. Written Communication "C- or better required"		
A3. Critical Thinking "C- or better required"		
B. Physical Universe & Its Life Forms (12 units) (minimum 3 units upper-division)		
B1. Physical Science		
B2. Life Forms		
B3. Lab		
B4. Math Concepts "C- or better required"		
B5. Any Area B Course (Upper-division, 100-199)		
C. Arts & Humanities (12 units) (minimum 3 units upper-division)		
Arts		
Humanities		
Any Area C Course		
Any Area C Course (Upper-division, 100-199)		
D. The Individual & Society (12 units) (minimum 3 units upper-division) (minimum of three disciplines must be represented in Area D)		
U.S. History Options: HIST 17A, 17B, 159, 161, 162, 167, 177; ANTH 101		
U.S. Constitution and CA State & Local Govt. Options: POLS 1, 113, or 150		
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>		

2020-2021 Health Science Major Requirements

Required lower division (25-27 units)	Course	<input checked="" type="checkbox"/>
BIO 10 (GE B2) or BIO 2		
BIO 25		
BIO 26		
CHEM 6A or CHEM 1A (both are GE B1+B3)		
NUFD 10 or PUBH 50 (both are GE E)		
PSYC 2 or SOC 1 (both are GE D)		
STAT 1 or STAT 10B (both are GE B4)		
Required upper division (15 units)		
PUBH 114 (GE D)		
PUBH 122		
HHS 160 (see advisor for substitution)		
Aging course requirement (select one): GERO 100, GERO 101, GERO 121, GERO 122, PUBH 150, KINS 136		
Ethical Practices (select one): PUBH 151, PHIL 102, PHIL 104, PHIL 105, SWRK 151		
Health Science Electives (14 units)		
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)	
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)	

HEALTH SCIENCE ACADEMIC PLAN

Chart your 2 or 4 year plan below:

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	
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	

Notes:

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
HEALTH & HUMAN SERVICES	
HHS 160	Senior Seminar: Health Science Careers, Policy, and Research
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
NURS 168	The Brain and Gender-Related Differences (GE)
NUTRITION ELECTIVE	
NUFD 113	Nutrition and Metabolism (GE)
PHYSICS	
PHYS 182	Physics of Sports (GE)
PSYCHOLOGY	
PSYC 149	Psychology of Adolescence
PSYC 168	Abnormal Psychology
PUBLIC HEALTH	
PUBH 116	Public Health Administration and Policy
PUBH 124	Consumer Health Education
PUBH 130	Alcohol and Other Drugs
PUBH 134 or NURS 160	Understanding Human Sexuality Human Sexuality
RECREATION, PARKS & TOURISM ADMINISTRATION	
RPTA 100 or RPTA 125	Recreation and Leisure Lifestyle Development Leisure, the Individual, and Contemporary Society (WI)
RPTA 106	Introduction to Inclusive Recreation and Recreation Therapy
RPTA 121	Innovations in Recreation for Health and Wellness (meet with advisor to submit course substitution)
RPTA 124	Science Nature Engagement and Human Health & Wellness
RPTA 165	Volunteer Management in Recreation, Parks and Tourism