

# HEALTH SCIENCE ADVISING SHEET

## Fall 2021 First Year 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 2021 Graduation Requirements:		<input checked="" type="checkbox"/>
*Items numbered 1-4 should be taken in sequence.		
Minimum 120 units to graduate		
39 units of upper division (courses 100-199)		
<b>American Institutions: # U.S. History</b>		
# 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 checked="" 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"/>
<b>A. Basic Subjects (9 units)</b>		
A1. Oral Communication "C- or better required"		
A2. Written Communication "C- or better required"		
A3. Critical Thinking "C- or better required"		
<b>B. Physical Universe &amp; Its Life Forms (12 units)</b> (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)		
<b>C. Arts &amp; Humanities (12 units)</b> (minimum 3 units upper-division)		
C1. Arts		
C2. Humanities		
Any Area C Course		
Any Area C Course (Upper-division, 100-199)		
<b>D. The Individual &amp; Society (9 units)</b> (minimum 3 units upper-division) (minimum of two 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)		
<b>E. Understanding Personal Development (3 units)</b>		
<small>KINS 99 may be taken CONCURRENTLY with any 1 unit KINS course for a total of 3 units</small>		
<b>F. Ethnic Studies (3 units)</b>		
ETHN 11, ETHN 14, ETHN 30, ETHN 53 or ETHN 70		

## Fall 2021 Health Science Major Requirements

Required lower division (13 units)	Course	<input checked="" type="checkbox"/>
BIO 25		
BIO 26		
CHEM 6A or CHEM 1A (both are GE B1+B3)		
<b>Lower Division Electives (5-8 units)</b> Choose two of the following courses:		
BIO 10, BIO 39, CHAD 30, NUFD 10, PSYC 2 or SOC 1, STAT 1 or STAT 10B, NURS 14		
<b>Required upper division (15 units)</b>		
HHS 196B		
PUBH 114 (GE D)		
PUBH 122		
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		
<b>Health Science Electives (18-19 units)</b>		
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)	
<b>Core GE Prerequisite Courses</b>	
A1: Oral Communication	
A2: Written Communication	
A3: Critical Thinking	
B4: STAT 1 or STAT 10B	
<b>Co-requisite Course</b>	
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 (GE F), 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	

**Notes:**

# HEALTH SCIENCE ELECTIVES

*Choose six courses from the following list (18-19 Units):*

## 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