

Health Sciences: General Health Sciences

Bachelor of Science (BS)

General Health Sciences Option

The General Health Sciences Option to the Health Sciences degree is designed for those who wish to work in a medical science capacity, but not necessarily in a defined undergraduate field of study such as Radiological Technician or Medical Technician. This area of study provides a fall back area for students who have decided not to pursue professional programs such as medical school or physical therapy school. Students who have shifted their focus to graduate study in exercise physiology, athletic training or chiropractic would find this to be a suitable field of study.

In basic terms the General Health Sciences option opens a broad array of professional fields for students upon graduation. The curriculum is designed to provide students with a base of knowledge which will allow them to pursue varied interests, including medical sales.

The program at Southeast allows students to create a focus in the allied health fields. The number of elective hours and the opportunities these electives provide empowers the students to formulate a curriculum to fit their needs.

Becoming Career Ready ...

/ BS in Health Sciences: General Health Science majors study a blend of science courses designed to prepare students for further study in a specialized allied health field.

/ Choosing a health science major can prepare you for a range of careers in the large and interdisciplinary healthcare field. Students majoring in health sciences may work in schools, hospitals, government agencies, in public health or administration or for non-profit groups. Examples of job titles include patient care, or non-clinical roles such as a health journalist, community health educator and pharmaceutical sales representative.

/ Students in the major take an introductory allied health professions course for an overview of several allied health professions. The academic preparation needed to enter these professions is emphasized for students.

/ Students are offered a mixture of health and physical activity, communications and psychosocial electives which expands the students' knowledge base and opportunities.

/ The BS in Health Science: General Health science option offers students a solid background to enter fields which are in direct contact with patients, as well as for those who wish to work in fields not in direct patient contact.

/ In most allied health fields, the 10 years projected job growth is 20-30%. While this varies by field, most are projected to grow at a rate above 30%. (<https://www.monster.com/career-advice/article/allied-health-job-outlook>).

/ The path to a successful career starts with you! You can maximize your career development by working closely with Career Services and Southeast faculty – they are here to help you connect your passions, interests and skills to jobs and opportunities in the field. Career Services provides professional career counseling and coaching, resume critiques, practice interviews, job search strategies, career events, networking opportunities, and more.

Internship, Employment or Programs of Recent Graduates

- Career opportunities in clinical laboratory fields
- Orthotics and prosthetics
- Chiropractic School
- Entry Level Masters programs in Athletic Training
- Graduate study in Exercise Physiology
- Graduate Study in Clinical Laboratory Sciences
- Professional programs in various allied health fields, such as radiological technician, respiratory therapy, etc.

Transfer and Dual Credit Students

If you have dual credit or transfer credit, please visit our transfer course equivalencies guide at semo.edu/transfercredit.

To learn more
 Office of Admissions
 (573) 651-2590
admissions@semo.edu
semo.edu

**To explore
 the College
 of Education, Health and
 Human Studies online, visit**
semo.edu/education-health

For advising
Center for Academic Advising
semo.edu/advising

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This is a guide based on the 2019-2020 Undergraduate Bulletin and is subject to change. The time it takes to earn a degree will vary based on several factors such as dual enrollment, remediation, and summer enrollment. Students will meet with an academic advisor each semester and use Degree Works to monitor their individual progress.

CURRICULUM CHECKLIST

Health Sciences: General Health Science Option – 97 Hours Required

Student must attain a grade of 'C' or higher in every major course.

A student must maintain an overall grade point average of 3.0 to remain in major.

Core Courses

- ___ BI 163 Evolution & Ecology (4)
- ___ BI 173 Cell & Organismal Biology (4)
- ___ **BS 113 Anatomy and Physiology I (4)**
- ___ **BS 114 Anatomy and Physiology II (4)**
- ___ **CH 185 General Chemistry I (5)**
- ___ FN 235 Nutrition for Health (3)
- ___ FN 255 Nutrition I (3)
- ___ FN 401 Sport Nutrition (3)
- ___ HL 105 Introduction to Allied Health Professions (2)
- ___ HL 113 Medical Terminology (3)
- ___ HL 331 Exercise Physiology (4)
- ___ MA 116 Precalculus A (3)
- ___ PY 101 Introduction to Psychology (3)
- ___ PY 220 Psychological Development Across the Lifespan (3)
- ___ PY 571 Introductory Behavioral Statistics (3)
- ___ OR
- ___ SW 242 Statistics for Social Scientists (3)
- ___ PY 440 Abnormal Psychology (3)
- ___ OR
- ___ PY 466 Introduction to Physiological Psychology (3)
- ___ SC 155 Interpersonal Communication (3)

GENERAL HEALTH SCIENCES OPTION

- ___ HA 300 Introduction to Healthcare Management (3)
- ___ HL 320 Community Health (3)
- ___ SC 301 Foundations of Health Communication (3)
- ___ SC 560 Organizational Communication (3)
- ___ UI 352 Medical Ethics (3)

Communications electives – choose 6 hours

- ___ EN 305 Technical Writing (3)
- ___ HA 585 Marketing for Health Services (3)
- ___ SC 215 Intercultural Communication (3)
- ___ SN 105 Spanish for Health Professions I (3)
- ___ SN 110 Spanish for Health Professions II (3)

Health and Physical Activity electives – choose 12 hours

- ___ BI 441 Virology (3)
- ___ BI 442 Immunology (4)
- ___ BI 445 Epidemiology (3)
- ___ EV 400 Health Physics (3)
- ___ EV 453 Occupational Health (3)
- ___ HL 312 Sport & Exercise Pharmacology (3)
- ___ HL 332 Lifestyle Disease Risk Reduction (3)
- ___ HL 345 Principles & Practices of Resistance Training (3)
- ___ HL 350 Issues & Trends in Motor Learning (3)
- ___ HL 431 Fitness Assessment (3)
- ___ HL 432 Health Promotion Programs (3)
- ___ HL 490 Program Planning & Evaluation (3)
- ___ HL 510 Health Concerns of Aging (3)
- ___ HL 511 Applied Anatomy (3)
- ___ OR
- ___ PE 464 Kinesiology (3)
- ___ HL 526 Health Behavior Change (3)
- ___ HL 550 Exercise Programming for Special Populations (3)

Psychosocial electives – choose 6 hours

- ___ BS 327 Biology of Aging (3)
- ___ PY 362 Learning & Memory (3)
- ___ PY 525 Maturity & Aging (3)
- ___ PY 555 Health Psychology (3)
- ___ UI 354 Lifestyle Enhancement (3)
- ___ UI 412 American Healthcare (3)

General Education Requirements – some requirements may be fulfilled by coursework in major program

- Social and Behavioral Sciences – 6 hours
- Constitution Requirement – 3 hours
- Written Communication – 6 hours
- Oral Communication – 3 hours
- Natural Sciences – 7 hours (from two disciplines, one to include a lab)
- Mathematics – 3 hours
- Humanities & Fine Arts – 9 hours (from at least two disciplines)
- Additional requirements – 5 hours (to include UI100 for native students)
- Civics examination

SAMPLE FOUR-YEAR PLAN

	Fall Semester		Spring Semester	
	Course #	Hrs	Course #	Hrs
FIRST YEAR	UI100	3	BS114/014	4
	EN100	3	HL105	2
	BS113/013	4	PY101	3
	FN235	3	SC155	3
	MA116	3	General Education	3
	Total	16	Total	15
Milestone: Maintain a 2.0 grade point average				
SECOND YEAR	BI163	4	BI173	4
	CH185/085/005	5	FN255	3
	PY220	3	HL113	3
	General Education	3	General Education	3
			General Education	3
	Total	15	Total	15
Milestone: Maintain a 2.0 grade point average				
<i>(summer courses are encouraged to avoid 18 hour semesters)</i>				
THIRD YEAR	HL320	3	FN401	3
	HL331	4	HA300	3
	PY440 or PY466	3	SC301	3
	Communications elective	3	Health & Physical Activity elective	3
	General Education	3	General Education	3
	Total	16	Total	15
Milestone: Maintain a 2.0 grade point average				
FOURTH YEAR	PY571 or SW242	3	UI352	3
	SC560	3	Communications elective	3
	Health & Physical Activity elective	3	Health & Physical Activity elective	3
	Psychosocial elective	3	Health & Physical Activity elective	3
	Elective	3	Psychosocial elective	
	Total	15	Total	13
Milestone: Maintain a 2.0 grade point average				

A "Milestone" signifies a significant stage for a student in the completion of a degree.

Degree requirements for all students: a minimum of 120 credit hours, completion of the General Education program, completion of 39 senior division hours (300-599), Writing Proficiency Exam (WP003). Refer to the Undergraduate Bulletin or Degree Works for additional graduation requirements for your program.

Revised
4/29/2019