

# 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](http://semo.edu/transfercredit).

**To learn more**  
 Office of Admissions  
 (573) 651-2590  
[admissions@semo.edu](mailto:admissions@semo.edu)  
[semo.edu](http://semo.edu)

**To explore  
 the College  
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This is a guide based on the 2020-2021 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)
- \_\_\_ SC 155 Interpersonal Communication (3)

Choose one course:

- \_\_\_ PY 571 Introductory Behavioral Statistics (3)
- \_\_\_ SW 242 Statistics for Social Scientists (3)

Choose one course:

- \_\_\_ PY 440 Abnormal Psychology (3)
- \_\_\_ PY 466 Introduction to Physiological Psychology (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
<b>FIRST YEAR</b>	UI100	3	<b>BS114/014</b>	<b>4</b>
	EN100	3	HL105	2
	<b>BS113/013</b>	<b>4</b>	PY101	3
	FN235	3	SC155	3
	MA116	3	General Education	3
	<b>Total</b>	<b>16</b>	<b>Total</b>	<b>15</b>
Milestone: Maintain a 2.0 grade point average				

<b>SECOND YEAR</b>	BI163	4	BI173	4
	<b>CH185/085/005</b>	<b>5</b>	FN255	3
	PY220	3	HL113	3
	General Education	3	General Education	3
			General Education	3
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>15</b>	
Milestone: Maintain a 2.0 grade point average				

(summer courses are encouraged to avoid 18 hour semesters)

<b>THIRD YEAR</b>	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
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>15</b>	
Milestone: Maintain a 2.0 grade point average				

<b>FOURTH YEAR</b>	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	
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>13</b>	
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, and completion of 39 senior division hours (300-599). Refer to the Undergraduate Bulletin or Degree Works for additional graduation requirements for your program.

Revised  
6/1/2020