



John G. Rangos, Sr.
School of Health Sciences

HEALTH SCIENCES

Bachelor of Science in Health Sciences – Strength & Conditioning Concentration (120 Credits)

Students from our Health Science Program will have opportunities to gain the necessary knowledge and skills to factor prominently into a variety of healthcare arenas. Students pursuing the Strength & Conditioning Concentration may have interests related to human performance, strength & conditioning, performance enhancement, and sport rehabilitation. For those students that may be considering pursuit of a professional healthcare degree, our Health Science major will serve as a gateway designed to prepare students for graduate degree programs in Medicine, Athletic Training, Physical Therapy, Occupational Therapy, and Physician Assistant Studies. The 120-credit BS in Health Sciences – Strength & Conditioning concentration curriculum provides students with a strong liberal art and basic science foundation that will be integrated throughout program specific coursework. Students will complete both required and elective health science coursework and will have opportunities to complete 17 credits of electives to individualize their course of study.

University Bridges Curriculum - 30 Credits

BRDG	101	First Year Writing I
BRDG	102	First Year Writing II
THEO/HCE	253/255	Health Care Ethics (Ethical Reasoning) Communication & Creative Expression Theology Philosophy Cultural Fluency & Responsivity

EQ	XXX	Essential Questions Seminar
BRDG	105	Foundational Ethics Course Quantitative & Formal Reasoning ^a Critical Thinking & Problem-Solving Social and Historical Reasoning ^b Experiential Learning & Capstone

^aBridges requirements listed with superscripts are satisfied by taking courses in the Sciences, Math and Humanities.

Core Health Sciences Courses – 52 credits

BIOL	111/L	Biology I: Cells, Genetics, Development/Lab ^a
BIOL	112/L	Biology II: Diversity, Ecology, Evolution/Lab
BIOL	207/208	Anatomy & Physiology I/Lab
BIOL	209/210	Anatomy & Physiology II/Lab
CHEM	131/L	Fundamentals of Chemistry I/Lab
CHEM	132/L	Fundamentals of Chemistry II/Lab
or		
CHEM	121/L	General Chemistry I/Lab
CHEM	122/L	General Chemistry II/Lab
PHYS	201/L	Physics for Life Sciences I
MATH	225	Introduction to Biostatistics ^a
PSYC	101	Introduction to Psychology ^b
HLTS	115	Introduction to Health & Exercise Science Elements of HS, Information Literacy &
HLTS	120	Scientific Terminology
HLTS	225	Current Concepts in Sports Medicine
HLTS	311/L	Test & Measures
HLTS	430W	Principles of Research
ATHT	402W/L	Nutrition & Weight Management

Strength & Conditioning Concentration Courses – 21 credits

HLTS	312/L	Strength & Conditioning Across Populations
HLTS		Motor Learning
HLTS	437/L	Kinesiology & Functional Biomechanics
HLTS		Strength & Conditioning Site Experience I
HLTS		Strength & Conditioning Site Experience II
ATHT	407W/L	Physiology of Exercise
ATHT	420/L	Integrated Training & Performance

Health Sciences & Open Electives – 17 credits[†]

HLTS	285	Foundations of Health Promotion [†]
HLTS		Psychosocial Aspects of Healthcare [†]
HLTS		Theory to Practice [†]
ATHT	401	BLS – Emergency Medical Technician
PBHL	301	Introduction to Epidemiology [†]
PBHL	318	Healthcare Delivery & Organization [†]
HADM		Health Administration Courses
GLBH		Global Health Courses
PBHL		Public Health Courses
HCE		Healthcare Ethics Courses
BIOL		Biological Sciences Courses
CHEM		Chemistry & Biochemistry Courses
PSYC		Psychology Courses

[†]Students must take 6 credits from the Health Science Concentration.