Bachelor of Science in Health Sciences – Integrated Health (120 credits)

This track is designed for students hoping to pursue careers in health, strength & conditioning, and wellness.

In most cases, courses listed in bold must be taken in the exact semester indicated; all other courses are interchangeable.

### Fall of 1st Year – 16 Credits

- **BIOL-111/L Biology I/Lab** (4/0 cr.)
- **CHEM-131/L/R Fundamentals of Chem I/Lab/Rec** (5/0 cr.)
- **HLTS-115 Intro to Health & Exercise Science** (1 cr.)
- **UCOR-101 Thinking & Writing Across the Curriculum** (3 cr.)
- **PSYC-101 Introduction to Psychology** (3 cr.)

### Spring of 1st Year – 15 Credits

- **BIOL-112/L Biology II/Lab** (4/0 cr.)
- **CHEM-132/L/R Fundamentals of Chem II/Lab/Rec** (5/0 cr.)
- **ATHT-120 Elements of AT, Info Lit & Term** (3 cr.)
- **UCOR-102 Imaginative Literature & Critical Writing** (3 cr.)

### Fall of 2nd Year – 16 Credits

- **BIOL-207/8 Anatomy & Physiology I/Lab** (3/1 cr.)
- **HLTS-225/L Current Concepts in Sports Medicine/Lab** (3/0 cr.)
- **UCOR-132 Basic Philosophical Questions** (3 cr.)
- **UCOR-141, 142, or 143 Theology Core** (3 cr.)
- **Global Diversity Theme Area** (3 cr.)

### Spring of 2nd Year – 16 Credits

- **BIOL-209/10 Anatomy & Physiology II/Lab** (3/1 cr.)
- **HLTS-311 Tests & Measures** (3 cr.)
- **MATH-225 Introduction to Biostatistics** (3 cr.)
- **Faith and Reason Theme Area** (3 cr.)
- **Elective** (3 cr.)

### Fall of 3rd Year – 15 Credits

- **HLTS-312 Strength & Conditioning** (3 cr.)
- **HLTS-430 Principles of Research** (2 cr.)
- **HLTS-437/L Functional Kinesiology/Biomechanics/Lab** (3/0 cr.)
- **PHYS-201/L/R Physics for Life Sciences I/Lab/Rec** (3/1 cr.)
- **Elective** (3 cr.)

### Spring of 3rd Year – 15 Credits

- **ATHT-402W/L Nutrition & Weight Management/Lab** (3/0 cr.)
- **ATHT-407W/L Physiology of Exercise/Lab** (3/0 cr.)
- **GLBH-311 Public Health & Epidemiology** (3 cr.)
- **Social Justice Theme Area** (3 cr.)
- **Elective** (3 cr.)

### Fall of 4th Year – 12 Credits

- **HLTM-320 Healthcare Delivery & Organization** (3 cr.)
- **Creative Arts Theme Area** (3 cr.)
- **Elective** (3 cr.)
- **Elective** (3 cr.)

### Spring of 4th Year – 15 Credits

- **ATHT-420/L Integrated Training & Performance** (3 cr.)
- **UCOR-253/254/255 Health Care Ethics** (3 cr.)
- **Elective** (3 cr.)
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IMPORTANT NOTE: The material contained herein is subject to change, and this publication cannot be considered an agreement or contract between individual students and the School. The Rangos School of Health Sciences reserves the right to alter or amend the terms, conditions, and requirements herein, and to eliminate programs or courses as necessary. Once enrolled, students should consult on a regular basis with their Faculty Mentor and/or Academic Advisor for specific information regarding academic policies pertaining to their respective program.