

## ACADEMIC PLANNING GUIDE - HEALTH SCIENCE: HEALTH & WELLNESS

effective with 2017-2018 Catalog

### MAJOR REQUIREMENTS

**Required Semester Hours:** 67 semester hours

**Prerequisites and Supporting Courses: 24 semester hours**

- ☐ EXS 1000: Personal Health *or* PSYC 1200: Stress and Health (2) - *meets Health and Well-Being requirement*
- ☐ BIOL 1250: Introduction to Human Anatomy (4) - *meets Life Science requirement*
- ☐ BIOL 2100: Topics: Physiology of Disease (2)
- ☐ BIOL 2930: Advanced Human Physiology (4)
- ☐ CHEM 1021: Survey of Organic Chemistry (2) - *meets Physical Science requirement*
- ☐ CHEM 1031: Survey of Biochemistry (2)
- ☐ STAT 1490: Statistics (4) - *meets Analytical and Quantitative requirement*
- ☐ SOC 1910: Introduction to Sociology (4) - *meets Culture and Society Requirement*

**Required Core Courses: 12 semester hours**

- ☐ HSC 2100: Introduction to the Health Sciences (4)
- ☐ HSC 2800: Introduction to Epidemiology (2)
- ☐ NURS 3540: Health Care Ethics (2) - *meets Ethical Reasoning requirement*
- ☐ NURS 4240: The Research Process in Professional Nursing (2) - *partially meets Research Writing requirement*
- ☐ NURS 4540: Health Care Policy and Politics (2)

**Health and Wellness Track: 31 semester hours**

- ☐ PSYC 1000: Introduction to Psychology (4)
- ☐ EXS 2500: Health and Behavior (4)
- ☐ EXS 3190: Health Promotion (4)
- ☐ NURS 2540: Applied Nutrition (2)
- ☐ HSC 2850: Nutrition Science for Population Health (2)
- ☐ HSC 3110: Health Promotion in Chronic Disease and Aging (2)
- ☐ HSC 3120: Fads and Emerging Health and Wellness Therapies (4)
- ☐ HSC 4010: Health Science Practicum and Capstone Project (5)

*4 semester hours from the following (or as approved by advisor)*

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|--|---|
| <input type="checkbox"/> BIOL 1160: Microbes and Society (2) | <input type="checkbox"/> BIOL 4950: AuSable Institute of Env. Science (4) |
| <input type="checkbox"/> BIOL 2100: Medical Terminology (2)  | <input type="checkbox"/> EXS 1400: Foundations of Exercise Science (4)    |
| <input type="checkbox"/> BIOL 2910: Microbiology (4)         | <input type="checkbox"/> COMM 1910: Public Speaking (4)                   |
| <input type="checkbox"/> BIOL 3210: Genetics                 |   |

The Academic Planning Guide is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of a faculty advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

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### CORE CURRICULUM

Starting with the framework of North Park's identity as a Christian, liberal arts institution, our Core Curriculum is intentionally multi-disciplinary and multi-year. It is set up as a progress through three areas: Foundation Courses, Explorations Courses, and Capstone Courses.

<http://www.northpark.edu/Academics/Undergraduate-Studies/Core-Curriculum>

#### Foundations

Preparing for more in-depth work in both the Core Curriculum and your major

Cornerstone Seminar (4sh)

Biblical Studies (4sh)

Health and Well-Being (2sh)
<i>met by EXS 1000 or PSYC 1200</i>

Analytical & Quantitative Reasoning (4sh)
<i>met by STAT 1490</i>

Global Histories (4sh)

Modern Languages (8sh)

#### Explorations

Knowledge in specific disciplines, with strong emphasis on how you can use them in the context of your own life

Art and Aesthetics (2sh)

Christian Life & Thought (4sh)

Life Science (2sh/lab)
<i>met by BIOL 1250</i>

Physical Science (2sh/lab)
<i>met by CHEM 1020</i>

Culture and Society (4sh)
<i>met by SOC 1910</i>

Ethical Reasoning (2sh)
<i>met by NURS 3450</i>

#### Intermediate Level Writing

Two courses in the context of your major that specifically address writing clearly and doing effective research

Writing Intensive Course (4sh)
<i>met by EXS 2500</i>

Research Writing Course (4sh)
<i>met by HSC 3120</i>

#### Keystone

Interdisciplinary integration of skills and knowledge applied to contemporary social issues

Keystone Seminar (4sh)
Students in this professional program are not required to take the Keystone Seminar

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