

HEALTH SCIENCES MAJOR – B.S.

The health sciences degree program is designed to prepare students for graduate study in a variety of health professions. The major combines knowledge from several disciplines related to health and disease.

The health core focuses on scientific facts and principles pertinent to personal and community health. The integration of courses from the behavioral sciences helps students understand the psychological and sociological determinants of health. Courses in the natural sciences provide a strong foundation for future health professionals. A practicum provides real-world experiences linking education to service.

Health professionals must respect individual differences, communicate effectively, use analytic and computer skills, work collaboratively, and be sensitive to ethical issues. Coursework in this major provides students with these skills, and electives afford students the opportunity to direct their studies toward specific careers. Thus, this program provides excellent preprofessional preparation for students planning graduate study to become public health specialists, administrators, researchers, policy analysts, dietitians, nurses, chiropractors, occupational or physical therapists, physicians, physician assistants, or health care practitioners in related fields.

Special Academic Status Policy for Health Sciences Majors

Students will not be allowed to enroll in the professional practicum (HLTH 34900, HLTH 44900, or HLTH 45300) until they have presented a current American Red Cross CPR and first aid card to the internship coordinator.

Health Sciences Emphasis Programs

Students in health sciences are required to declare one of the following three emphasis programs.

1. The premedical emphasis is driven by the curricular needs of students pursuing premedical graduate education and future clinical health preparation.
2. The food and nutrition emphasis is suited to students pursuing graduate education in dietetics or other nutrition-related professions.
3. The planned clinical emphasis is for students who wish to pursue post-baccalaureate education in fields such as nursing, chiropractic, physician assistant, veterinary, dentistry, and other careers.

Summary

| Code | Title | Credits |
|------------------------------------------------------------|-------|---------|
| Health Sciences Degree Requirements | | 69-70 |
| Emphasis (premed, food and nutrition, or planned clinical) | | 15 |
| Integrative Core Curriculum ¹ | | 19-20 |
| Free electives | | 15-17 |
| Total Credits | | 120 |

¹ Please refer to 'ICC (<https://catalog.ithaca.edu/undergrad/schools/school-health-sciences-human-performance/#integrativecorecurriculumicctext>)' tab on our school's main page to see requirements.

Note that Chemistry requires a group 3 math placement score and Physics requires a group 1*, 1, or 2 math placement score.

Degree Requirements

| Code | Title | Credits |
|--------------------------------------------|--------------------------------------------------------------------|---------|
| Health Sciences Degree Requirements | | |
| Ethics Course (choose 1) | | |
| PHIL 21200 | Introduction to Ethics | 3 |
| | or PHIL 23000 Bioethics | |
| Health Courses | | |
| HLTH 11700 | Foundations of Public Health | 3 |
| HLTH 20200 | Human Nutrition | 3 |
| HLTH 20500 | Critical Health Issues (ICC - DV, CLA) | 3 |
| HLTH 21700 | Epidemiological Approaches to Disease Prevention and Control | 3 |
| HLTH 22900 | Disease and Lifestyle | 3 |
| Select 6 credits of the following: | | 6 |
| HLTH 349xx | Fieldwork in Health | |
| HLTH 449xx | Internship in Health | |
| HLTH 453xx | Supervised Research (limit 3 credits) | |
| HLTH 31600 | Health Research and Analysis (ICC - QL, CLA) | 3 |
| HLTH 33510 | Legal and Ethical Issues in Health Policy (ICC - WI, CLA) | 3 |
| HLTH 44400 | Leadership and Health Promotion (ICC - Capstone, CLA) | 3 |
| Math Courses | | |
| Select one of the following: | | |
| MATH 10800 | Applied Calculus | 4 |
| | or MATH 11100 Calculus I | |
| Select one of the following: | | |
| MATH 14400 | Statistics for Business, Economics and Management | 3-4 |
| | or MATH 14500 Statistics for the Health, Life, and Social Sciences | |
| | or MATH 15500 Basic Statistical Reasoning | |
| | or MATH 21600 Statistical Analysis | |
| Psychology Course (choose 1) | | |
| PSYC 10300 | General Psychology | 3 |
| | or PSYC 10400 Introduction to Developmental Psychology | |
| Science Courses | | |
| BIOL 11900 | Fundamentals of Biology: Cells and Bodies | 4 |
| BIOL 12000 | Fundamentals of Biology: Ecology and Evolution | 4 |
| CHEM 12100 | Principles of Chemistry | 3 |
| CHEM 12200 | Principles of Chemistry Laboratory | 1 |
| CHEM 22100 | Organic Chemistry I | 3 |
| CHEM 22200 | Organic Chemistry II | 3 |
| EXSS 12000 | Anatomy and Physiology I | 4 |
| EXSS 12100 | Anatomy and Physiology II | 4 |
| Total Credits | | 69-70 |

Additional Requirements for Emphases

Select one emphasis from the three options below.

Premed Emphasis

| Code | Title | Credits |
|------------------------------|---------------------------------------------------------------------------------------------------------------|---------|
| CHEM 12400 | Experimental Chemistry I | 2 |
| CHEM 22500 | Experimental Chemistry II | 2 |
| CHEM 23200 | Quantitative Chemistry | 3 |
| Select one of the following: | | 8 |
| PHYS 10100 & PHYS 10200 | Introduction to Physics I and Introduction to Physics II | |
| PHYS 11700 & PHYS 11800 | Principles of Physics I: Mechanics and Principles of Physics II: Electricity and Magnetism ¹ | |
| Total Credits | | 15 |

¹ *PHYS 11700: Requires MATH 11100 as prerequisite*
PHYS 11800: Requires MATH 11200 as prerequisite

Food and Nutrition Emphasis

| Code | Title | Credits |
|---------------|---------------------------------------------|---------|
| HLTH 20100 | Food and Society | 3 |
| HLTH 30100 | Lifecycle Nutrition | 3 |
| HLTH 30500 | Community Nutrition: Global Perspectives | 3 |
| HLTH 30600 | Counseling for the Health Professions | 3 |
| HLTH 40300 | Nutritional Care and Therapeutics | 3 |
| Total Credits | | 15 |

Planned Clinical Emphasis

For students who wish to pursue post-baccalaureate education in fields other than medical school or food and nutrition, such as nursing, chiropractic, physician assistant, veterinary, dentistry, optometry, and other careers. Planned course of study with stated goal; approved by advisor and chair.

Total Credits 15