

**2006-2007 SAMPLE CURRICULUM:** It may not be necessary to take these courses in the order given. Please consult your advisor about the course selections.

		FALL	WINTER	SPRING
<b>FIRST YEAR</b>	Orientation Seminar (UNST 101)	1	-	-
	College Writing (ENGL 111, 112, 113)	3	3	3
	Growing Up in America (SSCI 104) OR Identity and Society (SSCI 105) OR Childhood in Global Perspective (SSCI 106)	-	-	4
	Lifetime Fitness (PEAC 120)	2	-	-
	Theme III: Religious Beliefs & Practice	-	-	4
	College Algebra (MATH 121)	4	-	-
	* Dimensions of Health (HLED 214)	-	4	-
	* General Chemistry (CHEM 111, 112, 113 & Labs)	5	5	5
	** Calculus I (MATH 131)	-	4	-
	15.0	16.0	16.0	
<b>SECOND YEAR</b>	* General Biology (BIOL 111, 112 113 & Labs)	5	5	5
	* Organic Chemistry (CHEM 371, 372, 373 & Labs)	4	4	4
	* Nutrition Theory & Practice (HLED 225)	-	4	-
	* Health Science Colloquium I (HLED 250)	1	-	-
	* Critical Scholarship in Health Science (HLED 275)	4	-	-
	Theme III: Religious Beliefs and Practice	-	-	4
	Modern Language through Intermediate Level (101, 102, 103)	4	4	4
	18.0	17.0	17.0	
<b>THIRD YEAR</b>	* Principles of Epidemiology (HLED 467)	3	-	-
	* Health Science Colloquium II (HLED 350)	1	-	-
	** General Physics (PHYS 231, 232, 233 & Labs)	5	5	5
	Recommended Area Elective Studies (18 units) (Consult Advisor)	(6)	(4)	(4)
	Theme IIA: Arts Appreciation or History	-	-	4
	Adventism in Global Perspective (RLGN 304) OR Religion in Three Cultures (RLGN 305)	-	4	-
	Modern Language through Intermediate Level (201)	-	-	4
	Exploring American Culture through Literature (HUMN 204) OR Expl. Amer. Culture through Visual and Perf. Arts (HUMN 205)	-	4	-
		15.0	17.0	17.0
<b>FOURTH YEAR</b>	* Health, Society, and the Consumer (HLED 317)	-	4	-
	* Exercise Physiology (HLED 426)	4	-	-
	* Measurement & Evaluation (HLED 429)	-	2	-
	* Health and the Global Environment (HLED 476)	-	-	4
	Recommended Area Elective Studies (to complete 18 units)	(4)	-	-
	Upper Division Rhetorical Course (This requirement met by PETH 418c OR PETH 427)	4	-	-
	Theme IIB: Historical or Contemporary Culture and Context	4	-	-
	Theme III: Religious Beliefs and Practice	-	-	4
	Scientific Foundations: Choose one course from the following: NSCI 404, 405, 406, 407	4	-	-
	Religious, Moral & Social Aspects of Public Health (UNST 404G)	-	4	-
	<i>Electives to complete 190 quarter units</i>	-	-	6
		16.0	14.0	14.0
	* Major Requirements			
	** Cognate Requirements			

## HEALTH SCIENCE

### *Bio-Health Science*

### *B.S. Degree*

**Health Science Foundation:** The coursework here encompasses the minimum body of knowledge essential for all students to acquire who pursue this major regardless of the chosen concentration area. The basic health themes integrated therein constitute the foundation on which the chosen concentration and related experiences can be safely built.

**Concentration Discipline:** This component directs the student into a professional niche. Four different areas of concentrations are available: Health Promotion and Education, Bio-Health Science, Health Care Management, and Globalization and World Health.

**Specified Cognates:** These are courses recognized as co-requisites, pre-requisites or as important linkages with crucial content areas.

**Area Elective Studies [AES]:** This component provides guided opportunities for students to augment their competencies. Choices could be made in keeping with their special attitudes, their plans for the future professional development, or with the requirements of a prospective employer. A wide range of relevant AES options is possible, including Cross-cultural Communication, Human Biology, Social Services, Recreational Sports and Fitness, Psychology and Health, Health Care Management, Wellness and Youth Ministry, Anthropology and International Health, and Family Wellness. Emerging and non-traditional health fields may also be considered. Working closely with a designated advisor, the student is to configure and submit an AES plan for approval prior to the junior year.

## SOURCES OF ADDITIONAL INFORMATION

*Websites:*

**La Sierra University - Department of Health,  
Exercise Science, & Athletics**  
[www.lasierra.edu/hesa](http://www.lasierra.edu/hesa)

*Department Contacts:*

**Chairperson:**  
Robert Thomas

**Advisor:**  
Robert Thomas

**Location:**  
HESA Trailer  
951-785-2084

*Pre-Professional Coordinator:*

Becky Connell; [bconnell@lasierra.edu](mailto:bconnell@lasierra.edu)  
Palmer Hall Room 242A  
951-785-2490

*Professional School:*

Loma Linda University  
School of Dentistry  
Loma Linda, CA 92350  
[www.llu.edu/llu/dentistry](http://www.llu.edu/llu/dentistry)

Loma Linda University  
School of Medicine  
Loma Linda, CA 92350  
[www.llu.edu/llu/medicine](http://www.llu.edu/llu/medicine)

*Professional Organizations:*

American Alliance for Health,  
Physical Education, Recreation &  
Dance  
1900 Association Drive  
Reston, VA 22091  
[www.aahperd.org](http://www.aahperd.org)

American College of Sports Medicine  
P.O. Box 1440  
401 West Michigan Street  
Indianapolis, IN 46202  
[www.acsm.org](http://www.acsm.org)

Academic Advising  
Administration Building  
Room 206  
(951) 785-2951

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