

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
FIRST YEAR	Orientation Seminar (UNST 101)	1	-	-
	College Writing (ENGL 111, 112, 113)	3	3	3
	Theme III: Religious Beliefs and Practice	4	-	-
	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	-
	College Algebra (MATH 121)	4	-	-
	* Dimensions of Health (HLED 214)	-	4	-
	* Nutrition Theory & Practice (HLED 225)	-	4	-
	* Introduction to Social Work Practice I (SOWK 214)	4	-	-
	** Basic Medical Microbiology (BIOL 185)	-	-	5
	** Human Biology (or equivalent) (BIOL 107)	-	-	4
	** Introduction to Information Systems (CPTG 104)	-	4	-
		16.0	17.0	16.0
	SECOND YEAR	* Intro to Media Tech (COMM 206) OR Magazine & Feature Writing (COMM 337)	-	4
* Principles of Advertising (COMM 237)		4	-	-
* Health Science Colloquium I (HLED 250)		1	-	-
* Critical Scholarship in Health Science (HLED 275)		4	-	-
* Junior Practicum (HLED 375) (2-3 units)		-	-	2
** Introductory Chemistry (CHEM 101, 102, 103 & Labs)		4.5	3.5	3.5
Theme IIA: Arts Appreciation or History		-	-	4
Theme III: Religious Beliefs and Practice		-	-	4
Modern Language through Intermediate Level (201)		4	4	4
Exploring American Culture (HUMN 204 OR HUMN 205)		-	4	-
	17.5	15.5	17.5	
THIRD YEAR	* Dynamics of Health Education (HLED 314)	-	-	4
	* Health, Society, and the Consumer (HLED 317)	-	4	-
	* Health Science Colloquium II (HLED 350)	-	1	-
	* Measurement & Evaluation (HLED 429)	-	2	-
	* Physiological Assessment and Exercise Prescription (HLED 444)	-	-	3
	* Senior Practicum (HLED 475) (3-4 units)	-	-	3
	* Health and the Global Environment (HLED 476)	4	-	-
	* Major Electives (12 units from specified list) see bulletin p.	4	4	4
	Upper Division Rhetorical Course (This requirement met by PETH 418C OR PETH 427)	-	4	-
	Adventism in Global Perspective (RLGN 304) OR Religion in Three Cultures (RLGN 305)	4	-	-
	Modern Language through Intermediate Level (201)	4	-	-
		16.0	15.0	14.0
	FOURTH YEAR	* Mental Health & Substance Dependency (HLED 414)	4	-
* Principles of Epidemiology (HLED 467)		3	-	-
Recommended Area Elective Studies (19 units) (Consult Advisor)		(4)	(8)	(7)
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	-
Electives to complete 190 quarter units		-	-	4
		15.0	16.0	15.0
* Major Requirements ** Cognate Requirements				

HEALTH SCIENCE

Health Promotion & Education

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

Department Contacts:

Chairperson:
Robert Thomas

Advisor:

Roger McFarland

Location:

HESA Trailer
951-785-2084

Professional School:

Loma Linda University
School of Public Health
Loma Linda, CA 92350
www.llu.edu/llu/sph

Professional Organizations:

American Public Health Association
800 I Street NW
Washington, D.C. 20001
www.apha.org

American Alliance for Health,
Physical Education, Recreation &
Dance

1900 Association Drive
Reston, VA 22091
www.aahperd.org

Placement Opportunities:

Riverside County Department of Public
Health

San Bernadino County Department of
Public Health

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

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