

Approved by Department. Last updated 7/1/09

2009-2010 CURRICULUM CHECK SHEET is a guide to the requirements of this major. It is NOT necessary to take these courses in the order given. Please consult the online Bulletin for specific details (<http://www.lasierra.edu/academics/bulletin>).

		FALL	WINTER	SPRING
FIRST YEAR	* Dimensions of Health (HLED 214)(4 units)	_____	_____	_____
	* Nutrition Theory & Practice (HLED 225)(4 units)	_____	_____	_____
	* Introduction to Social Work Practice I (SOWK 214)(4 units)	_____	_____	_____
	** Human Biology (or equivalent) (BIOL 107)(4 units)	_____	_____	_____
	** Basic Medical Microbiology (BIOL 185)(5 units)	_____	_____	_____
	** Introduction to Information Systems (CPTG 104)(4 units)	_____	_____	_____
	First Year Seminar (UNST 101/100)(2-6 units)	_____	_____	_____
	College Writing (ENGL 111, 112, 113)(9 units) OR (ENGL 124)(4 units)	_____	_____	_____
	Math Foundational Studies requirement (MATH 121)(4 units)	_____	_____	_____
	Lifetime Fitness (PEAC 120)(2 units)	_____	_____	_____
	℘ Beginning to Seek (UHDR 101)(1 unit)	_____X_____	_____	_____
℘ The Arts (UHDR 115/115L)(4 units)	_____	_____X_____	_____	
℘ The Scientific Process (UHDR 114/114L)(4 units) <i>Recommended co-requisite: ENGL 112 or 124</i>	_____	_____	_____X_____	
SECOND YEAR	* Intro to Media Tech (COMM 206) OR Principles of Advertising (COMM 237)(4 units)	_____	_____	_____
	* Intro to Writing for Print Media (COMM 238)(4 units)	_____	_____	_____
	* Health Science Colloquium I (HLED 250)(1 unit)	_____	_____	_____
	* Critical Scholarship in Health Science (HLED 275)(4 units)	_____	_____	_____
	* Junior Practicum (HLED 375) (2-3 units)(2 units)	_____	_____	_____
	** Introductory Chemistry (CHEM 101, 102, 103 & Labs)(11.5 units)	_____	_____	_____
	World Language or Ancient Language (Proficiency through 201)	_____	_____	_____
	℘ Seminar in Rhetoric (UHDR 201)(2 units) <i>Pre-requisite: ENGL 113, OR ENGL 124 with a "B" or better</i>	_____X_____	_____	_____
	℘ Religious Understandings (UHDR 224)(4 units)	_____	_____X_____	_____
	℘ Global Cultures in Context: Theories and Perspectives (UHDR 231)(4 units) <i>Pre-requisite: Language through level 152 (may be taken concurrently)</i>	_____	_____	_____X_____
	℘ Global Cultures in Context: The Experience (UHDR 232)(4 units) <i>Pre-requisite UHDR 231</i>	_____SUM_____	_____	_____
THIRD YEAR	* Dynamics of Health Education (HLED 314)(4 units)	_____	_____	_____
	* Health, Society, and the Consumer (HLED 317)(4 units)	_____	_____	_____
	* Health Science Colloquium II (HLED 350)(1 unit)	_____	_____	_____
	* Measurement & Evaluation (HLED 429)(2 units)	_____	_____	_____
	* Physiological Assessment and Exercise Prescription (HLED 444)(3 units)	_____	_____	_____
	* Senior Practicum (HLED 475) (3-4 units)(3 units)	_____	_____	_____
	* Health and the Global Environment (HLED 476)(4 units)	_____	_____	_____
	* Major Electives (12 units)(Consult Advisor)	_____	_____	_____
	℘ Changing Communities (UHDR 314/314L)(5 units)	_____X_____	_____	_____
	℘ Science and the Future (UHDR 324)(4 units) <i>Pre-requisite: One quarter of calculus or statistics; UHDR 114, 114L</i>	_____X_____	_____X_____	_____
	℘ Honors Community Involvement (UHDR 354)(3 units) <i>Pre-requisite: UHDR 314/314L</i>	_____	_____X_____	_____
℘ Honors Scholarship Colloquium (UHDR 364)(1 unit) <i>Pre-requisite: At least Sophomore standing</i>	_____	_____X_____	_____X_____	
FOURTH YEAR	* Mental Health & Substance Dependency (HLED 414)(4 units)	_____	_____	_____
	* Principles of Epidemiology (HLED 467)(3 units)	_____	_____	_____
	Major Electives (14 units)(Consult Advisor)	_____	_____	_____
	℘ Religious, Moral, and Social Aspects of the Academic Discipline (UHDR 404)(4 units) <i>Pre-requisite: UHDR 364; completion or concurrent enrollment in UHDR 354</i>	_____X_____	_____	_____
	℘ Religion and Future (UHDR 414)(4 units) <i>Pre-requisite: UHDR 224</i>	_____	_____X_____	_____
	℘ Seeking, Knowing, and Serving (UHDR 424)(4 units) <i>Pre-requisite: Senior Standing; completion of or concurrent enrollment in UHDR 354</i>	_____	_____	_____
	℘ Honors Scholarship Project (UHDR 464)(6-16 units) <i>Pre-requisite: Senior standing; UHDR 364</i>	_____	_____	_____
Electives to complete 190 quarter units	_____	_____	_____	
* Major Requirements (71 units)				
** Cognate Requirements				
℘ Honors Courses				

# 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](http://www.lasierra.edu/hesa)

*Department Contacts:*

**Chairperson:**  
Robert Thomas, Ed.D

**Advisors:**

William Andress, D.P.H.  
Robert Thomas, Ed.D.

**Location:**

HESA Trailer  
951-785-2084

*Professional School:*

Loma Linda University  
School of Public Health  
Loma Linda, CA 92350  
[www.llu.edu/llu/sph](http://www.llu.edu/llu/sph)

*Professional Organizations:*

American Public Health Association  
800 I Street NW  
Washington, D.C. 20001  
[www.apha.org](http://www.apha.org)

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

*Placement Opportunities:*

Riverside County Department of Public  
Health  
San Bernadino County Department of  
Public Health

**Academic Advising  
Center for Student Academic Success  
Sierra Vista Hall, Room 114  
(951) 785-2452**

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