

**Bachelor of Science (BS)**

# Health Sciences

The Bachelor of Science in Health Sciences is designed for students seeking a career in a health or medical field. The primary focus of this degree is to prepare the student for admittance into graduate level health education by satisfying the most common pre-requisite courses. Some examples of professional programs students are prepared to enter include Athletic Training, Occupational Therapy, and Physical Therapy. In addition to meeting the pre-requisites for these graduate programs, students are exposed to a variety of healthcare professions, introduced to principles of community health, fitness assessment, and research methodology.

Students can use this degree to enter the health/fitness profession. The Department of Kinesiology, Nutrition, and Recreation sponsors student organizations in Pre-Physical Therapy, Pre-Occupational Therapy, Athletic Training, Dietetics, and Health and Wellness, which provides students opportunities to engage in service learning and interact with professionals within their respective fields.

**Career Readiness...**

- Graduates are prepared to enter numerous allied health fields and satisfy most pre-requisites for professional graduate healthcare programs.
- Students are exposed to a variety of healthcare professions throughout the curriculum and are prepared for interprofessional practice with other providers.
- Students are encouraged to participate in faculty-led research and present data findings at professional conferences.
- Graduates are prepared to enter the Master degree programs at Southeast Missouri State:
  - Master of Science in Athletic Training (3+2 Accelerated Program)
  - Master of Science in Nutrition and Exercise Science
- The path to a successful career starts with you! You can maximize your career development by working closely with Career Services and Southeast faculty – they are here to help you connect your passions, interests and skills to jobs and opportunities in the field. Career Services provides professional career counseling and coaching, resume critiques, practice interviews, job search strategies, career events, networking opportunities and more.

**Employment Opportunities and Programs of Recent Graduates**

- Professional Program in Allied Health:
  - Doctor of Physical Therapy (DPT)
  - Doctor of Occupational Therapy (OTD)
  - Master of Science in Athletic Training (MSAT)
- Biomedical Equipment Sales
- Prosthetics and Orthotics
- Physician Assistant (PA) Programs
- Employment in Fitness/Rehabilitation Industries

**Career Information**

According to the United States Bureau of Labor Statistics, employment in healthcare occupations is projected to grow 15% from 2019-2029. This is higher than the national average for other occupations. <https://www.bls.gov/ooh/healthcare/home.htm>.

Some programs will have unique prerequisites; therefore, students are encouraged to visit the website(s) for the following professions:

- Athletic Training ([NATA](#))
- Occupational Therapy ([OATA](#))
- Physical Therapy ([APTA](#))

**Special Options with Health Science**

- Accelerated option to complete the Master of Science in Athletic Training program at Southeast Missouri State University ([See Athletic Training Website](#)).
- Special program fees are required for this program of study, <http://www.semo.edu/sfs/fee-schedule.htm>.

**Transfer and Dual Credit Students**

If you have dual credit or transfer credit, please visit our transfer course equivalencies guide at [semo.edu/transfer-credit](http://semo.edu/transfer-credit).

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This is a guide based on the 2021-2022 Undergraduate Bulletin and is subject to change. The time it takes to earn a degree will vary based on several factors such as dual enrollment, remediation, and summer enrollment. Students will meet with an academic advisor each semester and use Degree Works to monitor their individual progress.

**CURRICULUM CHECKLIST****Health Sciences - 93 Hours Required – No Minor Required**

Student must attain a grade of 'C' or higher in every major course.

A student must maintain an overall grade point average of 3.0 to remain in major.

Critical Courses are ***italicized and bolded***. These courses are indicators of potential for success in the degree program.

- \_\_\_ BI 163 Evolution & Ecology (4)
- \_\_\_ ***BS 113 Anatomy & Physiology I (4)***
- \_\_\_ ***BS 114 Anatomy & Physiology II (4)***
- \_\_\_ ***CH 184/185 General Chemistry/Lab (4)***
- \_\_\_ FN 235 Nutrition for Health (3)
- \_\_\_ FN 255 Nutrition I (3)
- \_\_\_ HL 105 Introduction to Allied Health Professions (2)
- \_\_\_ HL 113 Medical Terminology (3)
- \_\_\_ HL 120 Health Perspectives (3)
- \_\_\_ HL 303 Research Methods (3)
- \_\_\_ HL 312 Sport & Exercise Pharmacology (3)
- \_\_\_ HL 320 Community Health (3)
- \_\_\_ HL 331/031 Exercise Physiology & Lab (4)
- \_\_\_ HL 332 Lifestyle Disease and Risk Reduction (3)
- \_\_\_ HL 345 Resistance Training Principles & Practice (3)
- \_\_\_ HL 350 Issues and Trends in Motor Learning (3)
- \_\_\_ HL 431 Fitness Assessment (3)
- \_\_\_ ***MA 116 Precalculus A (3)***
- \_\_\_ PE 464 Kinesiology (3)
- \_\_\_ PH 120 Introductory Physics I/Lab (5)
- \_\_\_ PY 101 Introduction to Psychology (3)
- \_\_\_ PY 220 Psychological Development Across the Lifespan (3)
- \_\_\_ PY 440 Abnormal Psychology (3)
- \_\_\_ SC 155 Fundamentals of Interpersonal Communication (3)
- \_\_\_ SO 101 Introduction to Sociology (3)
- \_\_\_ TX 251 Introduction to Athletic Injuries (3)
- \_\_\_ Allied Health Electives – choose 9 hours
- \_\_\_ FN 355 Lifespan Nutrition (3)
- \_\_\_ FN 401 Sports Nutrition (3)
- \_\_\_ FN 530 Pathophysiology (3)
- \_\_\_ HL 324 Group Exercise Instruction (3)
- \_\_\_ HL 510 Health Concerns of Aging (3)
- \_\_\_ HL 550 Exercise Programs for Special Populations (3)
- \_\_\_ UI 352 Medical Ethics (3)
- \_\_\_ UI 412 American Health Care (3)

**General Education Requirements** – some requirements may be fulfilled by coursework in major program

- Social and Behavioral Sciences – 6 hours
- Constitution Requirement – 3 hours
- Written Communication – 6 hours
- Oral Communication – 3 hours
- Natural Sciences – 7 hours (from two disciplines, one to include a lab)
- Mathematics – 3 hours
- Humanities & Fine Arts – 9 hours (from at least two disciplines)
- Additional requirements – 5 hours (to include UI100 for native students)
- Civics examination

**SAMPLE FOUR-YEAR PLAN**

	Fall Semester		Spring Semester	
	Course #	Hrs	Course #	Hrs
<b>FIRST YEAR</b>	UI 100	1	<b><i>BS 114/014</i></b>	<b>4</b>
	<b><i>BS 113/013</i></b>	<b>4</b>	EN 140	3
	EN 100	3	FN 235	3
	HL 105	2	PY 101	3
	<b><i>MA 116</i></b>	<b>3</b>	SC 155	3
	General Education	3		
	<b>Total</b>	<b>16</b>	<b>Total</b>	<b>16</b>
<b>SECOND YEAR</b>	<b><i>CH 184/185</i></b>	<b>4</b>	FN 255	3
	HL120	3	HL 113	3
	PY 220	3	HL 312	3
	SO 101	3	General Education	3
	General Education	3	General Education	3
	<b>Total</b>	<b>16</b>	<b>Total</b>	<b>15</b>
<b>THIRD YEAR</b>	HL 320	3	HL 332	3
	HL 331/031	3	HL 345	3
	PH 120/020	5	PE 464	3
	TX 251	3	Health Elective	3
	Elective	3	Elective	3
	<b>Total</b>	<b>17</b>	<b>Total</b>	<b>15</b>
<b>FOURTH YEAR</b>	BI 163	4	HL 431	3
	HL 303	3	Health Elective	3
	HL 350	3	Health Elective	3
	PY 440	3	Elective	3
	<b>Total</b>	<b>13</b>	<b>Total</b>	<b>12</b>

**Degree requirements for all students**

A minimum of 120 credit hours, completion of General Education program, completion of 39 senior division hours (300-599). Refer to the Undergraduate Bulletin or Degree Works for additional graduation requirements for your program.

**Important Information**

Certain graduate programs require additional pre-requisite courses. Students are encouraged to meet with faculty advisors to determine appropriate additional courses required for admittance to professional programs.

Examples of program pre-requisite listings can be viewed at websites as follows:

- Athletic Training ([ATCAS](#))
- Occupational Therapy ([OTCAS](#))
- Physical Therapy ([PTCAS](#))