

Bachelor of Science in Health Sciences

The Department of Health Sciences takes a multi-disciplinary approach to preparing students for careers in several health sciences professions including health education and health promotion, public and community health, health care delivery, and rehabilitative sciences. The Bachelor of Science in Health Sciences (BSHS) offers two specialized tracks:

- Health Educator track
- Pre-professional track, with emphases in preparing for cooperative graduate programs (University of Washington/UAA Physician Assistant Program, Creighton University/UAA Occupational Therapy Program, UAA/ISU Doctor of Pharmacy, WWAMI School of Medical Education)

Applicants who hold an Associate of Applied Science degree in Medical Assisting, Physical Therapist Assistant, Radiologic Technology, Paramedical Technology, and/or Diagnostic Medical Sonography are encouraged to meet with the BSHS program coordinator to discuss a degree completion pathway option that may provide a more rapid pathway toward earning a four year degree.

Health Educator Track

The health educator track of the BSHS provides training in the competencies for health educators identified by the 2020 National Health Educators Competencies and qualifies students to take the Certified Health Educator Specialist (CHES) exam. In addition, it provides education in population-based health and includes a community health education practicum. The health educator track provides a good foundation for careers or graduate study in health education, health promotion, public health and population health sciences. This track is also an appropriate option for students interested in preparing for public health, speech-language pathology, and occupational therapy graduate programs.

Admission Requirements

- Complete the Admission Requirements for Baccalaureate Degrees (<http://catalog.uaa.alaska.edu/academicpoliciesprocesses/admissions/undergraduate/>).

Field Practicum

The practicum provides students with an opportunity to apply health sciences and health education knowledge and skills to specific assigned projects within a community health organization. Placements may become competitive. The Department of Health Sciences makes every effort to find appropriate field placements for students; however, admittance does not guarantee acceptance by cooperating health agencies.

Graduation Requirements

- Complete the General University Requirements for Baccalaureate Degrees (<http://catalog.uaa.alaska.edu/undergraduateprograms/baccalaureaterequirements/>).
- Complete the General Education Requirements for Baccalaureate Degrees (<http://catalog.uaa.alaska.edu/undergraduateprograms/baccalaureaterequirements/gers/>).
 - For the Quantitative Skills requirement, choose STAT A200 or STAT A253.
 - For the Oral Communication Skills requirement, choose COMM A241.
 - For the Social Sciences requirement, choose PSY A150.
 - For the Natural Sciences requirement; choose BIOL A111 and BIOL A111L, and BIOL A112 and BIOL A112L.
 - For the Alaska Native-Themed requirement, choose AKNS A201.
 - For the Diversity & Inclusion requirement, choose SWK A243.
 - For the Integrative Capstone requirement, choose HS A492.
- Complete the following major requirements:

Code	Title	Credits
Core Courses		
COMM A300	Health Communication	3
HLTH A151	Breaking Trail on Your Health and Social Services Career	3
HS A210	Introduction to Environmental Health	3
HS A220	Introduction to Population Health Sciences	3
HS A230	Introduction to Global Health	3
HS A305	Public Health for an Aging Society	3
HS A326	Introduction to Epidemiology	3
HS A345	Planning and Management of Health Programs	3
HS A370	Social and Cultural Determinants of Health	3
HS A420	Program Evaluation	3
HS/NS A433	Health Education: Theory and Practice	3
HS A485	Professional Preparation in Health Sciences	3
HS A492	Senior Seminar: Contemporary Health Policy	3
HS A495	Health Sciences Practicum	3
KIN A384	Cultural and Psychological Aspects of Health and Physical Activity	3
MA A101	Medical Terminology	3
MA A104	Essentials of Human Disease	3
PHIL A302	Biomedical Ethics	3
PSY A261	Research Methods in Psychology	3

Support Courses

AKNS A201	Alaska Native Perspectives	3
BIOL A111 & A111L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Lab	4
BIOL A112 & A112L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab	4
BIOL A240	Introductory Microbiology for Health Sciences	3
COMM A241	Public Speaking	3
DN A151 or DN A203	Nutrition Through the Life Cycle Nutrition for Health Sciences	3
PSY A111	Introduction to Psychology	3
PSY A150	Lifespan Development	3
STAT A200 or STAT A253 or PSY A260 & A260L	Elementary Statistics Applied Statistics for the Sciences Statistics for Psychology and Statistics for Psychology Lab	3-4
SWK A243	Diversity, Equity and Inclusion through Community Service Learning	3
Complete one course from the Natural Sciences GER list in a discipline other than biology.		3
Advisor-approved electives		15
Total		107-108

A minimum of 120 credits is required for this degree, of which 39 must be upper-division.

Pre-professional Track

The BSHS pre-professional (PP) track provides training in public health and health promotion along with preparation for occupational therapy (OT), physical therapy (PT), physician assistant (PA), medical school, pharmacy, or other professional health-related graduate programs.

Prerequisites for graduate programs vary across graduate schools. The BSHS PP track includes most prerequisites for many OT, PT, PA, medical school, and pharmacy graduate programs with special focus on UA partner graduate programs. However, students must check the prerequisites for the schools they plan to attend in order to ensure that they meet all admission requirements. Students are encouraged to meet with an academic or faculty advisor early in their academic program to assist with course selection.

Admission Requirements

- Complete the Admission Requirements for Baccalaureate Programs (<http://catalog.uaa.alaska.edu/academicpoliciesprocesses/admissions/undergraduate/>).

Graduation Requirements

- Complete the General University Requirements for Baccalaureate Degrees (<http://catalog.uaa.alaska.edu/undergraduateprograms/baccalaureaterequirements/>).
- Complete the General Education Requirements for Baccalaureate Degrees (<http://catalog.uaa.alaska.edu/undergraduateprograms/baccalaureaterequirements/gers/>).
 - For the Quantitative Skills requirement, choose STAT A200 or STAT A253.
 - For the Oral Communication Skills requirement, choose COMM A241
 - For the Social Sciences requirement, choose PSY A150.
 - For the Natural Sciences requirement; choose BIOL A111 and BIOL A111L, and BIOL A112 and BIOL A112L.
 - For the Alaska Native-Themed requirement, choose AKNS A201.
 - For the Diversity & Inclusion requirement, choose SWK A243.
 - For the Integrative Capstone requirement, choose HS A492.
- Complete the following major requirements:

Code	Title	Credits
Core Courses		
COMM A300	Health Communication	3
HLTH A151	Breaking Trail on Your Health and Social Services Career	3
HS A210	Introduction to Environmental Health	3
HS A220	Introduction to Population Health Sciences	3
HS A230	Introduction to Global Health	3
HS A305	Public Health for an Aging Society	3
HS A326	Introduction to Epidemiology	3
HS A345	Planning and Management of Health Programs	3
HS A370	Social and Cultural Determinants of Health	3
HS A420	Program Evaluation	3
HS/NS A433	Health Education: Theory and Practice	3
HS A492	Senior Seminar: Contemporary Health Policy	3
HS A485	Professional Preparation in Health Sciences	3
PHIL A302	Biomedical Ethics	3
Support Courses		
AKNS A201	Alaska Native Perspectives	3
BIOL A108	Principles and Methods in Biology	6
BIOL A111 & A111L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Lab	4

BIOL A112 & A112L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab	4
CHEM A105 & A105L	General Chemistry I and General Chemistry I Laboratory	4
DN A203	Nutrition for Health Sciences	3
PSY A150	Lifespan Development	3
STAT A200 or STAT A253	Elementary Statistics Applied Statistics for the Sciences	3-4
Advisor-approved Electives		24
Total		96-97

A minimum of 120 credits is required for this degree, of which 39 must be upper-division.

Program Student Learning Outcomes

Graduates of the BSHS Health Educator track will be able to:

- Assess individual and/or community needs and/or capacity for health promotion.
- Plan effective health promotion programs and interventions for target populations.
- Implement health promotion interventions.
- Evaluate health promotion programs and/or interventions.
- Coordinate resources and relationships with stakeholders and partners.
- Communicate evidence-based health information effectively.
- Articulate the role of public health in inter-professional healthcare teams.

Sample Plan

The academic plan below is one pathway through the degree/certificate. It includes all requirements, taking into account recommendations from program faculty. Each student's plan may vary according to their initial course placement (<http://catalog.uaa.alaska.edu/academicpoliciesprocesses/academicstandardsregulations/courseplacement/>), intended course load, additional majors and/or minors, and their placement into required prerequisite courses. Any change in the plan below can have an unforeseen impact on the rest of the plan. **Therefore, it is very important to meet with your academic advisor to verify your personal academic plan.**

Please review the following terms, definitions, and resources associated with the sample academic plan below.

- Each course in the far left column links to a pop-up bubble with a course description, prerequisite requirements, and associations with university requirements. For example, if a course fulfills a general education requirement, you will see that in the pop-up bubble.
- **GER:** indicates a General Education Requirement (<http://catalog.uaa.alaska.edu/undergraduateprograms/baccalaureaterequirements/gers/>). GERs that also count toward degree/certificate requirements appear as a specific course in the

plan. For these courses, "GER" is not indicated explicitly in the table, but if you click on the course, you will see the course's GER status in the pop-up bubble.

- **Program Elective:** indicates a specific course selection determined by program faculty to fulfill a degree/certificate requirement. Students should seek assistance from their academic advisor.
- **Elective:** indicates an open selection of 100-400 level university courses to fulfill elective credits needed to meet the minimum total credits toward the degree/certificate.
- **Upper Division Program Elective:** indicates a specific 300-400 level course selection determined by the program faculty to fulfill a degree/certificate requirement. Students should seek assistance from their academic advisor.
- **Upper Division Elective:** indicates an open selection of 300-400 level courses to fulfill elective credits needed to meet the minimum total credits toward the degree/certificate. These courses must be upper division in order to meet General University Requirements for the particular degree/certificate type.

Sample Plan Health Educator Track

First Year

Fall		Credits
HLTH A151	Breaking Trail on Your Health and Social Services Career	3
MA A101	Medical Terminology	3
STAT A200 or STAT A253	Elementary Statistics or Applied Statistics for the Sciences	3-4
WRTG A111	Writing Across Contexts	3
GER Humanities		3
	Credits	15-16

Spring

BIOL A111 & A111L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Lab	4
COMM A241	Public Speaking	3
MA A104	Essentials of Human Disease	3
GER Fine Arts		3
GER Written Communication Skills		3
	Credits	16

Second Year

Fall		
BIOL A112 & A112L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab	4
DN A151 or DN A203	Nutrition Through the Life Cycle or Nutrition for Health Sciences	3
HS A210	Introduction to Environmental Health	3
HS A220	Introduction to Population Health Sciences	3
PSY A111	Introduction to Psychology	3
	Credits	16

Spring

AKNS A201	Alaska Native Perspectives	3
BIOL A240 & A240L	Introductory Microbiology for Health Sciences and Introductory Microbiology for Health Sciences Laboratory	4
HS A230	Introduction to Global Health	3
PSY A150	Lifespan Development	3
SWK A243	Diversity, Equity and Inclusion through Community Service Learning	3

Credits **16**

Third Year**Fall**

COMM A300	Health Communication	3
HS A305	Public Health for an Aging Society	3
HS A326	Introduction to Epidemiology	3
PSY A261	Research Methods in Psychology	3
GER Natural Sciences (other than biology)		3

Credits **15**

Spring

HS A345	Planning and Management of Health Programs	3
HS A370	Social and Cultural Determinants of Health	3
KIN A384	Cultural and Psychological Aspects of Health and Physical Activity	3
PHIL A302	Biomedical Ethics	3
Program Elective		3

Check with your advisor if you have met the requirements for an associate degree

Credits **15**

Fourth Year**Fall**

HS A420	Program Evaluation	3
HS A433 or NS A433	Health Education: Theory and Practice or Health Education: Theory and Practice	3
HS A485	Professional Preparation in Health Sciences	3
Program Elective		3
Upper Division Program Elective		3

Credits **15**

Spring

HS A492	Senior Seminar: Contemporary Health Policy	3
HS A495	Health Sciences Practicum	3
Upper Division Program Elective		3

Upper Division Program Elective 3

Credits **12**

Total Credits **120-121**

Sample Plan Pre-professional Track**First Year****Fall**

BIOL A111 & A111L	Human Anatomy and Physiology I and Human Anatomy and Physiology I Lab	4
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Credits

HLTH A151	Breaking Trail on Your Health and Social Services Career	3
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STAT A200 or STAT A253	Elementary Statistics or Applied Statistics for the Sciences	3-4
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WRTG A111	Writing Across Contexts	3
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GER Humanities		3
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Credits **16-17**

Spring

BIOL A112 & A112L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Lab	4
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COMM A241	Public Speaking	3
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HS A210	Introduction to Environmental Health	3
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GER Fine Arts		3
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GER Written Communication Skills		3
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Credits **16**

Second Year**Fall**

AKNS A201	Alaska Native Perspectives	3
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CHEM A105 & A105L	General Chemistry I and General Chemistry I Laboratory	4
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HS A220	Introduction to Population Health Sciences	3
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HS A230	Introduction to Global Health	3
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PSY A150	Lifespan Development	3
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Credits **16**

Spring

BIOL A108	Principles and Methods in Biology	6
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DN A203	Nutrition for Health Sciences	3
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SWK A243	Diversity, Equity and Inclusion through Community Service Learning	3
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Program Elective		3
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Credits **15**

Third Year**Fall**

COMM A300	Health Communication	3
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HS A305	Public Health for an Aging Society	3
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HS A326	Introduction to Epidemiology	3
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PHIL A302	Biomedical Ethics	3
or PHIL A305	or Professional Ethics	
Program Elective		3
Credits		15
Spring		
HS A370	Social and Cultural Determinants of Health	3
Program Elective		3
Upper Division Program Elective		3
Upper Division Program Elective		3
Upper Division Program Elective		3
Credits		15
Fourth Year		
Fall		
HS A420	Program Evaluation	3
HS A433	Health Education: Theory and Practice	3
or NS A433	or Health Education: Theory and Practice	
HS A485	Professional Preparation in Health Sciences	3
Upper Division Program Elective		3
Upper Division Program Elective		3
Credits		15
Spring		
HS A492	Senior Seminar: Contemporary Health Policy	3
Elective		3
Elective		3
Elective		3
Credits		12
Total Credits		120-121