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Health Science

Saint Mary's College of California

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HEALTH SCIENCE

The School of Science offers an interdisciplinary major in health science. This program provides a solid foundation in natural science and human biology. The Health Science major is appropriate for students who intend to pursue careers in physical therapy, occupational therapy, optometry and public health, as well as other health professions requiring a strong science background, such as medicine, dentistry or veterinary science. The student must meet with the Director of Health Science on admission to the College to design a course of study that will meet his/her individual needs and interests:

FACULTY

Karen Cowman, B.S., M.A., *Director of Health Science*

LEARNING OUTCOMES

When students have completed the health science major, they will be able to:

- **MATRICULATE** at graduate programs for physical therapy, occupational therapy, physician assistant, optometry, public health, chiropractic medicine, speech pathology and audiology, nutrition and other health professions programs.
- **MATRICULATE** at professional schools of medicine, dentistry, and veterinary medicine.
- **ENTER** careers in the health professions that require post-graduate certificate studies, such as radiology technician, medical assistant, dental hygienist, dental assistant, imaging technician, medical scribe, nuclear medicine technologist, science laboratory research assistant and many others.

MAJOR REQUIREMENTS

The Health Science major comprises 18 lower- and upper-division courses, many with corresponding laboratories, as detailed below.

LOWER DIVISION

Biology 1, 1L (laboratory); Biology 2, 2L (laboratory); Biology 15, 16 (laboratory); Biology 25, 26 (laboratory) Chemistry 8 & 9 (laboratory); Chemistry 10, 11 (laboratory) Mathematics 27; Mathematics 28
Physics 10, 20 (laboratory); Physics 20, 21 (laboratory)
Psychology 10

UPPER DIVISION

In addition, a minimum of seven upper-division courses are to be taken from biology, psychology, kinesiology (two from each department) and chemistry. The selection of upper-division courses for this major must be approved by the Director of Health Science. The approved upper-division elective course list is as follows:

BIOLOGY: Lower-division courses may be required as prerequisites.

- 100 **Functional Vertebrate Anatomy**
- 102 **Embryology and Development**
- 105 **Genetics**
- 119 **Research Design and Biostatistics**
- 127 **Systemic Physiology**
- 130 **Microbiology**
- 132 **Cell Biology**
- 135 **Biochemistry**
- 139 **Immunology**

KINESIOLOGY: No lower-division Kinesiology courses are required as prerequisites.

- 102 **Structural Biomechanics**
- 107 **Nutrition for Sport and Physical Activity**
- 109 **Care and Prevention of Athletic Injuries**
- 110 **Exercise Physiology**
- 117 **Human Motor Performance**
- 118 **Issues in Community Peer Health**
- 119 **Therapeutic Exercise and Physical Therapy Modalities**
- 120 **Advanced Athletic Training**

PSYCHOLOGY: Lower-division courses may be required as prerequisites.

- 110 **Psychobiology**
- 115 **Health Psychology**
- 139 **Human Development**
- 141 **Infancy and Childhood**
- 142 **Adolescent Development**
- 143 **Adult development**
- 148 **The Exceptional Individual**
- 152 **Abnormal Psychology**
- 160 **Social Psychology**

Students who want to prepare for careers in fields such as human performance and athletic training may take an interdisciplinary program of study through the Kinesiology Department. For information, contact the chair of that department.

C O U R S E S

Description of courses can be found in corresponding catalog of descriptions of these programs:

- Biology**
- Chemistry**
- Kinesiology**
- Mathematics**
- Psychology**