

HEALTH SCIENCES MAJOR B.S.

<https://chhs.unh.edu/kinesiology/program/bs/health-sciences-major>

Description

The Health Sciences program is for those students who are concerned with the well-being of others; and who also possess a strong science aptitude. As healthcare has evolved in the U.S., degree programs in the allied health professions (athletic training, physical therapy, physician assistant, etc.) have moved to post-baccalaureate education. Individuals with career interests in allied health professions must first attain prerequisite knowledge to be prepared to study in these advanced degree programs. This rigorous academic program meets requirements for entry into graduate school for a career in athletic training, physical therapy, or physician assistant studies. The U.S. Bureau of Labor Statistics anticipates a much faster than average job growth for most careers in health care.

Admission to graduate study in medical or allied health professions is very competitive and requires applicants to demonstrate exemplary academic performance for admission. Students are required to have earned a minimum, cumulative, GPA of 2.85 by the end of their Sophomore/2nd Year in the Health Sciences Major. Students with a GPA below 2.85 will be excluded (removed) from the Health Sciences Major.

Requirements

Major Requirements

Core courses required of all Health Sciences concentrations are:

| Code | Title | Credits |
|------------|---|---------|
| AT 667 | Pharmacology for Athletic Training | 2 |
| BIOL 411 | Introductory Biology: Molecular and Cellular | 4 |
| BIOL 412 | Introductory Biology: Evolution, Biodiversity and Ecology | 4 |
| BMS 507 | Human Anatomy and Physiology I | 4 |
| BMS 508 | Human Anatomy and Physiology II | 4 |
| CHEM 403 | General Chemistry I | 4 |
| CHEM 404 | General Chemistry II | 4 |
| HS 406 | Introduction to Health Sciences | 1 |
| HS 605 | Exploration of Allied Health Professions | 2 |
| HS 656 | Musculoskeletal Pathologies for Health Professions | 4 |
| HS 657 | Musculoskeletal Pathologies for Health Professions Lab | 1 |
| HS 717 | Cultural Considerations in Health Care | 4 |
| EXSC 620 | Physiology of Exercise | 4 |
| EXSC 722 | Applied Biomechanics | 4 |
| INCO 403 | Healthcare Professions Seminar | 2 |
| KIN 585 | Emergency Medical Responder | 4 |
| KIN 652 | Clinical Kinesiology | 4 |
| NUTR 400 | Nutrition in Health and Well Being | 4 |
| PHYS 401 | Introduction to Physics I | 4 |
| PHYS 402 | Introduction to Physics II | 4 |
| PSYC 401 | Introduction to Psychology | 4 |
| SPST 780 | Psychological Factors in Sport | 4 |
| PSYC 402 | Statistics in Psychology ¹ | 4 |
| or SOC 402 | Statistics | |
| or HHS 540 | Statistics for Health and Human Service Professionals | |

¹ Any UNH statistics course satisfies the requirement with adviser approval.

Required University Courses

Candidates for a degree must satisfy all of the University Discovery requirements in addition to satisfying the requirements of their selected Health Sciences concentration.

Athletic Training Concentration

This concentration is intended for students interested in pursuing a career as an athletic trainer. Students in this concentration develop knowledge and skills to prepare them for graduate study in a CAATE Accredited Master's Degree in Athletic Training.

Requirements for the Athletic Training Concentration are those presented in the Major Requirements – Core Courses, above.

Physician Assistant / Physical Therapy / 'Other' Medical Professions Concentration

This concentration is intended for students interested in pursuing a career as a physician assistant, physical therapist, or other medical profession. Students in this concentration develop knowledge and skills to prepare them for graduate study in medical fields.

Requirements for the PA / PT / Other Medical Professions Concentration are those presented in the Major Requirements, above, and the Additional Required Courses and Electives listed below. These courses are intended to provide an individualized component of the Health Sciences curriculum to meet the needs and interests of the student pursuing their personal career path.

Additional Required Courses

Health / Medical topic classes (may meet Discovery category requirements) of the following classifications:

- 400/500-level classes – **students must select 2 from this category**
- 600-level class – **students must select 1 from this category**
- 700-level classes – **students must select 2 from this category**

Courses that meet these criteria are non-required Health Sciences courses; and course work in Communication Sciences & Disorders, Human Development & Family Studies, Health & Human Services, Health Management & Policy, Kinesiology, Nursing, Occupational Therapy, Recreation Management & Policy, Social Work.

Recommended Electives

A student's plan of elective courses must be approved by a Health Sciences adviser.

| Code | Title | Credits |
|---------------|--|---------|
| BMCB 658/659W | General Biochemistry | 3 |
| BMS 503/504 | General Microbiology | 3 |
| CHEM 545/546 | Organic Chemistry | 3 |
| GEN 604 | Principles of Genetics | 4 |
| KIN 684/685 | Emergency Medical Care: Emergency Medical Technician (EMT) | 3 |
| HS 696W | Independent Study | 2-4 |
| KIN 706 | Neurology | 4 |
| PSYC 561 | Abnormal Behavior | 4 |
| PSYC 581 | Child Development | 4 |

Degree Plan

| Course | Title | Credits |
|---|---|--------------|
| First Year | | |
| Fall | | |
| BMS 507 | Human Anatomy and Physiology I | 4 |
| BIOL 411 | Introductory Biology: Molecular and Cellular | 4 |
| ENGL 401 | First-Year Writing | 4 |
| HS 406 | Introduction to Health Sciences | 1 |
| Discovery/Elective (HU) | | 4 |
| Credits | | 17 |
| Spring | | |
| BMS 508 | Human Anatomy and Physiology II | 4 |
| BIOL 412 | Introductory Biology: Evolution, Biodiversity and Ecology | 4 |
| PSYC 401 | Introduction to Psychology | 4 |
| Discovery/Elective (FPA) | | 4 |
| Credits | | 16 |
| Second Year | | |
| Fall | | |
| HS 605 | Exploration of Allied Health Professions (fall or spring) | 2 |
| INCO 403 | Healthcare Professions Seminar | 2 |
| CHEM 403 | General Chemistry I | 4 |
| EXSC 620 | Physiology of Exercise | 4 |
| PSYC 402 or SOC 402 or HHS 540 | Statistics in Psychology or Statistics or Statistics for Health and Human Service Professionals | 4 |
| Discovery/Elective (ETS) | | 4 |
| Credits | | 20 |
| Spring | | |
| HS 605 | Exploration of Allied Health Professions (fall or spring) | 2 |
| CHEM 404 | General Chemistry II | 4 |
| NUTR 400 | Nutrition in Health and Well Being | 4 |
| KIN 585 | Emergency Medical Responder | 4 |
| Discovery Elective (WC) | | 4 |
| Credits | | 18 |
| Third Year | | |
| Fall | | |
| PHYS 401 | Introduction to Physics I | 4 |
| AT 667 | Pharmacology for Athletic Training | 2 |
| Discovery Elective (HP) | | 4 |
| Discovery Elective (see recommended electives under requirements) | | 4 |
| Discovery Elective (see recommended electives under requirements) | | 2-4 |
| Credits | | 16-18 |
| Spring | | |
| PHYS 402 | Introduction to Physics II | 4 |
| HS 656 | Musculoskeletal Pathologies for Health Professions | 4 |

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|---|--|----------------|
| HS 657 | Musculoskeletal Pathologies for Health Professions Lab | 1 |
| KIN 652 | Clinical Kinesiology | 4 |
| Discovery Elective (see recommended electives under requirements) | | 4 |
| Credits | | 17 |
| Fourth Year | | |
| Fall | | |
| SPST 780 | Psychological Factors in Sport | 4 |
| Discovery Elective (see recommended electives under requirements) | | 4 |
| Discovery Elective (see recommended electives under requirements) | | 4 |
| Discovery Elective (see recommended electives under requirements) | | 4 |
| Credits | | 16 |
| Spring | | |
| HS 717 | Cultural Considerations in Health Care | 4 |
| EXSC 722 | Applied Biomechanics | 4 |
| Discovery Elective (see recommended electives under requirements) | | 4 |
| Discovery Elective (see recommended electives under requirements) | | 4 |
| Credits | | 16 |
| Total Credits | | 136-138 |

Student Learning Outcomes

- Demonstrate understanding of core principles of biology, chemistry, physics, anatomy and physiology, psychology, and kinesiology.
- Demonstrate comprehension of musculoskeletal evaluation and assessment techniques.
- Demonstrate responsiveness to cultural considerations in healthcare.
 - Understand influence of age, race, ethnicity, gender, sexual orientation, spirituality, socioeconomic status, and other aspects of diversity on individual healthcare needs and health-related quality of life.
- Demonstrate an understanding of scientific research and writing.
 - Ability to identify and analyze scholarly literature.
 - Ability to synthesize and articulate research findings through writing.
- Demonstrate knowledge of behaviors, scopes of practice, and legal and ethical standards for health professions.
- Understand concepts of evidence-based practice and patient-centered care for health professions.