

## Health Studies

**H**ealth Studies is a 37-credit Bachelor of Science (BS) degree program that focuses on the study of human health, wellness, illness, and disease.

The Health Studies program is a general program for those who want to learn more about health and wellness, but who do not wish to pursue preparation in a specific health profession such as public health, health education, or nursing.

### Program Overview

The BS in Health Studies is a general program that prepares students with the health knowledge and skills necessary to understand and navigate the US healthcare system, to be an informed consumer of health information, and to critically assess personal health behavior, health status, and associated health risks.

The BS in Health Studies was developed to allow for the declaration of a minor field of study and students who select the Health Studies major are strongly encouraged to complete a minor to complement the major.

### Program Objectives

The objectives of BS in Health Studies are to:

- Explore concepts of human health and disease, nutrition, sexuality, aging, and substance use.
- Examine individual health behaviors, their relation to the development of disease, and their role in the protection of health.
- Develop health research literacy skills.
- Explore the organization, financing, management, and dynamics of the US healthcare system.
- Explore the role of culture in health behavior and decision-making.

### Do You Want More Information?

Contact the department at 973-720-2394 to schedule an appointment to discuss your academic plans. We are happy to meet with you about your educational goals.

### Is Health Studies Right for You?

The Health Studies program is a general health-related degree. As such, the degree does not prepare a student for a specific career pathway or workplace setting. The program is specifically aimed at students who:

- Have completed an AA/AS or an AAS in an Allied Health discipline and wish to earn a health-related bachelor's degree.
- Are seeking advancement at their current place of employment in the health/health care industry.
- Want a foundation in the study of human health before pursuing additional graduate training in clinical health science professions (best when combined with a major or minor in biology, chemistry, or other program under advisement).
- Are interested in health, but who do not want to pursue professional preparation in public health or related careers.
- Want to enroll in a health-related degree-completion program that will lead to timely graduation from the university.

### Health Studies Majors will Learn to:

- Critically review research methodology, data, and recommendations.
- Locate valid sources of health and disease information.
- Analyze the factors that contribute to the major causes of morbidity and mortality in the United States.
- Describe the organization and administration of health care in the United States.
- Investigate and critically assess physical, social, emotional, and intellectual factors influencing health behaviors.
- Critically discuss the relationship between culture and health.

Updated: 3/2016

# Bachelor of Science in Health Studies

**Admissions Requirements:** (all of the following courses with a grade of C- or better; C or better if transferred)

BIO 1140	Applied Anatomy & Physiology (or BIO 1120 & 1130; or BIO 1180 & 1190; or transfer equivalent)
MATH 1300	Elementary Statistics (or MATH 2300; or transfer equivalent)
PBHL 1100	Healthy U (or PBHL 1200; or PBHL 1300; or transfer equivalent)

**Core Courses: 24 credits** **CR** **UCC\*** **Prerequisite Courses and Restrictions**

PBHL 2150	Drugs and Health	3	-	none
PBHL 2210	Nutrition	3	-	none
PBHL 2900	Human Sexuality	3	-	none
PBHL 2700	Concepts and Issues of Aging	3	-	none
PBHL 3020	Health Care in the United States	3	-	Must be a Health Studies Major
PBHL 3040	Health Research Methods I	3	WI	MATH 1300; Fall only
PBHL 4300	Counseling Skills for Health Professionals	3	-	none
PBHL 4950	Cultural Dimensions of Health	3	WI	none

**Elective Courses: 6 credits (select two of the following)** **CR** **UCC\*** **Prerequisite Courses and Restrictions**

PBHL 2100	Women's Health	3	-	none
PBHL 2200	Stress Management	3	-	none
PBHL 2950	Disparities in Health	3	A4	none
PBHL 3110	Global Health Issues	3	A6	none
PBHL 3130	Violence as a Public Health Issue	3	-	none
PBHL 3140	Reproductive Rights	3	A5	none
PBHL 3150	Food and Community	3	A5	none
PBHL 3170	Popular Literature in Public Health	3	-	none
PBHL 3180	Tobacco as a Public Health Issue	3	A5	none
PBHL 3210	Lifespan Nutrition	3	-	Fall only
PBHL 3220	Food and Social Issues	3	-	Spring only
PBHL 3750	Human Disease	3	-	none
PBHL 4500	Health Administration	3	-	none
PBHL 4900	Practicum in Health Studies	3	-	none

**Co-Requirements: 7 credits** **CR** **UCC\*** **\*University Core Curriculum (UCC) Courses**

CS 2010	Computer and Information Technology	3	TI	WI = Writing Intensive TI = Technology Intensive A4 = Diversity & Social Justice A5 = Community & Civic Engagement A6 = Global Awareness
<i>and one of the following lab science courses:</i>				
BIO 1300	Field Biology	4	-	
BIO 1700	Basic Microbiology	4	-	
CHEM 1310	College Chemistry	4	-	
ENV 1100	Environmental Sustainability	4	-	
PHYS 1100	Introduction to Physics	4	-	