

## Health and Human Sciences, Minor

### Mission Statement

Within the context of LMU's mission, the Department of HHSC strives to cultivate educated students in the subjects of HHSC with quality classroom preparation for graduate schools and professional careers as well as relevant clinical, practical and evidence-based experience in health-related fields. Such fields include, but are not limited to: physical therapy, occupational therapy, physician assistant, nursing, public health, exercise science, and in athletic training. The Department prepares students in a positive environment that encourages the development of the whole person.

### Vision Statement

The vision of the Department of HHSC is to develop quality graduates in the area of health science and its related professions. Excellence in development of the health science student is based on academics, research, service, professional and practical experiences.

### Health and Human Sciences Minor

The Health and Human Sciences (HHSC) minor provides students an opportunity to learn about the human body and health by combining classroom training with state-of-the-art hands-on laboratory experiences. Students in the minor of HHSC are interested in kinesiology, exercise science, understanding chronic disease, use of exercise and nutrition to promote health, or the prevention and treatment of musculoskeletal injuries. With the variety of class offerings, laboratory experiences, as well as internship and research opportunities, this minor will prepare non-HHSC majors for graduate studies in physical therapy, occupational therapy, exercise science, nursing, physician assistant, public health, athletic training, and other health professions.

Students are asked to state their interest in the HHSC minor by completing an application available from the department chairperson after their first semester. Admission to the HHSC minor is restricted and admission requests may not always be possible. Selection to the minor will be based on student declaration of postgraduate plans and academic status. The evaluation process will take place at the end of the Fall and Spring semesters with students being informed once the evaluation process has been completed.

### Health and Human Sciences, Minor Requirements<sup>#</sup>

The minor consists of 21 semester hours including a minimum of 11 lower-division and 10 upper-division HHSC semester hours. One upper-division combined HHSC lecture and laboratory sequence is required.

## Lower-Division Requirements

**Required Lower-Division Courses, 11 semester hours:**

- HHSC 1550: Human Anatomy and Physiology I, 3 semester hours
- HHSC 1556: Human Anatomy and Physiology I Laboratory, 1 semester hour
- HHSC 2550: Human Anatomy and Physiology II, 3 semester hours
- HHSC 2556: Human Anatomy and Physiology II Laboratory, 1 semester hour

Students must additionally complete one lower-division course from the following:

- HHSC 1700: Personal Health, 3 semester hours
- HHSC 2300: Nutrition, 3 semester hours
- HHSC 2780: Science, Nutrition, and Health, 3 semester hours

## Upper-Division Requirements<sup>‡</sup>

**Upper-Division Laboratory, 4 semester hours**

Students must complete one lecture and laboratory course sequence below representing 4 upper-division semester hours:

- HHSC 3750 + 3756: Exercise Physiology with Laboratory, 3+1 semester hours
- HHSC 4600 + 4606: Therapeutic Modalities with Laboratory, 3+1 semester hours
- HHSC 4610 + 4616: Therapeutic Rehab in Sports Medicine and Lab (HHSC 3600 prereq), 3+1 semester hours
- HHSC 4705 + 4706: EKG Interpretation with Laboratory (HHSC 3750 prereq), 3+1 semester hours
- HHSC 4750 + 4756: Strength and Conditioning with Laboratory (HHSC 3800 prereq), 3+1 semester hours
- HHSC 4800 + 4806: Biomechanics with Laboratory, 3+1 semester hours

**Upper-Division Electives, 6 semester hours (minimum)**

- HHSC 3220: Public Health, 3 semester hours
- HHSC 3600: Upper Extremity Evaluation, 3 semester hours
- HHSC 3610: Lower Extremity Evaluation (HHSC 3600 prereq), 3 semester hours
- HHSC 3750 + 3756: Exercise Physiology with Laboratory, 3+1 semester hours
- HHSC 3800: Kinesiology, 3 semester hours
- HHSC 3900: Health and Human Sciences Teaching, 1 semester hour\*
- HHSC 3950: Allied Health Internship I, 1 semester hour\*
- HHSC 3970: Allied Health Internship II, (HHSC 3950 coreq/prereq) 1-2 semester hours\*
- HHSC 3998: Special Studies, 3 semester hours
- HHSC 3999: Independent Studies (research mentored by an HHSC Faculty member), 1-3 semester hours\*
- HHSC 4100: Epidemiology, 3 semester hours
- HHSC 4600 + 4606: Therapeutic Modalities with Laboratory, 3+1 semester hours
- HHSC 4610 + 4616: Therapeutic Rehab in Sports Medicine and Lab (HHSC 3600 prereq), 3+1 semester hours
- HHSC 4705 + 4706: EKG Interpretation with Laboratory (HHSC 3750 prereq), 3+1 semester hours
- HHSC 4750 + 4756: Strength and Conditioning with Laboratory (HHSC 3800 prereq), 3+1 semester hours
- HHSC 4800 + 4806: Biomechanics with Laboratory, 3+1 semester hours
- HHSC 4998: Special Studies, 3 semester hours

---

<sup>‡</sup>Upper division courses for the minor must be selected under the direction of the Chairperson or assigned Academic Advisor from the Department of Health and Human Sciences.

\*A maximum of 3 semester hours of independent study coursework may count in the upper-division minor category. This includes any HHSC course between the numbers of 3900 and 3999, except 3998.

#An average grade of C (2.0) must be accumulated in all courses included in the minor.