

Health and Human Sciences, B.S. Degree Requirements

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.

Lower-Division Requirements[#]

Required Lower-Division Courses, 49 semester hours:

- BIOL 1010: General Biology I *4 semester hours*
- BIOL 1110: General Biology I Lab *1 semester hours*
- BIOL 216: Medical Microbiology *3 semester hours*
- CHEM 1100: General Chemistry I *3 semester hours*
- CHEM 1110: General Chemistry I Lab *1 semester hour*
- CHEM 1120: General Chemistry II *3 semester hours*
- CHEM 1130: General Chemistry II Lab *1 semester hour*
- HHSC 1550: Human Anatomy and Physiology I *3 semester hours*
- HHSC 1556: Human Anatomy and Physiology I Laboratory *1 semester hour*
- HHSC 1900: Exploring Health Sciences Seminar *1 semester hour*
- HHSC 1910: Medical Terminology *2 semester hours*
- HHSC 2300: Nutrition *3 semester hours*
- HHSC 2550: Human Anatomy and Physiology II *3 semester hours*
- HHSC 2556: Human Anatomy and Physiology II Laboratory *1 semester hour*
- MATH 122: Calculus for the Life Sciences I *3 semester hours*
- MATH 205: Applied Statistics *4 semester hours*
- PHYS 2500: General Physics I *4 semester hours*
- PHYS 2550: General Physics II *4 semester hours*
- PSYC 1000: General Psychology *4 semester hours*

[#]In order to graduate, a student must have a C (2.0) average in the lower division science courses and a C (2.0) average in the upper division science courses

Upper-Division Requirements[‡]

A total of 30 upper division semester hours are required: Within the 30 semester hours, students need to complete:

Required Courses in the Junior Year, 10 semester hours:

- HHSC 3750: Exercise Physiology & HHSC 3756: Exercise Physiology Laboratory, 4 semester hours
- HHSC 3100-3199: Health Equity, Diversity, and Justice (HEDJ - one course in this category), 3 semester hours
- *HHSC 3950: Allied Health Internship, 1 semester hour
- 2 additional semester hours collectively from:
 - *HHSC 3970: Allied Health Internship II, HHSC 3970 is offered as a variable unit course whereby 1-5 units can be taken in any one semester. A maximum of 5 units of HHSC 3970 can be completed for credit at LMU.
 - and/or
 - *HHSC 3999: Independent studies (research mentored by an HHSC Faculty member)

Upper-Division Psychology, 4 semester hours

- PSYC 3038: Psychopathology, 4 semester hours
or
- PSYC 3052: Lifespan Development, 4 semester hours

Upper-Division Laboratory, 4 semester hours

One lecture and laboratory course sequence below:

- HHSC 4100 + 4106: Epidemiology with Epidemiology Laboratory, (MATH 205 or PSYC 2001 prereq), 3+1 semester hours
- HHSC 4600 + 4606: Evidence-based Therapeutic Modalities with Laboratory, 3+1 semester hours
- HHSC 4610 + 4616: Therapeutic Rehab in Sports Medicine and Laboratory, 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, 3+1 semester hours
- HHSC 4800 + 4806: Biomechanics with Laboratory, 3+1 semester hours

Upper-Division Electives, 12 semester hours (minimum)

- HHSC 3100: Health Services for Marginalized Populations, 3 semester hours[^]
- HHSC 3110: Weight Bias, 3 semester hours[^]
- HHSC 3120: Physiology of Aging, 3 semester hours[^]
- HHSC 3130: Medical Bioethics, 3 semester hours[^]
- HHSC 3140: Global and Community Health, 3 semester hours[^]
- HHSC 3150: Exercise for Special Populations, 3 semester hours[^]
- HHSC 3160: Women's and Maternal Health, 3 semester hours[^]
- 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 3800: Kinesiology, 3 semester hours
- HHSC 3900: Health and Human Sciences Teaching, 1 semester hour*
- HHSC 3970: Allied Health Internship II, 1-5 semester hours*
- HHSC 3998: Special Studies, 3 semester hours
- HHSC 3999: Independent studies (research mentored by an HHSC Faculty member), 1-5 semester hours
- HHSC 4100 + 4106: Epidemiology with Epidemiology Laboratory, (MATH 205 or PSYC 2001 prereq), 3+1 semester hours
- HHSC 4150: Healthcare Delivery Systems, 3 semester hours
- HHSC 4190: Prevention Neuroscience, 3 semester hours
- HHSC 4200: Drugs, Addiction, and Health, (HHSC 4190 prereq), 3 semester hours
- HHSC 4230: Advanced Nutrition, 3 semester hours
- HHSC 4240: Medical Nutrition Therapy, 3 semester hours
- HHSC 4600 + 4606: Evidence-based Therapeutic Modalities with Laboratory, 3+1 semester hours
- HHSC 4610 + 4616: Therapeutic Rehab in Sports Medicine and Laboratory, 3+1 semester hours
- HHSC 4705 + 4706: EKG Interpretation with Laboratory (HHSC 3750 prereq), 3+1 semester hours
- HHSC 4750 + 4756: Scientific Principles of Strength and Conditioning w/Laboratory, 3+1 semester hours
- HHSC 4800 + 4806: Biomechanics with Laboratory, 3+1 semester hours
- HHSC 4998: Special Studies, 3 semester hours

*A maximum of 6 semester hours of independent study coursework may count in the upper-division major category. This includes any HHSC course between the numbers of 3900 and 3999, except 3998.

One upper division science course outside of HHSC may be used to complete the 26 semester hours of upper division HHSC requirement upon recommendation from your academic advisor and with approval of the Department Chair.

‡A student must have a C (2.0) average in upper-division science courses.

[^]Only one Health, Equity, Diversity, and Justice (HEDJ) course can be taken in the minor.

Model Four-Year Plan

First Year

Fall Semester

- HHSC 1900: Exploring Health Sciences Seminar, 1 semester hour
- HHSC 1910: Medical Terminology, 2 semester hours
- BIOL 1010: General Biology I, 4 semester hours
- BIOL 1110: General Biology I Lab, 1 semester hours
- CHEM 1100: General Chemistry I, 4 semester hours
- CHEM 1110: General Chemistry I Lab, 1 semester hour
- FFYS 1000: First Year Seminar, 4 semester hours
- ORNT 1000: Freshman Forum, 0 semester hours

Total: 17 semester hours

Spring Semester

- HHSC 1550: Human Anatomy and Physiology I, 3 semester hours
- HHSC 1556: Human Anatomy and Physiology I Laboratory, 1 semester hour
- CHEM 1120: General Chemistry II, 4 semester hours
- CHEM 1130: General Chemistry II Lab, 1 semester hour
- MATH 122: Calculus for the Life Sciences I, 3 semester hours
- RHET 1000: Rhetorical Arts, 4 semester hours

Total: 16 semester hours

Sophomore Year

Fall Semester

- HHSC 2550: Human Anatomy and Physiology II, 3 semester hours
- HHSC 2556: Human Anatomy and Physiology II, Laboratory, 1 semester hour
- MATH 205: Applied Statistics, 4 semester hours
- PHYS 2500: General Physics I, 4 semester hours
- University Core, 4 semester hours

Total: 16 semester hours

Spring Semester

- BIOL 216: Medical Microbiology, 3 semester hours
- HHSC 2300: Nutrition, 3 semester hours
- PHYS 2550: General Physics II, 4 semester hours
- PSYC 1000: General Psychology, 4 semester hours

Total: 14 semester hours†

Junior Year

Fall Semester

- HHSC 3750: Exercise Physiology, 3 semester hours
- HHSC 3756: Exercise Physiology Laboratory, 1 semester hour
- HHSC 3950: Allied Health Internship I, 1 semester hour
- UD HHSC, 3 semester hours
- PSYC 3038: Psychopathology or PSYC 3052: Lifespan Development, 4 semester hours
- University Core, 4 semester hours

Total: 16 semester hours

Spring Semester

- HHSC (3100-3199) Health Equity, Diversity, and Justice Course, 3 semester hours
- HHSC 3970: Allied Health Internship II and/or HHSC 3999: Independent Study – Research, 2 semester hours
- UD HHSC, 3 semester hours
- University Core, 4 semester hours
- UD Elective, 3 semester hours

Total: 15 semester hours

Senior Year

Fall Semester

- UD HHSC with Lab, 3+1 semester hours
- UD HHSC, 3 semester hours
- UD University Core, 4 semester hours
- Elective, 3 semester hours

Total: 14 semester hours

Spring Semester

- UD HHSC, 3 semester hours
- UD University Core, 4 semester hours
- Elective, 3 semester hours
- UD Elective, 4 semester hours

Total: 14 semester hours

Notes:

† Dean's List requires a minimum of 14 semester hours.