

HEALTH SCIENCES A.S. (TRANSFER)

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Program Description

Prepares students to further their career goals in Health Sciences, Public Health and Community Health, Exercise Science, or Kinesiology fields. This program of study prepares students to transfer to a four-year institution. It requires completion of general education courses and selected Public Health, Exercise Science, and Science courses.

A grade of "C" or better must be earned in BSCI 201 and all Departmental Requirements and Electives.

Program Learning Outcomes

- Define the role of health professionals in individual, community, regional, and global levels.
- Apply knowledge from behavioral, social, and physical health sciences to health-related wellness and disease prevention.
- Describe human health, disease, wellness, and fitness.
- Identify health-related needs and understand interventional approaches to promote and protect health.

Program Requirements

- Students must complete their credit **English and Mathematics** within the first 24 credits.
- One course must meet the cultural competence graduation requirement (<https://frederick-public.courseleaf.com/general-education-core/#cultural>).
- **CORE: The General Education CORE** is that foundation of the higher education curriculum providing a coherent intellectual experience for all students. Students should check with an advisor or the transfer institution (ARTSYS) before selecting General Education CORE requirements. <http://artsys.usmd.edu/>
- In some General Education categories (Mathematics, Biological & Physical Sciences), a 4-credit course selected from the GenEd course list will satisfy the requirement in place of a 3-credit course. Students should check with an advisor before selecting these courses.
- For the Physical Education, Health, or Nutrition requirement, a 3-credit PHED, HLTH, or NUTR course may satisfy the requirement in place of a 1-credit course. Students should check with an advisor before selecting this course.
- Students must earn a grade of "C" or better in ENGL 101 English Composition.
- Students must earn a grade of "C" or better in BSCI 201 and all Departmental Requirements and Electives.

Code	Title	Credits
English		
ENGL 101	English Composition	3
Mathematics		
Mathematics Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#mathematics) (MATH 120 or higher) ^{1,2,3}		3
Social & Behavioral Sciences		

Social & Behavioral Sciences Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#social-behavioral) - Recommended course(s) below:		6
PSYC 101	General Psychology	
SOCY 101	Introduction to Sociology	
Arts & Humanities		
Arts Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#arts)		3
Humanities Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#humanities)		3
Communication Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#communication)		3
Biological & Physical Sciences		
BSCI 150	Principles of Biology I	4
BSCI 201	Anatomy and Physiology I	4
General Education Elective		
PHED 165	Fitness for Living (required)	
Physical Education, Health, or Nutrition Requirement		
PHED 165	Fitness for Living (satisfies this requirement)	
Departmental Requirements		
EXSC 170	Introduction to Health and Exercise Science	3
or PBHL 170	Foundations of Public Health	
NUTR 102	Nutrition in a Changing World	3
or NUTR 200	Principles and Application of Nutrition	
or HLTH 160	Stress Management	
NUTR 100	Nutrition Basics	1
or HLTH 100	Stress Management Techniques	
Electives ^{2,3}		
Select 21 credits of program electives below		21
BSCI 202	Anatomy and Physiology II	
BSCI 223	Microbiology for Allied Health	
BSCI 240	Genetics (Spring)	
BSCI 263	Elements of Microbiology (Fall)	
CHEM 100	Chemistry and Society ¹	
CHEM 101	General Chemistry I ¹	
CHEM 201	Organic Chemistry I	
EDPS 210	Human Growth and Development	
EXSC 180	Care and Prevention of Athletic Injuries	
EXSC 227	Principles of Resistance Training Technique and Program Design	
EXSC 230	Fitness Instruction	
EXSC 240	Fitness Assessment and Programming	
EXSC 250	Essentials of Personal Training	
EXSC 260	Psychology of Sport	
HLTH 150	Health Education	
HLTH 160	Stress Management	
PBHL 225	Human Sexuality	
PBHL 240	Introduction to Health Behaviors	
MEDA 109	Medical Terminology	
MEDA 222	Federal Healthcare Programs and Laws	
PHYS 101	Survey of Physics (Spring) ¹	
PHYS 121	Fundamentals of Physics I (Fall) ¹	
PSYC 104	Issues of Drug/Alcohol Use	
Total Credits		60

1

Select course based on prerequisites needed for CHEM or PHYS course you plan to take at FCC

2

Select course based on transfer goals. Determine how these courses transfer to Bachelor Degree requirements

3

Select course based on graduate school goals. Determine how these courses apply to prerequisites for graduate school admissions

Transfer Note

For more information on careers and transfer, contact the Career and Academic Planning Services office at 301.846.2471 or visit Transfer Services (<https://www.frederick.edu/student-resources/counseling-advising/transfer-services.aspx>).

Guided Pathway to Success (GPS)

Suggested schedules map your path to degree completion.

Students should meet with an advisor each semester to carefully select and sequence courses based on their specific academic goals and interests. Visit Jefferson Hall or call 301.846.2471 for advising.

Recommended First Semester		Credits
ENGL 101	English Composition ¹	3
Mathematics Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#mathematics) (MATH 120 or higher) ¹		3-4
Social & Behavioral Sciences Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#social-behavioral) - Recommended course(s) below:		3
PSYC 101	General Psychology	
Arts Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#arts)		3
EXSC 170 or PBHL 170	Introduction to Health and Exercise Science or Foundations of Public Health	3
Credits		15-16
Recommended Second Semester		
BSCI 150	Principles of Biology I	4
PHED 165	Fitness for Living	3
Humanities Elective (Gen Ed Course List) (https://frederick-public.courseleaf.com/general-education-core/#humanities)		3
NUTR 102 or NUTR 200 or HLTH 160	Nutrition in a Changing World or Principles and Application of Nutrition or Stress Management	3
Elective ²		3
Credits		16
Recommended Third Semester		
BSCI 201	Anatomy and Physiology I	4
Elective ²		3
Elective ²		3
Elective ²		3
Communication Elective (Gen Ed Course List) (https://frederick-public.courseleaf.com/general-education-core/#communication)		3
Credits		16
Recommended Fourth Semester		
Elective ²		3
Elective ²		3
Elective ²		3
Social & Behavioral Sciences Elective - Recommended Course(s) below:		3
SOCY 101	Introduction to Sociology	
NUTR 100 or HLTH 100	Nutrition Basics or Stress Management Techniques	1
Credits		13
Total Credits		60-61

1

Take this course within the first 24 credits.

2

Select from the following program elective courses:

BSCI 202 Anatomy and Physiology II, BSCI 223 Microbiology for Allied Health, BSCI 240 Genetics, BSCI 263 Elements of Microbiology, CHEM 100 Chemistry and Society, CHEM 101 General Chemistry I, CHEM 201 Organic Chemistry I, EDPS 210 Human Growth and Development, EXSC 180 Care and Prevention of Athletic Injuries, EXSC 227 Principles of Resistance Training Technique and Program Design, EXSC 230 Fitness Instruction, EXSC 240 Fitness Assessment and Programming, EXSC 250 Essentials of Personal Training, EXSC 260 Psychology of Sport, HLTH 150 Health Education, HLTH 160 Stress Management, PBHL 225 Human Sexuality, PBHL 240 Introduction to Health Behaviors, MEDA 109 Medical Terminology, MEDA 222 Federal Healthcare Programs and Laws, PHYS 101 Survey of Physics, PHYS 121 Fundamentals of Physics I, PSYC 104 Issues of Drug/Alcohol Use

Part-time Students

Part-time students should complete courses in the order listed on the pathway. Please contact program manager for questions about part-time status.

Students who take fewer than 15 credits each semester or who require developmental English or Math coursework will need additional semesters to complete their degrees. Summer term and January session classes may help students to make faster progress.

Pathway Legend

Milestone - courses with the Milestone notation should be taken within the recommend credit range to stay on track for program completion.

Fall, Spring, Summer - courses with a Fall, Spring, or Summer notation indicate the course is offered in the specified semester only.