

**0UNDERGRADUATE MAJOR: BS – Health Science
2021/2022**

CREDITS REQUIRED IN MAJOR: 79

A grade of C- or higher is required in all courses for the major

PR00OGRAM REQUIREMENTS

COURSE NUMBER	COURSE NAME	CREDI T	PREREQUISITES	OFFERE D	ONLIN E
PSY 100	Introduction to Psychology	3	None	F/SP	X
PSY 200+	PSY course 200-level or above (cannot be PSY 201)	3	PSY 100	F/SP/SU	X
BIO 111	Human Anatomy & Physiology I	3	MAT 100 or MAT 101 C or higher (or appropriate SAT/ Accuplacer score)	F/SU	
BIO 112	Practical Human Anatomy & Physiology I	1.5	BIO 111 or BIO 221 or concurrently	F/SU	
BIO 113	Human Anatomy & Physiology II	3	grade of C- or higher in BIO 111	SP/SU	
BIO 114	Practical Human Anatomy & Physiology II	1.5	grade of C- or higher in BIO 112; BIO 113 or BIO 223 or concurrently.	SP/SU	
PHY 101/102	Introduction to Physics	4	successful completion of EYE course (or concurrently) and Quantitative Reasoning course (or concurrently)	F/SP/SU	
Or	Or	Or	Or	Or	
PHY 111/114	Elements of Physics I	5	grade of C or higher in MAT 108 or MAT 140 (or concurrently) or MAT 152 (or concurrently), or permission of instructor	F/SU	
CHY 107	Chemistry for Health Science	3	None	F/SP	
Or	Or		Or		
CHY 113	Principles of Chemistry		EYE (or concurrent), and MAT 108 (or concurrent) or MAT 140 (or concurrent) or MAT 152 (or concurrent) or permission. CHY 114 is suggested to be taken concurrently although it is not required.		
MAT 120	Introduction to Statistics	4		F/SP/SU	X
Or	Or	Or	MAT 100 (C or higher) or MAT 101 (C or higher) or appropriate SAT/ Accuplacer score		
LOS 120	Statistics in Psychology	3			
Or					
PSY 201	Or	3	MAT 100 C- or higher or appropriate SAT/Accuplacer score		
HRD 200/ SBS 200	Multicultural Human Development	3	Minimum 30 Earned Credits	F/SP/SU	X

SPM 100	Introduction to Exercise, Health, and Sport Sciences	3	none – not required if a student has over 30 credits when declaring major	F/SP	X
SPM 219/ REC 219	Lifetime Physical Fitness and Wellness	3	none	F/SP/SU	X
SPM 230	Psychology of Physical Activity and Sport	3	SPM 100 and ALT, EXS, or HLS major	F/SP/SU	
SPM 350	Health Promotion Programs	3	SPM 100 and ALT, EXS, or HLS major	F/SP/SU	X
CON 252	Human Nutrition	3	BIO 113	F/SP/SU	X
SPM 477	Health Research Methods	3	MAT 120 or PSY 201	F/SP/SU	X
BPH 201/ SCI 336/ SBS 336	Intro to Public Health	3	none	F/SP/SU	X

Track of Study (30 credits)

Students must complete one track of study as part of the health sciences major. Students who have a two-year Health-Related Associate's Degree do not have to complete a track of study (i.e. 30 credits of the A.S. degree will be applied to the Track requirement) This situation does not apply to students interested in pursuing the Occupational Therapy or Athletic Training Accelerated Pathway.

With faculty advisor permission, students may petition to substitute up to six credits of track requirements with other university-level health science-related course work. This substitution only applies to students pursuing the Wellness, Pre-Professional, and Health Care Administration tracks. It does not apply to students interested in pursuing the Occupational Therapy or Athletic Training Accelerated Pathway.

The Wellness, Pre-Professional, and Health Care Administration tracks present the option for a minor, although the completion of a minor is not required.

MAJOR COURSES OVERLAPPING IN THE CORE:

COURSE NUMBER	COURSE NAME	CREDITS	REQ. BY MAJOR
SCA	HRD 200 Or SBS 200	3	Yes
SE	PHY 101/102 or PHY 111/114	4 Or 5	Yes
QR	MAT 120 or PSY 201 or LOS 120	4 3 3	Yes
EL	SPM 350	3	Yes
CAP	SPM 477	3	Yes

UNIVERSITY CORE COURSES:

WRI 1 – Writing, Reading, & Inquiry 1

WRI 2 – Writing, Reading, & Inquiry 2

WRI 3 – Writing, Reading, & Inquiry 3

QR – Quantitative Reasoning (MAT 120 or PSY 201 or LOS 120)

CE – Creative Expression

SCA – Socio-cultural Analysis (HRD 200)

CI – Cultural Interpretation

SE – Science Exploration (PHY 101&102 or PHY 111&114)

EISRC – Ethical Inquiry, Social Responsibility, & Citizenship
DIV – Diversity
INT – International
EL – Engaged Learning
CAP – Capstone (SPM 477)

Health Science Major Tracks:

Wellness Track (30 credits)

Self-select 30 credits from the list below:

GRN 300 Aging and the Family
GRN 313 Health in Later Years
GRN 315 Rehabilitation Services for Older Adults
GRN 318 Adult Development and Aging
GRN 390 Evaluation and Assessment of Older Adults
HIH 203 Mindfulness Based Stress Reduction
HIH 261 Introduction to Naturopathic Medicine
HIH 270 Holistic Approaches to Reproductive Health
HIH 280 Holistic Health I
HIH 281 Holistic Health II
HIH 283 Healing and Spirituality
HIH 284 Botanical Therapies
HIH 288 Reiki: Energy Medicine
HIH 300 Sustainable Compassion
HIH 490 Therapeutic Touch
HRD 310 Aging and the Search for Meaning
HRD 312 The Spiritual Challenges and Opportunities of Aging
NUR 203 Mindfulness Based Stress Reduction
PSY 220 Psychology of the Lifespan
PSY 230 Social Psychology
PSY 233 Abnormal Psychology
PSY 338 Theories of Personality
PSY 350 Psychology of Learning
PSY 360 Cognitive Processes
PSY 361 Sensation and Perception
PSY 365 Physiological Psychology
PSY 366 Drugs, Mind, and Behavior
PSY 368 Health Psychology
REC 110 Foundations of Rec and Leisure Studies
REC/SPM 216 Emergency Medical Response
REC 218 Emergency Medical Response with Focus on Wilderness Applications
REC 285 Perspective on Animal-Assisted Therapy
REC 311 Psychosocial Interventions for Older Adults
RHF prefix courses (any two 1.5 credit courses)
SWO 375 Gender and Aging

Pre-Professional (30 credits)

Self-select 30 credits from the list below:

BIO 105 Biological Principles I: Cellular Bio
BIO 106 Laboratory Biology
BIO 107 Biological Principles II: Evolution, Biodiversity, and Ecology
BIO 109 Biological Principles III: Functional Biology
BIO 201 Genetics
BIO 281 Microbiology for Health Sciences
BIO 282 Microbiological Laboratory
BIO 305 Developmental Biology
BIO 306 Developmental Biology Laboratory
BIO 309 Comparative Vertebrate Anatomy
BIO 321 Neurobiology
BIO 322 Neurobiology Laboratory

BIO 345 Pathophysiology
BIO 401 Animal Physiology
BIO 402 Animal Physiology Laboratory
BIO 409 Cell and Molecular Biology
BIO 410 Cell and Molecular Biology Lab
BIO 423 Topics in Genetics
BIO 431 Principles of Immunology
(CHY 113 Principles of Chemistry I)*
CHY 114 Laboratory Techniques I
CHY 115 Principles of Chemistry II
CHY 116 Laboratory Techniques II
CHY 233 Analytical Chemistry with Lab
CHY 251 Organic Chemistry I
CHY 252 Organic Chemistry Laboratory I
CHY 253 Organic Chemistry II
CHY 254 Organic Chemistry Laboratory II
CHY 351 Advanced Organic Chemistry
CHY 371 Quantum Chemistry
CHY 373 Chemical Thermodynamics
CHY 374 Chemical Thermodynamics Lab
CHY 421 Inorganic Chemistry
CHY 461 Biochemistry
CHY 462 Biochemistry Laboratory
CHY 463 Biochemistry II
CHY 464 Biochemistry Laboratory II
MAT 140 Pre-Calculus Mathematics
MAT 152 Calculus A
MAT 220 Statistics for Biological Sciences
PHY 121 General Physics I
PHY 123 General Physics II
SCI 105 Biological Principles I
SCI 106 Laboratory Biology I
SCI 107 Biological Principles II w/ Lab
SCI 140 Medical Terminology
SCI 150 Physics and Biomechanics
SCI/SBS/BPH 337 Introduction to Epidemiology
SPM 330 Physiology of Exercise
SPM 381 Kinesiology
SPM 390 Biomechanics
(SPM 495 Internship – requires pre-approval)

* Must have also taken CHY 107

Health Care Administration (30 credits)

Self-select 30 credits from the list below:

ACC 110 Financial Accounting Information for Decision Making
ACC 211 Managerial Accounting Information for Decision Making
BUS 200 Introduction to Business
BUS 201 Personal Finance
BUS 200 Introduction to Business
BUS 260 Marketing
BUS 280 Legal Environment of Business
BUS 340 Managing Organizational Behavior
BUS 345 Information Technology/ Management Information Systems
ECO 101 Introduction to Macroeconomics
ECO 102 Introduction to Microeconomics
ITS 320 Workplace Safety & Health Management Systems
ITP 210 Technical Writing
ITP 230 Project Management

ITP 350 Leadership, Team Building and Facilitation
ITP 381 Human Resource Development
ITP 490 Cost Analysis & Control
LOS 112 Microsoft Excel
LOS 270 Introduction to Leadership
LOS 299 Writing in the Major
LOS 300 Organizational Theory
LOS/SBS 301 Group Dynamics
LOS/SBS 302 Organizational Behavior
LOS 312 Human Resource Management
LOS/SBS 316 Diversity in Organizations
LOS 327 Leading through Conflict
LOS 350 Leadership
SBS 311 Theories of Personality
SBS 335 Legal Issues in Health and Human Services
SBS 362 Understanding Regulation: Applying Scissors to Red Tape
SBS 363 Human Factors in Regulatory Ethics

Occupational Therapy Accelerated Pathway (31 credits)

This pathway is intended for students interested in pursuing USM's Master's in Occupational Therapy (M.O.T.) program. Entrance into this program is competitive and includes completion of a formal application process. For more information about USM's M.O.T. program, please contact the Coordinator of Graduate Programs at USM's Lewiston-Auburn College. Students accepted into the program will be advised by both an Occupational Therapy faculty member and their Health Science advisor.

Athletic Training Accelerated Program

This pathway is intended for students interested in pursuing USM's Master of Science in Athletic Training program. Entrance into this program is competitive and includes completion of a formal application process. For more information about the Master of Science in Athletic Training program, please contact the Director of Athletic Training, Dominique Ross. Students accepted into the program will be advised by both an Athletic Training faculty member and their Health Science advisor.