

Integrated Health Sciences BS Four-Year Plan

FALL	SPRING
First Year	
BISC 207/217 - Introductory Biology I	CHEM 103 - General Chemistry and CHEM 133 - General Chemistry Laboratory
ENGL 110 - First-Year Writing*	HBNS 155 - Personal Health Management: An Approach for a Lifetime
MATH 115 - Pre-Calculus or higher	SOCI 201 - Introduction to Sociology
HBNS 200 - Nutrition Concepts*	MMSC 200 - The Language of Medicine
UNIV 101 - First Year Experience I	PSYC 100
Credits: 14	Credits: 16
Second Year	
KAAP 309 - Human Anatomy and Physiology I	KAAP 310 - Human Anatomy & Physiology II
STAT 200 - Basic Statistical Practice	HBNS 332 - Health Behavior Theory and Models
HDFS 201 - Life Span Development	HBNS 305 - Nutrition in the Lifespan
PSYC 334 - Principles of Psychopathology	HBNS 390 - Research Methods in Nutrition or HBNS 326 - Research Methods and Statistics for Behavioral Science
Breadth Requirement - Multicultural/History & Cultural Change*	Breadth Requirement- Creative Arts and Humanities**
Credits: 16	Credits: 16

Third Year	
BISC 208/218 or CHEM 104 & CHEM 134 or PHYS 201 & PHYS 221	HBNS 435 - Physical Activity Behavior or HBNS 310 - Nutrition and Activity
HBNS 342 - Introduction to Adapted Physical Activity	HBNS 430 - Behavior Change Strategies and Tactics
2nd English course (ENGL2XX+)	Culture, Race, Social Justice Course (select from list)*
Free Elective (1/9)	HBNS 335 - Health and Aging or HBNS 201- Food Concepts
	Discovery Learning Experience
Credits: 13	Credits: 15
Fourth Year	
HBNS 362 - Professional Skills Seminar	
HBNS 300-level or higher Elective	Free Elective (5/9)
HBNS 300 level or higher course	Free Elective (6/9)
Free Elective (2/9)	Free Elective (7/9)
Free Elective (3/9)	Free Elective (8/9)
Free Elective (4/9)	Free Elective (9/9)
Credits: 16	Credits: 15
Total Credits: 120	

*one of these courses or a free elective must fulfill the multicultural (MC) requirement (select one of the following: *HBNS235 or SOCI215 or POSC230 or ENGL215 or HDFS202 or ANTH230 or CGSC327 or ANTH223 or ANTH355 or ANTH101)

**select from PHIL241,HLTH241, PHIL444

Disclaimer: Four-Year Plans are a Departmental suggestion of how a student could complete this degree in four years (eight semesters). Students may opt to take courses in the summer or winter sessions. These plans do not take into account additional requirements brought on by minors or other majors. A Four-Year Plan is subject to change from year-to-year given the resources and focuses of the Department. It is the student's responsibility to meet with his or her assigned advisor at least once a semester to monitor progress and ensure that he or she is on track to graduate on time. This document is intended as a supplemental advisement tool to be used in conjunction with in-person advisement and the Degree Audit. Students should direct any questions or concerns regarding degree progress to their advisor or Academic Assistant Dean.