

HEALTH SCIENCES (B.S.)

Health Sciences is an interdisciplinary program grounded in the liberal arts. The major is comprised of courses in Health Promotion, Nutrition, Addictions, Physical Activity, Biology, Chemistry and Psychology. Students learn environmental, socioeconomic, and personal factors that influence the health of individuals and populations while creating targeted interventions. To complete the Health Sciences major, students select one of four options: Pre-Health Professions, Nutrition and Dietetics, Health and Wellness or Addiction. All Health Sciences majors complete the Health Sciences core along with courses in their option. This major prepares students for a wide variety of health-related careers and pre-professional health programs. Prospective students should meet with a faculty advisor during their first semester. Specific requirements and standards are listed for each of the options.

Integrative Studies Requirements

40 credits minimum

Health Sciences: Pre-Health Professions Option

The Pre-Health Professions Option in Health Sciences is a flexible track that will allow students to complete elective courses that help to fulfill pre-requisites for pursuing advanced study in nursing, physician's assistant, chiropractic, occupational therapy, or other health-related professions.

Students interested in the Pre-Health Professions option should meet with a Health Sciences faculty advisor to declare. Students who pursue this option are encouraged to meet with a faculty advisor to discuss career goals and determine if additional coursework may be required for admission to post-baccalaureate professional programs.

Code	Title	Credits	Completed
Major Requirements (64 credits)			
<i>Core Courses</i>			
ISHLSC-101	Health and Wellness	4	_____
INHLSC-175	Essentials of Nutrition Sci	4	_____
HLSC-245	Intro to Research Methods	4	_____
ISHLSC-285	Health in Society	4	_____
HLSC-380	Addiction & Behavior Change	4	_____
HLSC-482	Counseling & Education Skills	4	_____
HLSC-494	Health Sciences Capstone	4	_____
	or HLSC-473 Practicum		_____
Pre-Health Professions Option			
<i>Allied Discipline Requirements</i>			
Allied discipline courses are prerequisites for courses in the major. The BIO sequence should be started in the second semester of the first year.			

BIO-230	Human Anat & Phys I	4	_____
BIO-332	Human Anat & Phys II	4	_____
INCHEM-111	General Chemistry	4	_____
<i>Option Specific Requirements</i>			
MATH-141	Introductory Statistics	4	_____
HLSC-240	Microbio for Health Profession	4	_____
HLSC-325	Leadership in Public Health	4	_____
IIHLSC-330	Resiliency for Well-Being	4	_____
HLSC-360	Physical Activity and Health	4	_____
ISPSYC-312	Lifespan Psychology	4	_____
Total Credits		64	_____

Health Sciences: Nutrition and Dietetics Option

The undergraduate Nutrition and Dietetics option is an ACEND (Accreditation Council for Education in Nutrition and Dietetics) accredited dietetics program that prepares students to pursue careers in dietetics, food service management, community nutrition, and health promotion. Upon completion of the program, students will be qualified for entry-level work, application to graduate school, or dietetic internship with an advanced degree. To become an RD/RDN, which is mandatory for professional positions in healthcare, completion of a dietetic internship and an advanced degree are required to be eligible to take the Registration Exam for Dietitians. Students interested in the Nutrition and Dietetics option should meet with a Health Sciences faculty advisor to declare.

Code	Title	Credits	Completed
Major Requirements (82 credits)			
<i>Core Courses (28 Credits)</i>			
ISHLSC-101	Health and Wellness	4	_____
INHLSC-175	Essentials of Nutrition Sci	4	_____
HLSC-245	Intro to Research Methods	4	_____
ISHLSC-285	Health in Society	4	_____
HLSC-380	Addiction & Behavior Change	4	_____
HLSC-482	Counseling & Education Skills	4	_____
HLSC-494	Health Sciences Capstone	4	_____
	or HLSC-473 Practicum		_____
Nutrition and Dietetics Option			

Allied Discipline Requirements (Credit 16)

Allied Discipline courses are prerequisites for courses in the major. The BIO sequence should be started in the second semester of the first year.

BIO-230	Human Anat & Phys I	4	_____
BIO-332	Human Anat & Phys II	4	_____
INCHEM-111	General Chemistry	4	_____
MATH-141	Introductory Statistics	4	_____
Option Specific Requirements (40 Credits)			
HLSC-215	Nutrition Sci & Application	4	_____
IIHLSC-216	Food Culture in Communities	4	_____
HLSC-225	The Nutrition Profession	2	_____
HLSC-240	Microbio for Health Profession	4	_____
INHLSC-310	Food Science	4	_____
HLSC-313	Food Service Management	4	_____
HLSC-318	Lifespan Nutrition	4	_____
HLSC-414	Medical Nutrition Therapy I	4	_____
HLSC-415	Nutritional Biochemistry	4	_____
HLSC-416	Medical Nutrition Therapy II	4	_____
Total Credits		82	_____

Health Sciences: Health and Wellness Option

The Health and Wellness option offers two specializations: Nutrition and Wellness and Health Promotion. Students select one of the specializations and complete option and specialization requirements. Health and Wellness graduates work to change policies, environments, attitudes, and behaviors that affect health. The Nutrition and Wellness specialization includes courses in food science and culture, nutrition for healthy populations across the lifespan and the role of nutrition in chronic diseases. This specialization prepares students for careers in community nutrition, corporate wellness, the food and supplement industry, nutrition communication or graduate school. The Health Promotion specialization prepares students for professional careers in community health education/coordination, global health, or for graduate programs in public health or health education. Graduates may work for non-profits, public health departments, hospitals, schools, or private businesses. These specializations offer students an opportunity to pursue a second major.

Students interested in the Health and Wellness option should meet with a Health Sciences faculty advisor to declare the major.

Code	Title	Credits	Completed
Major Requirements (52-56 credits)			
Core Courses			
ISHLSC-101	Health and Wellness	4	_____
INHLSC-175	Essentials of Nutrition Sci	4	_____
HLSC-245	Intro to Research Methods	4	_____
ISHLSC-285	Health in Society	4	_____
HLSC-380	Addiction & Behavior Change	4	_____
HLSC-482	Counseling & Education Skills	4	_____
HLSC-494	Health Sciences Capstone	4	_____
or HLSC-473	Practicum		_____
Health and Wellness Option			
Allied Discipline Requirements		4-8	_____
Allied Discipline courses are prerequisites for courses in the major. The BIO sequence should be started in the second semester of the first year.			
INBIO-110	Cells and Molecules		_____
OR			
BIO-230 & BIO-332	Human Anat & Phys I and Human Anat & Phys II		_____
Select one of the following specializations-		20	_____
Nutrition and Wellness Specialization (20 credits)			
HLSC-215	Nutrition Sci & Application		_____
IIHLSC-216	Food Culture in Communities		_____
INHLSC-310	Food Science		_____
HLSC-318	Lifespan Nutrition		_____
HLSC-360	Physical Activity and Health		_____
OR			
Health Promotion Specialization (20 credits)			
HLSC-305	Epidemiology		_____
HLSC-325	Leadership in Public Health		_____
IIHLSC-330	Resiliency for Well-Being		_____
HLSC-360	Physical Activity and Health		_____

Select **one** of the following: _____

IIHLSC-350	Women and Health	_____
IIHLSC-445	Human Sexuality	_____
HLSC-308	International Health	_____
HLSC-473	Practicum	_____
Total Credits		52-56 _____

Health Sciences: Addiction Option

The Addiction option at Keene State College is an academic program that provides a foundation for further studies in the field of addiction or entry-level employment in addiction. Students will take courses such as alcohol and other drug fundamentals, counseling skills, addiction theory, co-occurring disorders, and apply to an internship. This area of study helps prepare students to work in community behavioral health settings limited to pre-professional roles such as entry-level addiction professionals, case manager, residential counselors, research assistants, and other related jobs.

Students will learn what is necessary to obtain licensure and certification in substance use disorders/addiction for the state of New Hampshire or where to find this information for other states. Most states require a Master's level counseling degree that includes Master's level addiction and related courses, along with other requirements, to be eligible to apply for a Master's level addiction counseling license. In some states, the courses in this option may be applied toward becoming a Bachelor's licensed or certified alcohol and drug abuse professional. However, there are other requirements. This process for licensure or certification is pursued separately through the student's State Bureau of Substance Use Disorder/Addiction Prevention and Treatment Services. Students must officially declare their major through a faculty advisor in Health Sciences.

Code	Title	Credits	Completed
Major Requirements (60 credits) _____			
<i>Core Courses</i> _____			
ISHLSC-101	Health and Wellness	4	_____
INHLSC-175	Essentials of Nutrition Sci	4	_____
HLSC-245	Intro to Research Methods	4	_____
ISHLSC-285	Health in Society	4	_____
HLSC-380	Addiction & Behavior Change	4	_____
HLSC-482	Counseling & Education Skills	4	_____
HLSC-494	Health Sciences Capstone	4	_____
or HLSC-473	Practicum		_____

Addiction Option

Allied Discipline Requirements

Allied Discipline courses are prerequisites for courses in the major. The BIO sequence should be started in the second semester of the first year.

BIO-230	Human Anat & Phys I	4	_____
BIO-332	Human Anat & Phys II	4	_____
INCHEM-111	General Chemistry	4	_____
MATH-141	Introductory Statistics	4	_____
HLSC-360	Physical Activity and Health	4	_____
	Highly recommend HLSC-473 Practicum		_____
<i>Option Specific Requirements</i> _____			
ISHLSC-200	AOD: The Fundamentals	4	_____
HLSC-491	Addiction: Critical Issues	4	_____
HLSC-493	Co-Occurring Disorders	4	_____
Total Credits		60	_____

Electives

Select courses to reach a total of 120 credits for the degree.

Degree Requirements

120 credits

40 credits at the upper-level

Upon completion of the Health Sciences B.S. degree, students will be able to:

- Apply evidence-based knowledge in health science.
- Find and critically evaluate health information through the application of information literacy skill.
- Use research methods to complete scholarly work.
- Effectively communicate health and wellness information.
- Discuss the relationship between health, disease and public policy.
- Apply behavior change theories.
- Identify and assess the effects of social determinants, such as race, culture, economics, environment, gender, sexual orientation, and politics on personal and community health and wellness.
- Create effective health education programs.
- Identify and apply ethical principles.
- Demonstrate academic and professional preparedness for careers in the health sciences.