

# HEALTH STUDIES, A.A.

## Program Information

The Associate in Arts in Health Studies is a 61-63 credit degree designed to provide a strong foundation in health sciences while offering a flexible pathway toward a bachelor's degree. The curriculum mirrors the structure of the University's bachelor's programs, allowing students to apply most, if not all, completed coursework toward a future baccalaureate degree.

Students will complete a combination of core courses and free electives, many of which can be integrated into specific majors with the guidance of an academic advisor. Students may choose one of three concentrations within the Health Studies major; Public Health, Nutrition, Communication, Sciences, and Disorders. A minimum of 30 credits must be completed at La Salle University. This program is ideal for students seeking an entry point into the health sciences or for those planning to continue their studies at the bachelor's level.

## Degree Earned

- Associate in Arts, A.A.

## Credits Required

- 61-62

## Learning Outcomes

A. Integrate scientific theories, facts, and principles with health promotion, disease prevention, health restoration, and health maintenance strategies.

B. Apply culturally sensitive strategies when providing health promotion, health education, and disease prevention programs for diverse individuals, families, groups, and communities.

C. Apply principles of health literacy during encounters with individuals, families, and groups.

## Public Health Track Course Sequence

Course	Title	Credits
<b>First Year</b>		
<b>First Semester</b>		
PHLT 101	Essentials of Public Health	3
FYS 130	First-Year Academic Seminar (ILO 1.1: Understanding Diverse Perspectives ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
ENG 110	College Writing I: Persuasion (ILO 8.1: Written Communication ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
CSC 154	Healthcare Informatics (ILO 6.1: Technological Competency ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
REL 100	Religion Matters (#IL21)	3
<b>Credits</b>		<b>15</b>
<b>Second Semester</b>		
COM 150	Presentation Skills (ILO 8.1a/12.1: Oral Communication/Collaborative Engagement ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
MTH 101	College Algebra	3
Select one of the following:		
POL 151 or ECN 150	Principles Of American Government (ILO 4.1: Critical Analysis and Reasoning ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> )) or Introductory Macroeconomics: The U.S. in the Global Economy I	3
Public Health Elective		3

Free Electives		3
<b>Credits</b>		<b>15</b>
<b>Second Year</b>		
<b>First Semester</b>		
PHLT 250	Global Health (ILO 11.1: Cultural and Global Awareness and Sensitivity ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
ENG 210	College Writing II: Research (ILO 5.1: Information Literacy ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
ILO 3.1a: Scientific Reasoning ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> )		
CHM 161 or BIO 161	Chemistry of The Life Sciences (Or) or Anatomy and Physiology	4
Public Health Elective		3
Free Electives		3
<b>Credits</b>		<b>16</b>
<b>Second Semester</b>		
ILO 9: Choose course within ILO ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> )		3
ILO 10: Choose course within ILO ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> )		3
HSC 217	Statistics for Health Science Profs (ILO 3.1b: Quantitative Reasoning ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
Free Electives		3
Free Electives		3
<b>Credits</b>		<b>15</b>
<b>Total Credits</b>		<b>61</b>

## Nutrition Track Course Sequence

Course	Title	Credits
<b>First Year</b>		
<b>First Semester</b>		
PHLT 101	Essentials of Public Health	3
FYS 130	First-Year Academic Seminar (ILO 1.1: Understanding Diverse Perspectives ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
ENG 110	College Writing I: Persuasion (ILO 8.1: Written Communication ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
REL 100	Religion Matters (ILO 2.1: Reflective Thinking and Valuing ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
MTH 101	College Algebra	3
<b>Credits</b>		<b>15</b>
<b>Second Semester</b>		
COM 150	Presentation Skills (ILO 8.1a/12.1: Oral Communication/Collaborative Engagement ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
CHM 161	Chemistry of The Life Sciences (ILO 3.1a: Scientific Reasoning ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	4
NUTR 165	Principles of Nutrition	3
Free Electives		3
Free Electives		3
<b>Credits</b>		<b>16</b>
<b>Second Year</b>		
<b>First Semester</b>		
ENG 210	College Writing II: Research (ILO 5.1: Information Literacy ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
NUTR 230	Food Science	4
PHLT 250	Global Health (ILO 11.1: Cultural and Global Awareness and Sensitivity ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
ILO 9: Choose course within ILO ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> )		3

Free Electives		3
<b>Credits</b>		<b>16</b>
<b>Second Semester</b>		
CSC 154	Healthcare Informatics (ILO 6.1: Technological Competency ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
HSC 217	Statistics for Health Science Profs (ILO 3.1b: Quantitative Reasoning ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
ILO 10: Choose course within ILO ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> )		3
ILO 4.1: Critical Analysis and Reasoning ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> )		
ECN 150 or POL 151	Introductory Macroeconomics: The U.S. in the Global Economy I or Principles Of American Government	3
Free Electives		3
<b>Credits</b>		<b>15</b>
<b>Total Credits</b>		<b>62</b>

## CSD Track Course Sequence

Course	Title	Credits
<b>First Year</b>		
<b>First Semester</b>		
PHLT 101	Essentials of Public Health	3
FYS 130	First-Year Academic Seminar (ILO 1.1: Understanding Diverse Perspectives ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
ENG 110	College Writing I: Persuasion (#il81)	3
BIO 161	Anatomy and Physiology (ILO 3.1a: Scientific Reasoning ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	4
COSD 100	Introduction to Language and Communication	3
<b>Credits</b>		<b>16</b>
<b>Second Semester</b>		
COM 150	Presentation Skills (ILO 8.1a/12.1: Oral Communication/Collaborative Engagement ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
CSC 154	Healthcare Informatics (ILO 6.1: Technological Competency ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
SOC 150	Principles of Sociology (ILO 4.1: Critical Analysis and Reasoning ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
REL 100	Religion Matters	3
Free Electives		3
<b>Credits</b>		<b>15</b>
<b>Second Year</b>		
<b>First Semester</b>		
COSD 202	Anatomy and Physiology of the Speech and Hearing Mechanisms	3
ENG 210	College Writing II: Research (ILO 5.1: Information Literacy ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
PHLT 250	Global Health (ILO 11.1: Cultural and Global Awareness and Sensitivity ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
Free Electives		3
Free Electives		3
<b>Credits</b>		<b>15</b>
<b>Second Semester</b>		
HSC 217	Statistics for Health Science Profs (ILO 3.1b: Quantitative Reasoning ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> ))	3
ILO 9: Choose course within ILO ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> )		3
ILO 10: Choose course within ILO ( <a href="https://catalog.lasalle.edu/undergraduate/ilo/">https://catalog.lasalle.edu/undergraduate/ilo/</a> )		3
Free Electives		3

Free Electives	3
<b>Credits</b>	<b>15</b>
<b>Total Credits</b>	<b>61</b>

## Contact Information

Meredith Kneavel, PhD

kneavel@lasalle.edu