

# Bachelor of Science in Health Science (BSHS): Dietetics & Nutrition Concentration (FA 2024 and later)

| Minimum 120 credits required for Bachelor's degree |                               |       |
|--|-------------------------------|-------|
| Foundational Core (27-29 Credits)                  |                               | Grade |
| FYWS-125 <sup>1</sup>                              | First Year Seminar            |       |
| MA ____  | Foundational Core Math course |       |
| Choose 1 course from each area *                   |                               |       |
| <sup>2</sup> Natural/Physical Science              |                               |       |
| Literature   |                               |       |
| History  | HI-100, HI-102 or HI-110      |       |
| Arts/Design/Comm.                                  |                               |       |
| Philosophy   |                               |       |
| Theology/Relig                                     |                               |       |
| Social/Behavioral Science                          |                               |       |

| Human Journey Seminars: Great Books in CIT (6 Credits) |                |  |
|--|----------------|--|
| CIT 201  | CIT Seminar I  |  |
| CIT 202  | CIT Seminar II |  |

| Liberal Arts Explorations (LAE) (12 Credits Total)  |  |  |
|---|--|--|
| Student must complete 4 courses from at least 2 different subjects and one course in each area. (see list on Registrar's Website - checksheets) |  |  |
| Humanistic Inquiry (3 credits)  |  |  |
|   |  |  |
|   |  |  |
| Social and Global Awareness (3 credits)   |  |  |
|   |  |  |
|   |  |  |
| Scientific Literacy (3 credits)   |  |  |
|   |  |  |
|   |  |  |
| LAE in any area (3 credits)   |  |  |
|   |  |  |
|   |  |  |

\* See list of courses.

<sup>1</sup>(Requires Grade C or higher)

<sup>2</sup>Science/Natural Science courses includes approved Math and Computer Science courses. Students are required to take at least one course in Biology, Chemistry, or Physics in the Foundational or Liberal Arts Exploration Core. CS and MA courses may be used as a Science/Natural Science in either the Foundational Core or as a requirement in the LAE Core but not in both categories.

|   |
|---|
| Note: MA 006 and ESL courses <b>will not</b> count towards the 120 credit graduation requirement.                         |
| Approved Study Abroad courses may be used to satisfy requirements for the foundational core or a Liberal Arts Exploration |
| A maximum of 8 Applied Music credits may be applied towards graduation  |

| Required Curriculum for HS Majors <sup>1</sup> (19 Credits) |   | Grade |
|---|---|-------|
| HS 200  | Introduction to Healthcare & Health Professions |       |
| HS 210  | Healthcare Leadership (1 credit)                |       |
| HS 204  | Introduction to Research in Health Science      |       |
| HS 315  | Behavioral and Mental Health                    |       |
| HS 351  | Legal and Ethical Aspects of Healthcare         |       |
| HS 353  | Diversity and Disparities in Healthcare         |       |
| HS 355  | Health Research Capstone                        |       |

| Dietetics & Nutrition Core Courses <sup>1</sup> (21 Credits) |                                  | Grade |
|--|----------------------------------|-------|
| HS 308   | Fundamentals of Nutrition        |       |
| HS 313   | Food & Culture                   |       |
| HS 322   | Medical Nutrition Therapy I      |       |
| HS 323   | Medical Nutrition Therapy II     |       |
| HS 333   | Nutrition Education & Counseling |       |
| HS 340   | Nutrition through the Lifespan   |       |
| HS 347   | Community Nutrition              |       |

| Dietetics & Nutrition Elective Courses <sup>3</sup> (6 - 37 Credits)  |   | Grade |
|---|---|-------|
| Number of elective credits for the HS degree is 6. Take additional electives as needed for entry to planned graduate program if applicable. |   |       |
| HS 319  | Food Microbiology                                     |       |
| HS 342  | Applied Nutrition                                     |       |
| HS 343  | Nutrition & Aging                                     |       |
| HS 220  | EMT Training/Clinical Skills                          |       |
| HS 299  | Internship or Special Topics in Health Science        |       |
| HS 302  | Healthcare Administration Practice                    |       |
| HS 310  | Human Growth and Development Across the Lifespan      |       |
| HS 335  | Global Health Equity & Justice                        |       |
| HS 352  | Contemporary Leadership in Healthcare                 |       |
| BI 106  | Medical Terminology                                   |       |
| BI 206/208 or 126/127   | Anatomy & Physiology I w/lab or Nursing A&P I w/lab   |       |
| BI 207/209 or 128/129   | Anatomy & Physiology II w/lab or Nursing A&P II w/lab |       |
| CH 151/153  | General Chemistry I w/ lab                            |       |
| CH 152/154  | General Chemistry II w/ lab                           |       |
| CH 221/223  | Organic Chemistry I w/ lab                            |       |
| CH 201  | Intro to Biochemistry Clinical Nutrition              |       |
| BI 161/162  | Intro to Microbiology w/l lab                         |       |
| BI 112/114  | Concepts in Biology II w/Lab                          |       |

| Required Supporting Courses <sup>1</sup> (11 Credits) |                                | Grade |
|---|--------------------------------|-------|
| BI111/113   | Concepts in Biology I w/ lab** |       |
| MA 131  | Elementary Statistics**        |       |
| MA 140 or 151   | Pre-Calculus or Calculus**     |       |

|   |  |
|---|--|
| Note: Health Science GPA of 2.7 is required for BSHS majors. No grade for HS and Required Supporting courses below a "C". |  |
| <b>Checksheet Key</b>   |  |
| T   | Course transferred and Requirement satisfied |
| W   | Requirement waived                           |
| TW  | Course transferred and Requirement waived    |

# SACRED HEART UNIVERSITY

## College of Health Professions

### Bachelor of Science in Health Science (Fall 2024 & Later)

#### SUGGESTED SEQUENCING FOR DIETETICS & NUTRITION CONCENTRATION

*The BSHS Dietetics & Nutrition concentration is an undergraduate major for students who are interested in applying to a dietetics, clinical nutrition or other graduate allied health education program. The BSHS major will prepare students with a solid foundation in both the liberal arts and core content germane to health professions. Individualized advisement will assist students with developing a plan of study that meets pre-requisite requirements for the specific graduate program desired or entry level position in the healthcare industry.*

#### SUGGESTED FOUR YEAR SEQUENCE OF STUDY:

| YEAR 1                  | SEMESTER I (17 credits)                     | YEAR 1              | SEMESTER 2 (15 credits)                     |
|-------------------------|---|---------------------|---|
| FYWS 125 or<br>LAE      | First Year Writing Seminar or<br>LAE Course | FYWS 125 or<br>LAE  | First Year Writing Seminar or<br>LAE Course |
| BI 111/113 <sup>2</sup> | Intro to Biology w/lab                      | Core                | Foundational Core                           |
| MA 140 or MA 151        | Pre-Calc or Calculus                        | Core                | Foundational Core                           |
| Core                    | Foundational Core                           | Core                | Foundational Core                           |
| HS 200                  | Intro to Healthcare & Health Professions    | MA 131 <sup>3</sup> | Elementary Statistics                       |

  

| YEAR 2   | SEMESTER 3 (16 credits)             | YEAR 2   | SEMESTER 4 (15 credits)                |
|----------|-------------------------------------|----------|--|
| CIT 201  | Human Journey CIT I                 | CIT 202  | Human Journey CIT II                   |
| HS 210   | Healthcare Leadership (1 credit)    | DN Core  | Dietetics & Nutrition Core Requirement |
| HS 204   | Intro to Research in Health Science | HS Core  | Health Science Core Requirement        |
| Elective | General Elective or Major Elective  | Elective | General Elective or Major Elective     |
| LAE      | LAE Course                          | Core     | Foundational Core                      |
| Core     | Foundational Core                   |          |  |

  

| YEAR 3   | SEMESTER 5 (15 credits)                | YEAR 3   | SEMESTER 6 (15 credits)                |
|----------|--|----------|--|
| HS Core  | Health Science Core Requirement        | DN Core  | Dietetics & Nutrition Core Requirement |
| HS Core  | Health Science Core Requirement        | DN Core  | Dietetics & Nutrition Core Requirement |
| DN Core  | Dietetics & Nutrition Core Requirement | Elective | General Elective or Major Elective     |
| DN Core  | Dietetics & Nutrition Core Requirement | Elective | General Elective or Major Elective     |
| Elective | General Elective or Major Elective     | LAE      | LAE Course                             |

  

| YEAR 4             | SEMESTER 7 (15 credits)                | YEAR 4             | SEMESTER 8 (12 credits)              |
|--------------------|--|--------------------|--------------------------------------|
| HS 355 or Elective | Health Research Capstone or Elective   | HS 355 or Elective | Health Research Capstone or Elective |
| DN Core            | Dietetics & Nutrition Core Requirement | Elective           | General Elective or Major Elective   |
| DN Core            | Dietetics & Nutrition Core Requirement | Elective           | General Elective or Major Elective   |
| Elective           | General Elective or Major Elective     | LAE                | LAE Course                           |
| LAE                | LAE Course                             |                    |                                      |

<sup>1</sup>MA 140 or 151 will also satisfy the Math Foundational Core

<sup>2</sup>BI 111/113 will also satisfy the Natural/Physical Science Foundational Core

<sup>3</sup>MA 131 will also satisfy LAE Theme 3: Scientific Literacy requirement

NOTE: A minimum of 120 credits are required to be awarded an undergraduate bachelor's degree

Effective Fall 2024

# SACRED HEART UNIVERSITY

## COLLEGE OF HEALTH PROFESSIONS

### Bachelor of Science in Health Science

#### 3 + 2 YEAR SEQUENCING FOR Pre-Occupational Therapy

The BSHS 3-year Accelerated Bachelor's Degree is an undergraduate major for students who are interested in applying to the Master of Science in Occupational Therapy program. The BSHS major will prepare students with a solid foundation in both the liberal arts and core content germane to health professions. Individualized advisement will assist students with developing a plan of study that meets prerequisite requirements for the specific graduate program and advisement regarding GPA requirements for admission to Occupational Therapy.

## SUGGESTED THREE YEAR SEQUENCE OF STUDY

(Certain courses can be taken in either the Fall or Spring terms. Please consult with your advisor)

| YEAR 1 - Fall Session (16 credits) |  |      |
|------------------------------------|--|------|
| FYWS 125 or<br>LAE                 | First Year Writing Seminar or<br>LAE   | 3 CR |
| HS 200<br>PS 110 <sup>3</sup>      | Intro to Healthcare and Health Professions or<br>Introduction to Psychology** or | 3 CR |
| MA 140 or MA 151                   | Precalculus or Calculus <sup>1</sup>   | 4 CR |
| Core                               | Foundational Core  | 3 CR |
| Core                               | Foundational Core  | 3 CR |

| YEAR 1 - Winter Session (3 credits) |      |
|-------------------------------------|------|
| Foundational<br>Core or LAE         | 3 CR |

| YEAR 1 - Spring Session (16 credits) |   |              |
|--------------------------------------|---|--------------|
| FYWS 125 or<br>LAE                   | First Year Writing Seminar or<br>LAE  | 3 CR         |
| BI 111,113<br>HS 200                 | General Biology I w/Lab** <sup>2</sup><br>Intro to Healthcare and Health Professions or | 4 CR<br>3 CR |
| PS 110 <sup>3</sup>                  | Introduction to Psychology** or   |              |
| MA 131                               | Elementary Statistics**   | 3 CR         |
| Core                                 | Foundational Core   | 3 CR         |

| YEAR I - Summer Session I (3 credits) |  |
|---------------------------------------|--|
| Health Science Core Requirement       |  |

| Year I - Summer Session II (3 credits) |  |
|--|--|
| Foundational Core or LAE               |  |

| YEAR 2 - Fall Session (17 credits) |   |      |
|------------------------------------|---|------|
| BI 206, 208                        | Anatomy and Physiology I w/Lab** (Conc. Elective) | 4 CR |
| CIT 201                            | Human Journey CIT I                               | 3 CR |
| HS Core                            | Health Science Core                               | 3 CR |
| HS 210                             | Healthcare Leadership                             | 1 CR |
| Conc. Core                         | Concentration Core                                | 3 CR |
| PS 212                             | Psychopathology**                                 | 3 CR |

| YEAR 2 - Winter Session (3 credits) |      |
|-------------------------------------|------|
| Foundational<br>Core or LAE         | 3 CR |

| YEAR 2 - Spring Session (16 credits) |  |      |
|--------------------------------------|--|------|
| BI 207, 209                          | Anatomy and Physiology II w/Lab** (Conc. Elective) | 4 CR |
| CIT 202                              | Human Journey CIT II                               | 3 CR |
| HS 353                               | Diversity & Disparities in Healthcare or           | 3 CR |
| SO 234                               | Sociology of Health and Healthcare                 |      |
| Conc. Core                           | Concentration Core                                 | 3 CR |
| HS 310                               | Human Growth & Development                         | 3 CR |

| YEAR 2 - Summer Session I (3 credits) |  |
|---------------------------------------|--|
| General Elective 3 CR                 |  |

| YEAR 2 - Summer Session II (3 credits) |  |
|--|--|
| Health Science Core Requirement        |  |

| YEAR 3 - Fall Semester (18 credits) |                        |      |
|-------------------------------------|------------------------|------|
| Conc. Core                          | Concentration Core     | 3 CR |
| Conc. Core                          | Concentration Core     | 3 CR |
| HS Core                             | Health Science Core or | 3 CR |
| Conc. Core                          | Concentration Core     |      |
| Conc. Core                          | Concentration Core     | 3 CR |
| Conc. Elective                      | Concentration Elective | 3 CR |
| Elective                            | General Elective       | 3 CR |

| YEAR 3 - Winter Session (3 credits) |      |
|-------------------------------------|------|
| General Elective                    | 3 CR |

| YEAR 3 - Spring Semester (18 credits) |                        |      |
|---------------------------------------|------------------------|------|
| HS Core                               | Health Science Core or | 3 CR |
| Conc. Core                            | Concentration Core (   |      |
| Conc. Core                            | Concentration Core     | 3 CR |
| Conc. Elective                        | Concentration Elective | 3 CR |
| Elective                              | General Elective       | 3 CR |
| Elective                              | General Elective       | 3 CR |
| Elective                              | General Elective       | 3 CR |

Total Credits: 122

<sup>1</sup> MA 140 or MA 151 will also satisfy the Math Foundational Core

<sup>2</sup> BI 111/113 will also satisfy the Natural/Physical Science Foundational Core

<sup>3</sup> PS 110 will satisfy the Social/Behavioral Science Foundational Core

\*\* Course is a pre-requisite for OT Graduate Program

# SACRED HEART UNIVERSITY

## COLLEGE OF HEALTH PROFESSIONS

### Bachelor of Science in Health Science

#### 3 + 2 YEAR SEQUENCING FOR Pre-Strategic Human Resources Management

The BSHS 3-year Accelerated Bachelor's Degree is an undergraduate major for students who are interested in applying to the Master of Science in Strategic Human Resource Mgmt. program. The BSHS major will prepare students with a solid foundation in both the liberal arts and core content germane to health professions. Individualized advisement will assist students with developing a plan of study that meets pre-requisite requirements for the specific graduate program and advisement regarding GPA requirements for admission to Strategic Human Resource Mgmt.

## SUGGESTED THREE YEAR SEQUENCE OF STUDY

(Certain courses can be taken in either the Fall or Spring terms. Please consult with your advisor)

| YEAR 1 - Fall Session (16 credits) |  |      |
|------------------------------------|--|------|
| FYWS 125 or<br>LAE                 | First Year Writing Seminar or<br>LAE                               | 3 CR |
| HS 200                             | Intro to Healthcare and Health Professions or<br>Foundational Core | 3 CR |
| MA 140 or MA 151                   | Precalculus or Calculus <sup>1</sup>                               | 4 CR |
| Core                               | Foundational Core  | 3 CR |
| Core                               | Foundational Core  | 3 CR |

| YEAR 1 - Winter Session (3 credits) |      |
|-------------------------------------|------|
| Foundational<br>Core or LAE         | 3 CR |

| YEAR 1 - Spring Session (16 credits) |  |      |
|--------------------------------------|--|------|
| FYWS 125 or<br>LAE                   | First Year Writing Seminar or<br>LAE                               | 3 CR |
| BI 111,113                           | General Biology I w/Lab** <sup>2</sup>                             | 4 CR |
| HS 200                               | Intro to Healthcare and Health Professions or<br>Foundational Core | 3 CR |
| MA 131                               | Elementary Statistics**  | 3 CR |
| Core                                 | Foundational Core (FC 8)   | 3 CR |

| YEAR I - Summer Session I (3 credits) |  |
|---------------------------------------|--|
| Health Science Core Requirement       |  |

| Year I - Summer Session II (3 credits) |  |
|--|--|
| Foundational Core or LAE               |  |

| YEAR 2 - Fall Session (16 credits) |                       |      |
|------------------------------------|-----------------------|------|
| CIT 201                            | Human Journey CIT I   | 3 CR |
| HS Core                            | Health Science Core   | 3 CR |
| HS 210                             | Healthcare Leadership | 1 CR |
| Conc. Core                         | Concentration Core    | 3 CR |
| Core                               | Foundational Core     | 3 CR |
| Elective                           | General Elective      | 3 CR |

| YEAR 2 - Winter Session (3 credits) |      |
|-------------------------------------|------|
| LAE                                 | 3 CR |

| YEAR 2 - Spring Session (18 credits) |                        |      |
|--------------------------------------|------------------------|------|
| CIT 202                              | Human Journey CIT II   | 3 CR |
| HS Core                              | Health Science Core    | 3 CR |
| Conc. Core                           | Concentration Core     | 3 CR |
| Conc. Elective                       | Concentration Elective | 3 CR |
| HS Core                              | Health Science Core    | 3 CR |
| Conc. Core                           | Concentration Core     | 3 CR |

| YEAR 2 - Summer Session I (3 credits) |  |
|---------------------------------------|--|
| General Elective 3 CR                 |  |

| YEAR 2 - Summer Session II (3 credits) |  |
|--|--|
| General Elective 3 CR                  |  |

| YEAR 3 - Fall Semester (18 credits) |                        |      |
|-------------------------------------|------------------------|------|
| Conc. Core                          | Concentration Core     | 3 CR |
| Conc. Core                          | Concentration Core     | 3 CR |
| HS Core                             | Health Science Core or | 3 CR |
| Conc. Core                          | Concentration Core     |      |
| Conc. Core                          | Concentration Core     | 3 CR |
| Core                                | Foundational Core      | 3 CR |
| Elective                            | General Elective       | 3 CR |

| YEAR 3 - Winter Session (3 credits) |      |
|-------------------------------------|------|
| General Elective                    | 3 CR |

| YEAR 3 - Spring Semester (15 credits) |                        |      |
|---------------------------------------|------------------------|------|
| HS Core                               | Health Science Core or | 3 CR |
| Conc. Core                            | Concentration Core     |      |
| Conc. Elective                        | Concentration Elective | 3 CR |
| Elective                              | General Elective       | 3 CR |
| Elective                              | General Elective       | 3 CR |
| Elective                              | General Elective       | 3 CR |

Total Credits: 120

<sup>1</sup> MA 140 or MA 151 will also satisfy the Math Foundational Core

<sup>2</sup> BI 111/113 will also satisfy the Natural/Physical Science Foundational Core

<sup>3</sup> PS 110 will satisfy the Social/Behavioral Science Foundational Core

# SACRED HEART UNIVERSITY

## COLLEGE OF HEALTH PROFESSIONS

### Bachelor of Science in Health Science

#### 3 + 2 YEAR SEQUENCING FOR Pre-Social Work

The BSHS 3-year Accelerated Bachelor's Degree is an undergraduate major for students who are interested in applying to the Master of Science in Social Work program. The BSHS major will prepare students with a solid foundation in both the liberal arts and core content germane to health professions. Individualized advisement will assist students with developing a plan of study that meets pre-requisite requirements for the specific graduate program and advisement regarding GPA requirements for admission to Social Work.

## ***SUGGESTED* THREE YEAR SEQUENCE OF STUDY**

(Certain courses can be taken in either the Fall or Spring terms. Please consult with your advisor)

| YEAR 1 - Fall Session (16 credits) |  |      |
|------------------------------------|--|------|
| FYWS 125 or<br>LAE                 | First Year Writing Seminar or<br>LAE   | 3 CR |
| HS 200<br>PS 110 <sup>3</sup>      | Intro to Healthcare and Health Professions or<br>Introduction to Psychology** or | 3 CR |
| Core                               | Foundational Core  | 3 CR |
| MA 140 or MA 151                   | Precalculus or Calculus <sup>1</sup>   | 4 CR |
| Core                               | Foundational Core  | 3 CR |

| YEAR 1 - Winter Session (3 credits) |      |
|-------------------------------------|------|
| Core or LAE                         | 3 CR |

| YEAR 1 - Spring Session (16 credits)                            |   |                                      |
|---|---|--------------------------------------|
| FYWS 125 or<br>LAE  | First Year Writing Seminar or<br>LAE  | 3 CR                                 |
| BI 111,113<br>HS 200<br>PS 110 <sup>3</sup><br>MA 131<br>SW 101 | General Biology I w/Lab** <sup>2</sup><br>Intro to Healthcare and Health Professions<br>Introduction to Psychology** or<br>Elementary Statistics**<br>Introduction to Social Work | 4 CR<br>3 CR<br>3 CR<br>3 CR<br>3 CR |

| YEAR I - Summer Session I (3 credits) |  |
|---------------------------------------|--|
| Health Science Core Requirement       |  |

| Year I - Summer Session II (3 credits) |  |
|--|--|
| Foundational Core or LAE               |  |

| YEAR 2 - Fall Session (16 credits) |                       |      |
|------------------------------------|-----------------------|------|
| CIT 201                            | Human Journey CIT I   | 3 CR |
| HS Core                            | Health Science Core   | 3 CR |
| HS 210                             | Healthcare Leadership | 1 CR |
| Conc. Core                         | Concentration Core    | 3 CR |
| Conc. Core                         | Concentration Core    | 3 CR |
| Core                               | Foundational Core     | 3 CR |

| YEAR 2 - Winter Session (3 credits) |      |
|-------------------------------------|------|
| LAE                                 | 3 CR |

| YEAR 2 - Spring Session (18 credits) |                        |      |
|--------------------------------------|------------------------|------|
| CIT 202                              | Human Journey CIT II   | 3 CR |
| HS Core                              | Health Science Core    | 3 CR |
| Conc. Core                           | Concentration Core     | 3 CR |
| Conc. Elective                       | Concentration Elective | 3 CR |
| HS Core                              | Health Science Core    | 3 CR |
| Elective                             | General Elective       | 3 CR |

| YEAR 2 - Summer Session I (3 credits) |  |
|---------------------------------------|--|
| Foundational Core ( 3 CR              |  |

| YEAR 2 - Summer Session II (3 credits) |  |
|--|--|
| General Elective 3 CR                  |  |

| YEAR 3 - Fall Semester (18 credits) |                        |      |
|-------------------------------------|------------------------|------|
| Conc. Core                          | Concentration Core     | 3 CR |
| HS Core                             | Health Science Core or | 3 CR |
| Conc. Core                          | Concentration Core     | 3 CR |
| Conc. Core                          | Concentration Core     | 3 CR |
| Elective                            | General Elective       | 3 CR |
| Elective                            | General Elective       | 3 CR |

| YEAR 3 - Winter Session (3 credits) |      |
|-------------------------------------|------|
| General Elective                    | 3 CR |

| YEAR 3 - Spring Semester (15 credits) |                        |      |
|---------------------------------------|------------------------|------|
| HS Core                               | Health Science Core or | 3 CR |
| Conc. Core                            | Concentration Core     | 3CR  |
| Conc. Core                            | Concentration Core     | 3 CR |
| Conc. Elective                        | Concentration Elective | 3 CR |
| Elective                              | General Elective       | 3 CR |

**Total Credits: 120**

<sup>1</sup> MA 140 or MA 151 will also satisfy the Math Foundational Core

<sup>2</sup> BI 111/113 will also satisfy the Natural/Physical Science Foundational Core

<sup>3</sup> PS 110 will satisfy the Social/Behavioral Science Foundational Core