

## SCHOOL OF HEALTH

### HEALTH SCIENCE PROGRAM

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#### OVERVIEW

##### PROSPECTUS

The Health Science Program provides students with an overview of the knowledge and research of health and the application to health improvement, including the prevention and treatment of human diseases and other poor health outcomes. This program offers three concentrations: Exercise Science & Health Promotion, Pre-Physical Therapy, and Public Health.

**Relevance and Demand:** The Health Science Program is necessary in providing a mass of health professionals needed to address the chronic and emerging infectious disease epidemic in Guam and neighboring islands in Micronesia.

The goal of this program is to prepare students for graduate studies in health science or for health professions where they will be involved in the identification, evaluation, treatment, and prevention of diseases and injuries; educating the public on prevention and self-management for healthy lifestyles; and designing, implementing, and evaluating programs necessary for promoting general wellness.

**Career and Post-Graduate Possibilities:** This degree will help prepare students for entry-level positions within the health and wellness industries, for entry into health research careers, or for entry into graduate or related professional programs. Concentration-specific options are described below.

**Why UOG?:** The Health Science Program at UOG provides training and internship opportunities relevant to Pacific Islanders and found only in Micronesia.

#### LEARNING OUTCOMES

Students in the Health Science degree program will demonstrate the following outcomes:

- Behavior change skills and health promotion competencies
- The ability to critically analyze information relative to health and disease/injury prevention
- The ability to understand and apply scientific principles and methods
- Written and verbal capabilities
- The ability to work cooperatively in groups
- The ability to problem seek and solve.

#### CONCENTRATIONS

##### HEALTH SCIENCE CONCENTRATIONS

###### Pre-Physical Therapy

The concentration in Pre-Physical Therapy provides students with preparation for competitive entry into off-island programs leading to a Doctor of Physical Therapy (DPT). This option places a strong emphasis on physical and biological sciences as well as application knowledge. A six-credit internship is required, which consists of 300 hours of service in a selected setting, such as a hospital, an extended care facility, or a private clinic in which the student has an opportunity to use skills and knowledge under the supervision of a physical therapist. Students should recognize that this program does not automatically lead to entry into a physical therapy program at the doctoral level. Entry into these programs is competitively based upon experience and grades. The requirements for this concentration are based on the recommendations of the American Physical Therapy Association.



## Exercise Science & Health Promotion

The professional concentration in Exercise Science and Health Promotion provides preparation for students desiring employment in the growing health promotion field and/or graduate studies in exercise science, health education, and related fields. The curriculum places an emphasis on exercise, nutrition, and healthy lifestyle. Students may use this concentration to prepare for certification as a Certified Personal Trainer or Clinical Exercise Specialist through the American College of Sports Medicine. Students should recognize that this program does not automatically lead to these certifications. Interested students are encouraged to meet with an advisor to discuss eligibility requirements. This concentration also requires students to take a 300-hour internship in a professional setting, such as community health agencies, Guam Memorial Hospital, or various wellness clinics or fitness centers.

## Public Health

The professional concentration in Public Health is designed to provide students the opportunity to work as public health professionals and/or to enter into a Master of Public Health degree program. The curriculum offers courses related to the five core areas of public health (epidemiology, biostatistics, environmental health, health policy management, and social and behavioral sciences).

Students specializing in this concentration may select one of the following options:

- Minor in Health Services Administration
- Minor in Nutrition
- Emphasis in Social and Behavioral Sciences
- Qualification for the Registered Environmental
- Health Specialist/Registered Sanitarian (REHS/RS) Exam

Students should recognize that this program does not automatically lead to the REHS/RS certification. Students interested in this certification must meet with an advisor to discuss eligibility requirements.

This concentration also requires students to take a 300-hour internship in a professional setting, such as community health agencies, the Department of Public

Health & Social Services, the Guam Environmental Protection Agency, or various private groups that participate in services related to public health.

## DEGREE REQUIREMENTS

### MAJOR REQUIREMENTS

### PRE-PHYSICAL THERAPY CONCENTRATION (124 CREDIT HOURS)

Description	Credit
General Education	28
Core Requirements	41
Concentration Requirements	55
<b>Total Credit Hours</b>	<b>124</b>

### Core Requirements (41 Credit Hours)

Course	Course Title	Credits	Term Offered
BI124	HUMAN ANATOMY AND PHYSIOLOGY I	3	FALL ONLY/ ALL YEARS
BI124L	HUMAN ANATOMY & PHYSIOLOGY I LABORATORY	1	FALL ONLY/ ALL YEARS
BI125	HUMAN ANATOMY & PHYSIOLOGY II	3	SPRING ONLY/ ALL YEARS
BI125L	HUMAN ANATOMY & PHYSIO II LABORATORY	1	SPRING ONLY/ ALL YEARS
AL185	HUMAN NUTRITION	3	FALL/SPRING/ ALL YEARS
HS200	HEALTH AND WELLNESS	3	FALL/SPRING/ ALL YEARS
HS216	INTRODUCTION TO PUBLIC HEALTH	3	FALL ONLY/ ALL YEARS
HS405	EPIDEMIOLOGY	3	SPRING ONLY/ ALL YEARS
HS405G	EPIDEMIOLOGY	3	AS REQUIRED/ AS REQUIRED
HS416	RESEARCH IN NURSING AND HEALTH SCIENCES	3	FALL ONLY/ ALL YEARS
HS498	INTERNSHIP IN HEALTH SCIENCES	6	FALL/SPRING/ ALL YEARS
MA161A	COLLEGE ALGEBRA AND TRIGONOMETRY	3	FALL/SPRING/ ALL YEARS
MA387	STATISTICS FOR SCIENCES	3	FALL ONLY/ ALL YEARS

Course	Course Title	Credits	Term Offered
MA387L	STATISTICS FOR SCIENCE LABORATORY	1	FALL ONLY/ ALL YEARS
NU112	MEDICAL TERMINOLOGY	2	FALL/SPRING/ ALL YEARS
NU344	AGING: MYTH AND REALITIES	3	FALL ONLY/ ALL YEARS

### Concentration Requirements (55 credit hours)

Course	Course Title	Credits	Term Offered
BI157	PRINCIPLES OF BIOLOGY I	3	SPRING ONLY/ ALL YEARS
BI157L	PRINCIPLES OF BIOLOGY I LABORATORY	1	SPRING ONLY/ ALL YEARS
BI158	PRINCIPLES OF BIOLOGY II	3	FALL ONLY/ ALL YEARS
BI158L	PRINCIPLES OF BIOLOGY II LABORATORY	1	FALL ONLY/ ALL YEARS
CH102	GENERAL CHEMISTRY	3	FALL ONLY/ ALL YEARS
CH102L	GENERAL CHEMISTRY LABORATORY	1	FALL ONLY/ ALL YEARS
CH102	GENERAL CHEMISTRY	3	FALL ONLY/ ALL YEARS
CH103L	GENERAL CHEMISTRY LABORATORY	1	SPRING ONLY/ ALL YEARS
HS322	KINESIOLOGY	3	FALL ONLY/ ALL YEARS
HS324	EXERCISE PHYSIOLOGY	3	SPRING ONLY/ ALL YEARS
HS350	TEST AND MEASUREMENT IN HUMAN PERFORMANCE	3	SPRING ONLY/ ALL YEARS
HS451	RESEARCH AND REPORT WRITING	3	SPRING ONLY/ ALL YEARS
MA203	CALCULUS I	5	FALL/SPRING/ ALL YEARS

Course	Course Title	Credits	Term Offered
PH210	INTRODUCTORY PHYSICS LABORATORY	1	FALL ONLY/ ALL YEARS
PH211	INTRODUCTORY PHYSICS LABORATORY	1	SPRING ONLY/ ALL YEARS
PH251	UNIVERSITY PHYSICS	4	FALL ONLY/ ALL YEARS
PH252	UNIVERSITY PHYSICS	4	SPRING ONLY/ ALL YEARS
PY101	GENERAL PSYCHOLOGY	3	FALL/SPRING/ ALL YEARS
PY420	ABNORMAL PSYCHOLOGY	3	FALL/SPRING/ ALL YEARS

#### Choice of One:

Course	Course Title	Credits	Term Offered
HS491	CURRENT TOPICS IN HEALTH SCIENCES	3	FALL/SPRING/ ALL YEARS

Course	Credits
Upper division, advisor-approved BI/CH/PY/SO courses	6

### EXERCISE SCIENCE & HEALTH PROMOTION CONCENTRATION (124 CREDIT HOURS)

Description	Credits
General Education	32
Core Requirements	41

Description	Credits
Concentration Requirements	51
<b>Total Credit Hours</b>	<b>124</b>

### Core Requirements (41 credit hours)

Course	Course Title	Credits	Term Offered
BI124	HUMAN ANATOMY AND PHYSIOLOGY I	3	FALL ONLY/ ALL YEARS
BI124L	HUMAN ANATOMY & PHYSIOLOGY I LABORATORY	1	FALL ONLY/ ALL YEARS
BI125	HUMAN ANATOMY & PHYSIOLOGY II	3	SPRING ONLY/ ALL YEARS
BI125L	HUMAN ANATOMY & PHYSIO II LABORATORY	1	SPRING ONLY/ ALL YEARS
AL185	HUMAN NUTRITION	3	FALL/SPRING/ ALL YEARS
HS200	HEALTH AND WELLNESS	3	FALL/SPRING/ ALL YEARS
HS216	INTRODUCTION TO PUBLIC HEALTH	3	FALL ONLY/ ALL YEARS
HS405	EPIDEMIOLOGY	3	SPRING ONLY/ ALL YEARS
HS405G	EPIDEMIOLOGY	3	AS REQUIRED/ AS REQUIRED
HS416	RESEARCH IN NURSING AND HEALTH SCIENCES	3	FALL ONLY/ ALL YEARS
HS498	INTERNSHIP IN HEALTH SCIENCES	6	FALL/SPRING/ ALL YEARS
MA161A	COLLEGE ALGEBRA AND TRIGONOMETRY	3	FALL/SPRING/ ALL YEARS
MA387	STATISTICS FOR SCIENCES	3	FALL ONLY/ ALL YEARS

Course	Course Title	Credits	Term Offered
MA387L	STATISTICS FOR SCIENCE LABORATORY	1	FALL ONLY/ ALL YEARS
NU112	MEDICAL TERMINOLOGY	2	FALL/SPRING/ ALL YEARS
NU344	AGING: MYTH AND REALITIES	3	FALL ONLY/ ALL YEARS

### Concentration Requirements (51 credit hours)

Course	Course Title	Credits	Term Offered
AL330	NUTRITION THROUGHOUT THE LIFESPAN	3	FALL ONLY/ EVEN YEARS
AL335	NUTRITION FOR HEALTH, FITNESS AND SPORTS	3	FALL ONLY/ ODD YEARS
ED201	HUMAN GROWTH AND DEVELOPMENT	3	FALL/SPRING/ ALL YEARS
HS104	CONDITIONING AND FITNESS	1	FALL/SPRING/ ALL YEARS
HS105	STRENGTH TRAINING	1	FALL/SPRING/ ALL YEARS
HS106	AEROBIC DANCE	1	FALL/SPRING/ ALL YEARS
HS210	HUMAN BIOLOGY AND BEHAVIOR	3	FALL ONLY/ ALL YEARS
HS322	KINESIOLOGY	3	FALL ONLY/ ALL YEARS
HS324	EXERCISE PHYSIOLOGY	3	SPRING ONLY/ ALL YEARS
HS350	TEST AND MEASUREMENT IN HUMAN PERFORMANCE	3	SPRING ONLY/ ALL YEARS
HS355	HUMAN SEXUALITY	3	SPRING ONLY/ ALL YEARS
HS451	RESEARCH AND REPORT WRITING	3	SPRING ONLY/ ALL YEARS
HS491	CURRENT TOPICS IN HEALTH SCIENCES	3	FALL/SPRING/ ALL YEARS

Course	Course Title	Credits	Term Offered
PA206	PUBLIC HEALTH AND DISEASE MANAGEMENT	3	FALL ONLY/ ALL YEARS
PY101	GENERAL PSYCHOLOGY	3	FALL/SPRING/ ALL YEARS

Course	Credit Hours
Advisor-approved HS/BI/CH/ CF/PE/PH/PY/SO courses	At least 9

### **PUBLIC HEALTH CONCENTRATION (124-125 CREDIT HOURS)**

Description	Credits
General Education	25
Core Requirements	41
Concentration Requirements	55-56
Advisor-Approved Elective	3
<b>Total Credit Hours</b>	<b>124-125</b>

### **Core Requirements (41 credit hours)**

Course	Course Title	Credits	Term Offered
BI124	HUMAN ANATOMY AND PHYSIOLOGY I	3	FALL ONLY/ ALL YEARS
BI124L	HUMAN ANATOMY & PHYSIOLOGY I LABORATORY	1	FALL ONLY/ ALL YEARS
BI125	HUMAN ANATOMY & PHYSIOLOGY II	3	SPRING ONLY/ ALL YEARS
BI125L	HUMAN ANATOMY & PHYSIO II LABORATORY	1	SPRING ONLY/ ALL YEARS
AL185	HUMAN NUTRITION	3	FALL/SPRING/ ALL YEARS
HS200	HEALTH AND WELLNESS	3	FALL/SPRING/ ALL YEARS
HS216	INTRODUCTION TO PUBLIC HEALTH	3	FALL ONLY/ ALL YEARS
HS405	EPIDEMIOLOGY	3	SPRING ONLY/ ALL YEARS
HS405G	EPIDEMIOLOGY	3	AS REQUIRED/ AS REQUIRED
HS416	RESEARCH IN NURSING AND HEALTH SCIENCES	3	FALL ONLY/ ALL YEARS
HS498	INTERNSHIP IN HEALTH SCIENCES	6	FALL/SPRING/ ALL YEARS
MA161A	COLLEGE ALGEBRA AND TRIGONOMETRY	3	FALL/SPRING/ ALL YEARS
MA387	STATISTICS FOR SCIENCES	3	FALL ONLY/ ALL YEARS

Course	Course Title	Credits	Term Offered
MA387L	STATISTICS FOR SCIENCE LABORATORY	1	FALL ONLY/ ALL YEARS
NU112	MEDICAL TERMINOLOGY	2	FALL/SPRING/ ALL YEARS
NU344	AGING: MYTH AND REALITIES	3	FALL ONLY/ ALL YEARS

### Concentration Requirements (55-56 credit hours)

Course	Course Title	Credits	Term Offered
BI100	ENVIRONMENTAL BIOLOGY	3	FALL/SPRING/ ALL YEARS
BI100L	ENVIRONMENTAL BIOLOGY LABORATORY	1	FALL/SPRING/ ALL YEARS
BI225	BASIC MICROBIOLOGY	3	FALL ONLY/ ALL YEARS
BI225L	BASIC MICROBIOLOGY LABORATORY	1	FALL ONLY/ ALL YEARS
AL389	EXTENSION PROGRAMS & PLANNING	3	SPRING ONLY/ ALL YEARS
CH100	INTRODUCTION TO INORGANIC CHEMISTRY	3	FALL/SPRING/ ALL YEARS
CH100L	INTRODUCTION TO INORGANIC CHEMISTRY LABORATORY	1	FALL/SPRING/ ALL YEARS
CH101	INTRODUCTION TO ORGANIC CHEMISTRY	3	FALL/SPRING/ ALL YEARS
CH101L	INTRODUCTION TO ORGANIC CHEMISTRY LABORATORY	1	FALL/SPRING/ ALL YEARS
HS210	HUMAN BIOLOGY AND BEHAVIOR	3	FALL ONLY/ ALL YEARS
HS355	HUMAN SEXUALITY	3	SPRING ONLY/ ALL YEARS
HS451	RESEARCH AND REPORT WRITING	3	SPRING ONLY/ ALL YEARS



Course	Course Title	Credits	Term Offered
HS491	CURRENT TOPICS IN HEALTH SCIENCES	3	FALL/SPRING/ ALL YEARS
PA206	PUBLIC HEALTH AND DISEASE MANAGEMENT	3	FALL ONLY/ ALL YEARS
SO101	INTRODUCTION TO SOCIOLOGY	3	FALL/SPRING/ ALL YEARS

**Plus one of these four options:**

Option	Credits
Minor in Health Services	15
Minor in Nutrition	16
Social/Behavioral Emphasis	15
Environmental Health Emphasis	15

*Note: All students must meet with an advisor to discuss the appropriate courses for each option.*

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