

# B.S. IN HEALTH STUDIES (HE.EX.BS, HE.HE.BS)

Code	Title	Credits
<b>Major Requirements/Health Studies (16-19 credits)</b>		
HE-101	Strategies for Healthy Living	3
HE-150	Medical Terminology	3
HE-212	Lifespan Development and Health	3
HE-290	Health Research Methods	3
HE-440	Health Policy	3
Select one course from the following list:		1-4
HE-485	Professional Seminar in Health (3-credits)	
HE-389	Internship in Health and Physical Education (1-3-credits)	
PE-350	School-Based Physical Activity (4-credits)	
<b>Cluster Requirements (24 credits)</b>		
Select one of the following clusters:		24
<i>Exercise Science Cluster</i>		
PE-310	Sport and Exercise Psychology	
PE-320	Exercise Physiology	
PE-330	Biomechanics and Kinesiology	
PE-340	Motor Development and Learning	
Select 12 credits from Course Type HE.PE/HE.EL		
<i>Health Science Cluster</i>		
HE-350	Epidemiology	
Select 21 credits from Course Type HE.PE/HE.EL		
<b>Interdisciplinary Requirements (29 credits)</b>		
PY-103	Introduction to Psychology (Satisfies Social Science (SS.SV) in General Education)	3
SO-101	Introduction to Sociology (Satisfies Social Science (SS.SV) in General Education)	3
MA-151	Statistics with Applications (Satisfies Mathematics in General Education)	3
BY-110	Introduction to Cell and Molecular Biology	4
BY-111	Anatomy and Physiology I <sup>1</sup>	4
or BY-211	Physiology with Anatomy I	
BY-112	Anatomy and Physiology II <sup>1</sup>	4
or BY-212	Physiology with Anatomy II	
CE-111 & 111L	General Chemistry I and General Chemistry Laboratory I	4
CE-112 & 112L	General Chemistry II and General Chemistry Laboratory II	4
(Science courses satisfy Natural Sciences (NS) requirement in General Education)		
<b>Free Electives (19 credits) <sup>2</sup></b>		
Complete up to 19 credits of free electives <sup>2</sup>		19
<b>General Education Requirements (30 credits) <sup>3</sup></b>		
Complete up to 30 credits as outlined on the General Education table. <sup>3</sup>		30
<b>Total Credits</b>		<b>120</b>

- <sup>1</sup> BY-211 Physiology with Anatomy I (4 cr.) and BY-212 Physiology with Anatomy II (4 cr.) are required for several graduate schools. See your advisor for assistance.
- <sup>2</sup> Please consult with your advisor regarding the required number of free electives that must be completed.
- <sup>3</sup> The General Education curriculum requires the completion of 45 credits. However, students may be able to share credits from within their major or interdisciplinary requirements. Please consult with your advisor to determine which General Education (<http://catalog.monmouth.edu/undergraduate-catalog/academic-programs-support-services-regulations/general-education-requirements/>) courses must be completed.

## Notes

- 54 credits must be completed at the 200 level or higher.

## Sequence Chart - Health Science Cluster

Freshman			
Fall	Credits	Spring	Credits
HE-101 Strategies for Healthy Living		3 EN-102 College Composition II	3
EN-101 College Composition I		3 BY-110 Introduction to Cell and Molecular Biology	4
FO-xxx Gen*Ed World Language		3 MA-151 Statistics with Applications (Gen*Ed Mathematics)	3
Gen*Ed Technological Literacy (TL)		3 PY-103 Introduction to Psychology (Gen*Ed Social Science Survey (SS.SV))	3
Gen*Ed Aesthetics (AT) AR, DA, MU, TH		3 Free Elective	1
Semester Credits		15 Semester Credits	
Sophomore			
Fall	Credits	Spring	Credits
HE-290 Health Research Methods		3 HE-150 Medical Terminology	3
HE-xxx Health Elective		3 HE-212 Lifespan Development and Health	3
SO-101 Introduction to Sociology (Gen*Ed Social Science Survey (SS.SV))		3 HE-xxx Health Elective	3
CE-111 General Chemistry I (Gen*Ed Natural Science (NS) BY,CE,PH,SC,GL)		3 CE-112 General Chemistry II (Gen*Ed Natural Science (NS) BY,CE,PH,SC,GL)	3
CE-111L General Chemistry Laboratory I		1 CE-112L General Chemistry Laboratory II	1
Gen*Ed Historical Perspectives (HS.SV)		3 Free Elective	1
Semester Credits		16 Semester Credits	
Junior			
Fall	Credits	Spring	Credits
HE-350 Epidemiology		3 HE-485 OR HE-389 OR PE-350	3
HE-xxx Health Elective		3 HE-xxx Health Elective	3
BY-211 Physiology with Anatomy I or 111		4 BY-212 Physiology with Anatomy II or 112	4
EN-2xx Gen*Ed Literature (LIT)		3 Gen*Ed Cultural Diversity (CD) or Global Understanding (GU)	3
Free Elective		3 Free Elective	3
Semester Credits		16 Semester Credits	
Senior			
Fall	Credits	Spring	Credits
HE-440 Health Policy		3 HE-xxx Health Electives	6

HE-xxx Health Electives	6 Gen*Ed Reasoned Oral Discourse (RD)	3
Free Elective	2 Free Elective	3
PR-4xx- Gen*Ed Interdisciplinary Perspectives (ISP)	3 Free Elective	3
Semester Credits	14 Semester Credits	15
Total Credits 120		

### 3+3 B.S. Health Studies/Occupational Therapy Doctorate Course Sequence

**Freshman**

Fall	Credits	Spring	Credits
HE-101 Strategies for Healthy Living	3	EN-102 College Composition II	3
EN-101 College Composition I <sup>1</sup>	3	BY-110 Introduction to Cell and Molecular Biology	4
Gen*ed World Language (Recommended: FS-222 Spanish for Health Care or other World Language)	3	MA-151 Statistics with Applications <sup>1</sup>	3
Gen*Ed Technological Literacy (TL)	3	PY-103 Introduction to Psychology <sup>1</sup>	3
Gen*Ed Aesthetics (AT) AR,DA,MU,TH	3		
Semester Credits	15	Semester Credits	13

**Sophomore**

Fall	Credits	Spring	Credits
HE-290 Health Research Methods	3	HE-212 Lifespan Development and Health <sup>1</sup>	3
SO-101 Introduction to Sociology <sup>1</sup>	3	CE-112 General Chemistry II	3
CE-111 General Chemistry I	3	CE-112L General Chemistry Laboratory II	1
CE-111L General Chemistry Laboratory I	1	PY-208 Psychopatholog	3
Gen*Ed Literature (Recommended EN-216)	3	HE-150 Medical Terminology	3
Semester Credits	13	Semester Credits	13

**Junior**

Fall	Credits	Spring	Credits	Summer	Credits
HE-350 Epidemiology	3	HE-485 or HE-389 or PE-350	3	SUMMER/ SENIOR YEAR GRADUATE YEAR 1	3

HE-440 Health Policy	3	PL-104 Ethics <sup>1</sup>	3	OTD-501 Occupation and Adaptation Across the Lifespan	3
BY-211 Physiology with Anatomy I <sup>1</sup>	4	BY-212 Physiology with Anatomy II <sup>1</sup>	4	OTD-502 The Neuroscience of Occupational Performance	3
Gen*Ed Historical Perspectives (HS.SV)	3	Gen*Ed Cultural Diversity (CD) or Global Understanding (GU) Choose a course with course type HE.EL <sup>1</sup>	3	OTD-503 Professional Seminar	1
		A total of 9 credits of course type HE.EL should be completed by the end of this term.			
Semester Credits	13	Semester Credits	12	Semester Credits	7

Fall	Credits	Spring	Credits
GRADUATE YEAR ONE		GRADUATE YEAR ONE	
OTD-504 Research for Evidence-Based Practice	2	Gen*Ed Interdisciplinary Perspectives (ISP) (HE.EL Course Type)	3
OTD-505 Principles of Practice I: Therapeutic Use of Self and Group Dynamics	4	OTD-511 Principles of Practice II: Psychosocial Occupational Therapy	4
OTD-506 Movement in Occupation	3	OTD-512 Cognition Across the Lifespan	2
OTD-507 Clinical Medicine	2	OTD-513 Contemporary Social Issues in Practice, Justice and Occupation	2
OTD-508 Ethics, Professional Communication and Advocacy	2	OTD-514 Quantitative Methods in Occupational Therapy Research	2
OTD-509 Community Practice: Health Promotion and Wellness	2	OTD-515 Sensory Modulation Across the Lifespan	1
OTD-510 Population Health	2	OTD-516 Qualitative and Mixed Methods in Occupational Therapy	2

	OTD-517 Mindful Practice and Wellness I	1	
Semester Credits	17 Semester Credits	17	
Total Credits 120			

<sup>1</sup> OTD program prerequisite course.

<sup>2</sup> **Baccalaureate degree awarded 120 credits completed.**

**Second Year**

	Credits	Fall	Credits	Spring	Credits
GRADUATE YEAR 2		OTD-605 Principles of Practice IV: Pediatric Occupational Therapy		4 OTD-700A Fieldwork Level IIA	6
SUMMER		OTD-606 Contemporary Issues: School-Based Consultation and Intervention		2 OTD-700B Fieldwork Level IIB	6

OTD-601 Principles of Practice III: Adult Occupational Therapy	4	OTD-607 Management and Supervision of Occupational Therapy Services	3		
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OTD-602 Current Issues in Practice: Adulthood and Aging	2	OTD-608 Mindfulness Practice and Wellness II	1		
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OTD-603 Community Living Supports	2	OTD-609 Mentored Scholarship	2		
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OTD-604 Occupation and Upper Extremity Rehabilitation	2	OTD-610 Fieldwork Seminar	1		
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		OTD-611 Professional Portfolio/ Capstone Project I	1		
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Semester Credits	10 Semester Credits	14 Semester Credits	12
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**Third Year**

	Credits	Fall	Credits	Spring	Credits
GRADUATE YEAR 3		OTD-704 Advance Practice in OT: Borders and Barriers		2 OTD-711 Doctoral Capstone Experience	8

SUMMER		OTD-705 Advanced Leadership in Occupational Therapy		3 OTD-712 Professional Portfolio/ Capstone Project IV	2
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OTD-701 Professional Portfolio/ Capstone Project II	1	OTD-706 Academic Practice in Occupational Therapy	2		
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OTD-702 Doctoral Practice in Occupational Therapy	2	OTD-707 Professional Portfolio/ Capstone Project III	1
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OTD-703 Quality Improvement in Occupational Therapy Service Delivery	3	OTD-708 Entrepreneurship in Occupational Therapy	3
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		OTD-709 Pre-Doctoral Capstone Experience Seminar	1
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		OTD-710 Decision Models and Financial Analysis in Occupational Therapy Practice	3
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Semester Credits	6 Semester Credits	15 Semester Credits	10
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Total Credits 67

<sup>1</sup> **Total Unique Graduate Credits 67- Doctoral Degree Awarded.  
TOTAL CREDITS BS/OTD- 187**

## Sequence Chart - Exercise Science Cluster

**Freshman**

Fall	Credits	Spring	Credits
HE-101 Strategies for Healthy Living		3 BY-110 Introduction to Cell and Molecular Biology	4
EN-101 College Composition I		3 EN-102 College Composition II	3
FO-xxx Gen*Ed World Language		3 MA-151 Statistics with Applications (Gen*Ed Mathematics)	3
Gen*Ed Technological Literacy (TL)		3 PY-103 Introduction to Psychology (Gen*Ed Social Science Survey (SS.SV))	3
Gen*Ed Aesthetics (AT) AR, DA, MU, TH		3 Free Elective	1
Semester Credits		15 Semester Credits	14

**Sophomore**

Fall	Credits	Spring	Credits
HE-290 Health Research Methods		3 HE-150 Medical Terminology	3
HE.PE-xxx Health or PE Elective		3 HE-212 Lifespan Development and Health	3
SO-101 Introduction to Sociology (Gen*Ed Social Science Survey (SS.SV))		3 HE.PE.-xxx Health or PE Elective	3
CE-111 General Chemistry I (Gen*Ed Natural Science (NS) BY,CE,PH,SC,GL)		3 CE-112 General Chemistry II (Gen*Ed Natural Science (NS) BY,CE,PH,SC,GL)	3
CE-111L General Chemistry Laboratory I	1	CE-112L General Chemistry Laboratory II	1
Gen*Ed Historical Perspectives (HS.SV)		3 Free Elective	1
Semester Credits		16 Semester Credits	14

**Junior**

Fall	Credits	Spring	Credits
HE.PE-xxx Elective		3 HE-485 OR HE-389 OR PE-350	3

4 B.S. in Health Studies (HE.EX.BS, HE.HE.BS)

BY-211 Physiology with Anatomy I or 111	4 HE.PE.-xxx Health or PE Elective	3
Free Elective	3 PE-310 Sport and Exercise Psychology	3
Free Elective	3 BY-212 Physiology with Anatomy II or 112	4
EN-2xx Gen*Ed Literature (LIT)	3 Gen*Ed Cultural Diversity (CD) or Global Understanding (GU)	3

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Semester Credits	16 Semester Credits	16
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**Senior**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
HE-440 Health Policy		3 PE-340 Motor Development and Learning	3
PE-320 Exercise Physiology		3 HE.PE.-xxx Health or PE Elective	3
PE-330 Biomechanics and Kinesiology		3 Gen*Ed Reasoned Oral Discourse	3
PR-4xx Gen*Ed Interdisciplinary Perspectives (ISP)		3 Free Elective	3
Free Elective		2 Free Elective	3
Semester Credits		14 Semester Credits	15

Total Credits 120