

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

Code	Title	Credits
Major Requirements/Health Studies (19-22 credits)		
HE-101	Strategies for Healthy Living	3
HE-150	Medical Terminology	3
HE-201	Technology and Health Informatics	3
HE-212	Lifespan Development and Health (Gen*Ed Reasoned Oral Discourse (RD))	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)	
or PE-389 Internship in Health and Physical Education		
PE-350	School-Based Physical Activity (4-credits)	
Cluster Requirements (24 credits)		
Select one of the following clusters:		24
Exercise Science Cluster		
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		
Health Science Cluster		
HE-350	Epidemiology	
Select 21 credits from Course Type HE.PE/HE.EL		
Interdisciplinary Requirements (31 credits)		
PY-103	Introduction to Psychology	3
(Satisfies Social Science (SS.SV) in General Education)		
SO-101	Introduction to Sociology	3
(Satisfies Social Science (SS.SV) in General Education)		
MA-151	Statistics with Applications	3
(Satisfies Mathematics in General Education)		
BY-110	Introduction to Cell and Molecular Biology	4
BY-111	Anatomy and Physiology I ¹	4
or BY-211 Physiology with Anatomy I		
BY-112	Anatomy and Physiology II ¹	4
or BY-212 Physiology with Anatomy II		
CE-111	General Chemistry I	5
& 111L	and General Chemistry I Laboratory	
& 111R	and General Chemistry I Recitation	
CE-112	General Chemistry II	5
& 112L	and General Chemistry II Laboratory	
& 112R	and General Chemistry II Recitation	
(Science courses satisfy Natural Sciences (NS) requirement in General Education)		
Free Electives (20 credits) ²		
Complete up to 20 credits of free electives ²		20
General Education Requirements (24 credits) ³		

Complete up to 24 credits as outlined on the General Education table. ³

Total Credits **120**

- ¹ 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.
- ² Please consult with your advisor regarding the required number of free electives that must be completed.
- ³ 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 (<https://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

First Year			
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
HE-xxx Health Elective	3	PY-103 Introduction to Psychology (Gen*Ed Social Science Survey (SS.SV))	3
Gen*Ed Aesthetics (AT) AR,DA,MU,TH	3	HE-201 Technology and Health Informatics (Technical Literacy (TL))	3
Semester Credits	15	Semester Credits	16
Second Year			
Fall	Credits	Spring	Credits
HE-290 Health Research Methods	3	HE-150 Medical Terminology	3
SO-101 Introduction to Sociology (Gen*Ed Social Science Survey (SS.SV))	3	HE-212 Lifespan Development and Health (Gen*Ed Reasoned Oral Discourse (RD))	3
Gen*Ed Historical Perspectives (HS.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 I Laboratory	1	CE-112L General Chemistry II Laboratory	1
CE-111R General Chemistry I Recitation	1	CE-112R General Chemistry II Recitation	1
Semester Credits	14	Semester Credits	14
Third Year			
Fall	Credits	Spring	Credits
HE-350 Epidemiology	3	HE-485 OR HE/PE-389 OR PE-350 or Free Elective ¹	1-4
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	14-17
Fourth Year			
Fall	Credits	Spring	Credits
HE-485 OR HE/PE-389 OR PE-350 or Free Elective ²	1-4	HE-485 OR HE/PE-389 OR PE-350 or Free Elective ²	1-4
HE-440 Health Policy	3	HE-xxx Health Elective	6
HE-xxx Health Elective	6	Free Elective	3
PR-4xx Gen*Ed Interdisciplinary Perspectives (ISP)	3	Free Elective	3
Free Elective	2	Free Elective	3
Semester Credits	15-18	Semester Credits	16-19
Total Credits 120-129			

¹ Graduate school applicants take HE-485 in year three spring.² Take HE-485 or HE/PE-389 or PE-350 if still needed.

Fourth Year			
Fall	Credits	Spring	Credits
HE-485 OR HE/PE-389 OR PE-350 or Free Elective ²	1-4	HE-485 OR HE/PE-389 OR PE-350 or Free Elective ²	1-4
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	Free Elective	3
PR-4xx Gen*Ed Interdisciplinary Perspectives (ISP)	3	Free Elective	3
Free Elective	2	Free Elective	3
Semester Credits	15-18	Semester Credits	16-19
Total Credits 120-129			

¹ Graduate school applicants take HE-485 in year three spring.² Take HE-485 or HE/PE-389 or PE-350 if still needed.

Sequence Chart - Exercise Science Cluster

First Year			
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
HE-xxx Health Elective	3	PY-103 Introduction to Psychology (Gen*Ed Social Science Survey (SS.SV))	3
Gen*Ed Aesthetics (AT) AR,DA,MU,TH	3	HE-201 Technology and Health Informatics	3
Semester Credits	15	Semester Credits	16
Second Year			
Fall	Credits	Spring	Credits
HE-290 Health Research Methods	3	HE-150 Medical Terminology	3
SO-101 Introduction to Sociology (Gen*Ed Social Science Survey (SS.SV))	3	HE-212 Lifespan Development and Health (Gen*Ed Reasoned Oral Discourse (RD))	3
Gen*Ed Historical Perspectives (HS.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 I Laboratory	1	CE-112L General Chemistry II Laboratory	1
CE-111R General Chemistry I Recitation	1	CE-112R General Chemistry II Recitation	1
Semester Credits	14	Semester Credits	14
Third Year			
Fall	Credits	Spring	Credits
HE/PE-xxx Elective	3	HE-485 OR HE/PE-389 OR PE-350 or Free Elective ¹	1-4
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
Semester Credits	16	Semester Credits	14-17