

HEALTH SCIENCE, ASSOCIATE OF ARTS DEGREE

Banner Code: 3_AA_HLSC

Control Number: 41762

Financial Aid Eligible

The Associate of Arts in Health Science provides interdisciplinary training for students who wish to pursue careers in public health promotion, kinesiology, nutrition and dietetics, or corporate wellness. This program takes a holistic approach to understanding health and the human body, emphasizing subject areas including anatomy and physiology, exercise physiology, nutrition, health psychology, and disease management. Students will learn to assess the different components of health across the lifespan and they will acquire skills necessary to design, implement, and supervise healthy lifestyle programs at the individual and societal levels.

Program Level Student Learning Outcomes

Upon completion of this program, students will be able to:

1. Apply major theories and concepts of health, nutrition, and kinesiology to facilitate behavior change for lifestyle modification.
2. Critically evaluate health-related information and scientific research to formulate opinions/ideas.
3. Utilize interdisciplinary knowledge to design, implement, and evaluate wellness and health promotion programming.

Associate Degree Requirements

Unit Requirement

Complete at least 60 units of acceptable college work with a minimum of 12 units completed in residence at Coastline. Earn an overall grade point average of 2.0 or higher from all colleges attended and a 2.0 or higher grade point average at Coastline.

*Students must be in good academic standing (not on probation and/or disqualification) during the semester graduation is petitioned.

Program of Study

Complete the required courses in one of the programs as detailed in the Requirements for the Major section of this catalog. All coursework must be completed with a grade of C or higher.

General Education

Complete one of the three General Education options below (visit the General Education page for details (<https://catalog.cccd.edu/coastline/general-education/>)):

Option 1 – AA/AS Local Degree GE: designed for students pursuing an Associate degree and who may or may not be planning to transfer to a four-year university. The degree is transferable to many colleges and universities.

Option 2—CSU GE Breadth: designed for students who are planning to transfer to a university in the CSU system. It may also be appropriate for transfer to some independent colleges and universities.

Option 3—IGETC: designed for students who are planning to transfer to a university in the CSU or UC system. It also may be appropriate for transfer to some independent colleges and universities.

Global and Multicultural Studies Requirement

Complete at least 2.5 units from any Global and Multicultural Studies courses. See what courses fulfill the Global and Multicultural Studies Requirement (<https://catalog.cccd.edu/coastline/graduation-requirements/#globalandmulticulturalstudies>).

Course	Title	Units
Required Core:		
Complete the following:		
BIOL C102	Introduction to the Concepts of Anatomy and Physiology	3
FN C170	Nutrition	3
HLTH C100	Personal Health	3
KIN C190	Physiology of Exercise	3
HLTH C230 or PSYC C230	Health Psychology	3
Complete six units from one Concentration		6
Concentration: Exercise Science/Kinesiology Recommended for students pursuing advanced degrees in Kinesiology or careers in Physical Therapy, Occupational Therapy, Cardiac Rehabilitation.		
KIN C202	Introduction to Kinesiology	
KIN C125	Introduction to Sport Psychology	
KIN C289	Exercise Testing and Prescription	
Concentration: Nutrition & Dietetics Recommended for students completing the Certified Dietary Manager Certificate or pursuing careers in dietetics such as Registered Dietitian.		
FN C180	Nutrition and Disease	
FN C225	Nutrition through the Lifecycle	
GERO C225	Nutrition through the Lifecycle	
Concentration: Public Health Recommended for students completing the Wellness Coaching or Community Health Worker Certificates.		
HLTH C220	Introduction to Public Health	
HLTH C120	Introduction to Wellness Coaching	
FN C225	Nutrition through the Lifecycle	
Total Required for Major		21
Local General Education, CSU General Education, or IGETC pattern		Varies
Transfer Electives as needed to reach 60 transferable units		Varies
Total Units		60