

# 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.

Review the Associate in Science and Associate in Arts Graduation Requirements (<https://catalog.cccd.edu/coastline/graduation-requirements/associate-degree/>) and General Education (<https://catalog.cccd.edu/coastline/general-education/>) requirements.

Course	Title	Units
<b>Required Core:</b>		
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	Health Psychology	3
or PSYC C230	Health Psychology	
<b>Complete six units from one Concentration</b>		<b>6</b>
<b>Concentration: Exercise Science/Kinesiology</b> Recommended for students pursuing advanced degrees in Kinesiology or careers in Physical Therapy, Occupational Therapy, Cardiac Rehabilitation.		
KIN C100	Introduction to Kinesiology	
KIN C125	Introduction to Sport Psychology	
or PSYC C125	Introduction to Sport Psychology	
KIN C289	Exercise Testing and Prescription	
<b>Concentration: Nutrition &amp; Dietetics</b> Recommended for students completing the Certified Dietary Manager Certificate or pursuing careers in dietetics such as Registered Dietitian.		

Course	Title	Units
FN C180	Nutrition and Disease	
FN C225	Nutrition through the Lifecycle	
or AGNG C225	Nutrition through the Lifecycle	
<b>Concentration: Public Health</b> 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	
or AGNG C225	Nutrition through the Lifecycle	
<b>Total Required for Major</b>		<b>21</b>
Local General Education or CalGETC pattern		Varies
Transfer Electives as needed to reach 60 transferable units		Varies
<b>Total Units</b>		<b>60</b>