

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

Code	Title	Credits
Major Requirements/Health Studies (16-19 credits)		
HE-101	Strategies for Healthy Living	3
HE-150	Medical Terminology	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)	
PE-350	School-Based Physical Activity (4-credits)	
Cluster Requirements (24 credits)		
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		
Interdisciplinary Requirements (31 credits)		
PY-103	Introduction to Psychology	3
<i>(Satisfies Social Science (SS.SV) in General Education)</i>		
SO-101	Introduction to Sociology	3
<i>(Satisfies Social Science (SS.SV) in General Education)</i>		
MA-151	Statistics with Applications	3
<i>(Satisfies Mathematics in General Education)</i>		
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 & 111L & 111R	General Chemistry I and General Chemistry I Laboratory and General Chemistry I Recitation	5
CE-112 & 112L & 112R	General Chemistry II and General Chemistry II Laboratory and General Chemistry II Recitation	5
<i>(Science courses satisfy Natural Sciences (NS) requirement in General Education)</i>		
Free Electives (20 credits) ²		
Complete up to 20 credits of free electives ²		20
General Education Requirements (27 credits) ³		

Complete up to 27 credits as outlined on the General Education table. ³ 27

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

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 HE-xxx Health Elective		3
Semester Credits		15 Semester Credits		16
Sophomore				
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
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		16

Senior			
Fall	Credits	Spring	Credits
HE-440 Health Policy		3 HE-xxx Health Electives	6
HE-xxx Health Electives		6 Free Elective	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

Free Elective	2 Free Elective	3
Semester Credits	14 Semester Credits	15
Total Credits 120		

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	3
Semester Credits		15 Semester Credits	16

Sophomore			
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

Junior			
Fall	Credits	Spring	Credits
HE.PE-xxx Elective		3 HE-485 OR HE-389 OR PE-350	3
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	16

Senior			
Fall	Credits	Spring	Credits
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