

**OAKLAND UNIVERSITY**  
**SCHOOL OF HEALTH SCIENCES**

**Bachelor of Science Degree - Health Sciences Major**

**Concentrations: Exercise Science, Integrative Holistic Medicine, Nutrition and Health, Pre-Physical Therapy, Pre-Pharmacy, and Pre-Health Professional**  
**2016-17 Major Catalog Checklist**

Name: \_\_\_\_\_ Last 4 Student # \_\_\_\_\_ Date: \_\_\_\_\_

REQUIRED COURSES	TRANSFER COURSE	CREDIT	GRADE
**HS 101 Careers in Health		1	
*BIO 111 Biology I		4	
*BIO 205 Human Anatomy		4	
*BIO 206 Human Anatomy Lab or BIO 322 Anatomy/Physiology Lab		1	
*BIO 207 Human Physiology or BIO 321 Physiology		4	
*PSY 100 Introductory Psychology		4	
HS 201 Health in Personal & Occupational Env		4	
HS 302 Community and Public Health		4	
HS 450 Law, Values and Health Care		4	
WRT/RHT 150 Composition I	Prerequisite course for WRT 160		

GENERAL EDUCATION REQUIREMENTS			
Writing Foundations (2.0 minimal grade required)	WRT/RHT 160: Composition II	4	
Writing Intensive in General Education	(Varies in concentration area. Can double count as Global Perspectives with MGT 110 – see adviser)	4	
Formal Reasoning (IHM Students need FR if STA 225 is not completed)	Can be satisfied by major: *STA 225	4	
Arts		4	
Foreign Language and Culture		4	
Global Perspective		4	
Literature		4	
Natural Science & Technology	Satisfied by major: BIO 111, CHM 144+147, PHY 101+110, HS 201		
Social Science	Satisfied by major: PSY 100		
Western Civilization		4	
Knowledge Applications	Satisfied by major: PHY 102, WHP 315		
Diversity	Satisfied by major: HS 302		
Writing Intensive in Major	Satisfied by major: HS 450		
Capstone	Satisfied by major: HS 450		

“All students must complete 40 credits of general education, including at least one course (of three or more credits) from the list of approved courses offered in each of the following 10 areas: Writing Foundations and Formal Reasoning, Arts, Foreign Language and Culture, Global Perspective, Literature, Natural Science and Technology, Social Science, Western Civilization, and Knowledge Applications. Note that courses in these knowledge areas may not double count with each other. Students using this catalog to meet general education requirements may also use any course subsequently approved by the General Education Committee and published in a later catalog to satisfy requirements in a particular area. If a course listed below is removed from lists of approved courses in later catalogs, it may still be used to meet a general education requirement by students following the 2015-2016 catalog until the catalog expires (six years).”  
<http://catalog.oakland.edu>. \*A 2.5 or higher may be required in each prerequisite courses for OU Doctor of Physical Therapy Professional Program.

Integrative Holistic Medicine Concentration	Credit	Grade	Electives
WHP 340 Contemporary Issues in Personal Health	2		<b>MINIMUM OF Forty-one CREDITS FROM:</b> AHS 335, 345, 408; BIO 116, 301, 303, 315, 319, 320, 323, 324, 325, 326, 341, 342 CHM 144+147(or 157), 145+148(or 158), 234, 235, 453, 454, 457; EXS 300-400 level, <b>**HS 101, 205, 300-400 level</b> ; MLS 210, 425, 430, 432; PHY 101, 102, 151, 152, 326; PSY 321, 323, 333, 338; SOC 328; WHP 300-400 level or any other course approved by the program director in writing through approved petition of exception form. Students are <b>required</b> to review the professional school admission requirements before selecting elective coursework. <b>Classes under the HS Rubric that are included in the major requirements (core or concentration) CANNOT double counts towards elective credits.</b>
WHP 370 Culture, Ethnicity and Well-being	4		
HS 441 Integrative Holistic Medicine Prin & Prac	4		
PSY 250 Introduction to Research Design	4		
PSY 318 Physiological Psychology	4		
WHP 315 Laughter as Therapeutic Modality	4		
WHP 350 Health Program Implementation	4		
WHP 461 Modalities for Healing	4		
WHP 462 Healing Traditions	4		
Students pursuing concentration in IHM must complete a <b>minimum of 128 credits</b>			

## CONCENTRATION AREA COURSE REQUIREMENTS

**Students must select *ONE* of the six concentration areas within the Health Sciences Major:**  
**Exercise Science, Integrative Holistic Medicine, Nutrition and Health, Pre-Health Professional, Pre-Physical Therapy or Pre-Pharmacy**

<b>Exercise Science Concentration</b>	<b>Credit</b>	<b>Grade</b>
STA 225 Introduction to Statistics	4	
CHM 144 General Chemistry I and CHM 147 Lab	4	1
CHM 145 General Chemistry II and CHM 148 Lab	4	1
PHY 101 Physics I and PHY 110 Lab	4	1
PHY 102 Physics II and PHY 111 Lab	4	1
EXS 103 Strength Training & Hlth Enhanc	2	
EXS 105 Cardiovascular Fitness Training	2	
EXS 204 Nutrition, Obesity & Phys Act	4	
EXS 207 First Aid & CPR	2	
EXS 304 Exercise Physiology	3	
EXS 306 Exercise Physiology Lab	1	
EXS 350 Human Motion Analysis	4	
HS 441 Integrative Holistic Med Prin & Prac	4	
PSY 250 Intro to Research Design	4	
PSY 344 Behavior Analysis (preferred) or PSY 321, 322, 323, 333, or 338	4	
EXS 401 Practicum in Exercise Science	5	
<b>MINIMUM OF Sixteen CREDITS FROM THE FOLLOWING (AT LEAST 6 CREDITS AT 300-400 LEVEL AND AT LEAST 4 CREDITS MUST BE CHOSEN FROM EXS COURSES):</b> EXS 202, 203, 205, 215, 403, 405, 406, 411, 415, 416, 421, 426, 436, 441, 445, 450, 460, 465, 470, 475, 483, 493; **HS 101, 205, 300-400 level; WHP 310, 311, 315, 325, 340, 360, 370, 420 or any other course approved by the program director in writing through approved petition of exception form. <b>Classes under the HS Rubric that are included in the major requirements (core or concentration) CANNOT double counts towards elective credits.</b>	16	
Students pursuing Concentration in EXS must complete a <b>minimum of 128 credits</b>		

<b>Nutrition and Health Concentration</b>	<b>Credit</b>	<b>Grade</b>
MTH 141 Precalculus or MTH 154 Calculus	4	
STA 225 Introduction to Statistics	4	
CHM 144 General Chemistry I and CHM 147 Lab	4	1
CHM 145 General Chemistry II and CHM 148 Lab	4	1
PHY 101 Physics I and PHY 110 Lab	4	1
PHY 102 Physics II and PHY 111 Lab	4	1
HS 205 Human Nutrition and Health	4	
HS 310 Nutrition and Lifecycles	4	
HS 311 Contemporary Topics in Nutrition	2	
HS 312 Community Nutrition	4	
HS 313 Nutrition and Culture	4	
HS 460 Nutrient Metabolism	4	
PSY 250 Intro to Research Design	4	
<b>MINIMUM OF Seventeen CREDITS FROM THE FOLLOWING: (AT LEAST 8 CREDITS AT 300-400 LEVEL AND AT LEAST four CREDITS MUST BE Nutrition and Health COURSES):</b> AHS 300-400 level; BIO 491; CHM 234, 235; EXS 215, 350; **HS 101, 300-400 level; MLS 200-400 level; PSY 225, 321, 322, 323, 333, 338, 344; WHP 300-400 level or any other course approved by the program director in writing through approved petition of exception form. <b>Classes under the HS Rubric that are included in the major requirements (core or concentration) CANNOT double counts towards elective credits.</b>	17	
<b>Nutrition &amp; Health Classes include (must complete 4 credits):</b> HS 320, 321, 322, 323, 324, 325, or 326		
Students pursuing concentration in NH must complete a <b>minimum of 124 credits</b>		

<b>Pre-Physical Therapy Concentration</b>	<b>Credit</b>	<b>Grade</b>
*MTH 141 Precalculus or MTH 154 Calculus	4	
STA 225 Introduction to Statistics	4	
*CHM 144 General Chemistry I and CHM 147 Lab	4	1
*CHM 145 General Chemistry II and CHM 148 Lab	4	1
*PHY 101 Physics I and PHY 110 Lab	4	1
*PHY 102 Physics II and PHY 111 Lab	4	1
MLS 210 Medical Terminology	1	
HS 401 Pathology	4	
EXS 204 Nutrition, Weight Control & EXS	4	
EXS 207 First Aid & CPR	2	
*EXS 304 Exercise Physiology	3	
*EXS 306 Exercise Physiology Lab	1	
EXS 350 Human Motion Analysis	4	
PSY 250 Research Design	4	
*PSY 225, PSY 321, PSY 322 or PSY 323	4	
PT 302 Physical Therapy as a Prof.	2	
PT 421 Basic Athletic Training	2	
<b>MINIMUM OF Twelve CREDITS FROM (AT LEAST 8 CREDITS AT 300+400 LEVEL: BIO 323, 324, 325, 326, 341, CHM, 453, 454, 457; EXS 403, 405, 411, 415, 426, 436, 441, 445, 450, 460, 465, 493, **HS 101, 205, 300-400 level; PHY 326; PSY 321, 323, 333, 338, PT 490; SOC 328; WHP 300-400 level or any other course approved by the program director in writing through approved petition of exception form. <b>Classes under the HS Rubric that are included in the major requirements (core or concentration) CANNOT double counts towards elective credits.</b></b>	12	
Students pursuing concentration in Pre-PT must complete a <b>minimum of 124 credits</b>		

<b>Pre-Health Professional Concentration</b>	<b>Credit</b>	<b>Grade</b>
MTH 141 Precalculus or MTH 154 Calculus	4	
STA 225 Introduction to Statistics	4	
CHM 144 General Chemistry I and CHM 147 Lab	4	1
CHM 145 General Chemistry II and CHM 148 Lab	4	1
PHY 101 Physics I and PHY 110 Lab	4	1
PHY 102 Physics II and PHY 111 Lab	4	1
BIO 113 Biology II	4	
PSY 225 Lifespan Development or PSY 250 Research Design	4	
HS 205 Human Nutrition & Health	4	
CHM 234 Organic Chemistry I	4	
CHM 235 Organic Chemistry II	4	
CHM 237 Organic Chemistry Lab	2	
MLS 425 Medical Biochemistry or BIO 325 Biochemistry	4	
HS 401 Pathology	4	
<b>MINIMUM OF Nineteen CREDITS FROM THE FOLLOWING: (AT LEAST 16 CREDITS AT 300-400 LEVEL):</b> AHS 300-400 level; BIO 116, 300-400 level; CHM, 453, 454, 457; EXS 300-400 level, **HS 101, 300-400 level; MLS 210, 425, 430, 432; NRS 221, 227, 308; PHY 326; PSY 300-400 level; WHP 300-400 level or any other course approved by the program director in writing through approved petition of exception form. <b>Students are required to review the professional school admission requirements before selecting elective coursework. <b>Classes under the HS Rubric that are included in the major requirements (core or concentration) CANNOT double counts towards elective credits.</b></b>	19	
Students pursuing concentration in Pre-Health Professional must complete a <b>minimum of 130 credits</b>		

<b>***Pre-Pharmacy Concentration</b>	<b>Credit</b>	<b>Grade</b>
MTH 154 Calculus	4	
STA 225 Introduction to Statistics	4	
CHM 144 General Chemistry I and CHM 147 Lab	4	1
CHM 145 General Chemistry II and CHM 148 Lab	4	1
PHY 101 Physics I and PHY 110 Lab	4	1
PHY 102 Physics II and PHY 111 Lab	4	1
MLS 430 Clin Microbiology	3	
MLS 432 Medical Microbiology Lab	1	
MLS 425 Medical Biochemistry or CHM 453 Biochemistry	4	
COM 201 Public Speaking	4	
CHM 234 Organic Chemistry I	4	
CHM 235 Organic Chemistry II	4	
CHM 237 Organic Lab I	2	
HS 401 Pathology	4	
MLS 210 Medical Terminology	1	
<b>MINIMUM OF Twenty CREDITS FROM THE FOLLOWING: (AT LEAST 20 CREDITS AT 300-400 LEVEL):</b> PSC 3110, PSC 3120; PPR 3020, PPR 3040; PHA 3030; PSC 3210; PPR 3120, PPR 3060, PPR 3070, PPR 3040 or any other course approved by the program director in writing through approved petition of exception form. <b>Students are required to review the professional school admission requirements before selecting elective coursework. <b>Classes under the HS Rubric that are included in the major requirements (core or concentration) CANNOT double counts towards elective credits. Students not attending WSU will need to provide proof of admission and required classes before granted permission to complete the concentration.</b></b>	20 Credits (PharmD School Credits).	
<b>Professional Pharmaceutical Science Curriculum (20 credits) – Required for BS Degree</b>		
Students pursuing concentration in Pre-Pharmacy must complete a <b>minimum of 124 credits.</b>		

Academic Advising Office  
3070 Human Health Building

- Highly recommended that students meet with a School of Health Sciences academic adviser before downloading the online major checklist and registering for courses.
- Schedule your appointment by calling the office 248-370-2369
- Students are encouraged to email any quick questions to [shs@oakland.edu](mailto:shs@oakland.edu) or call 248-370-2369.
- \*\*\* Admission into a PharmD program and completion of one year of an accredited PharmD school is required for the completion of the HS Pre-Pharmacy concentration.