BS with a Major in Integrated Health Studies—Concentration in Behavioral Health

Degree Requirements

To earn a Bachelor of Science in Liberal Arts and Sciences degree from UIC, students must complete university, college, and departmental degree requirements. The degree requirements are outlined below. Students should consult the College of Liberal Arts and Sciences section for additional degree requirements and college academic policies.

Majors in Integrated Health Studies must complete either the Behavioral Health Concentration or the Health and Science Concentration.

Code	Title	Hours
Summary of Requirements		
Required Prerequisite and Collateral Courses		14
Major Requirements		38-52
General Education and Electives to reach Minimum Total Hours		54-68
Total Hours		**120**

General Education

See General Education and Writing-in-the-Discipline in the College of Liberal Arts and Sciences section for information on meeting these requirements. Students should consult the course lists below and their advisors to determine which courses are counted toward the General Education and Writing-in-the-Discipline requirements.

Note: Students are strongly encouraged to satisfy the Quantitative Reasoning requirement by taking STAT 130 or calculus at the level of MATH 170 or above.

Required Prerequisite and Collateral Courses

Code	Title	Hours
Required Courses		
Select one of the following sequences in general chemistry: [a]		10
CHEM 122	Matter and Energy [b]	
CHEM 123	Foundations of Chemical Inquiry I [b]	
CHEM 124	Chemical Dynamics [b]	
CHEM 125	Foundations of Chemical Inquiry II [b]	
OR		
CHEM 116	Honors and Majors General and Analytical Chemistry I	
CHEM 118	Honors and Majors General and Analytical Chemistry II	
ECON 120	Principles of Microeconomics	4
Total Hours		**14**

a *CHEM 115 may be used as a substitute for CHEM 122 and CHEM 123.*

b *Each of the following pairs of courses will be considered one course in meeting the LAS General Education requirements or requirements of the major: CHEM 122/CHEM 123, CHEM 124/CHEM 125*

Major Requirements

Of the 38–52 semester hours for the major, no more than 22 hours may be at the 100 level and at least 6 semester hours must be at the 300 or 400 level. At least 19 hours of course work for the major are required to be taken at UIC.

Code	Title	Hours
Required Core Courses		
AHS 200	Introduction to Integrated Health Sciences	3
BIOS 110	Biology of Cells and Organisms	4
BIOS 120	Biology of Populations and Communities	4
PSCH 100	Introduction to Psychology	4
AHS 375	Ethics, Law and Professionalism in Health Sciences [a]	3
Content Area Courses		
Students must select one course or sequence from each of the following content areas:		
Applied Health		3-5
HN 196	Nutrition	
KN 152	Introduction to Exercise Physiology and Health	
KN 230 & KN 232	Anatomy and Physiology Lecture I and Anatomy and Physiology Laboratory I	
PUBH 100	Health and the Public	
Health Economics		3-4
ECON 106	Tobacconomics	
ECON 121	Principles of Macroeconomics	
ECON 215	Health Economics	
Humanities/Social Sciences		3
ANTH 216	Medicine, Culture, and Society	
DHD 101	Disability in U.S. Society	
PHIL 116	Biomedical Ethics	
PSCH 231	Community Psychology	
PSCH 270	Introduction to Psychological and Behavioral Disorders	
SOC 100	Introduction to Sociology	
or SOC 105	Social Problems	
Natural Sciences		3-6
BIOS 222 & BIOS 312	Cell Biology and Cell Biology Laboratory [b]	
BIOS 250 & BIOS 351	Microbiology and Application to Health and Microbiology Laboratory [b]	
BIOS 350 & BIOS 351	General Microbiology and Microbiology Laboratory [b]	
CHEM 230 & CHEM 233	Organic Chemistry of Biological Systems and Synthesis Techniques Laboratory [b]	

CHEM 232 & CHEM 233	Structure and Function and Synthesis Techniques Laboratory [b]	
PHYS 118	Physics in Modern Medicine	
PHYS 131	Introductory Physics for Life Sciences I	
Concentration Courses		**8-16**
In addition to Core and Content Area courses, students are required to earn either the Concentration in Behavioral Health or the Concentration in Health and Science.		
Concentration in Behavioral Health (8-13 hours)		
Select three courses from either the following list or the Applied Health and/or Humanities/Social Sciences Content Areas. Courses taken to satisfy the Content Area requirement may not be used to satisfy the requirements of the concentration. [c]		
AHS 304	Human Sexuality and Health Science	
AHS 330	Physical and Mental Health Issues in Rehabilitation	
AHS 393	Synthesis in Health and Rehabilitation Sciences [d]	
AHS 402	Health Inter-professional Seminar	
BIOS 365	Human Ecological Systems	
DHD 202	Disability, Health, and Society	
KN 231 & KN 233	Anatomy and Physiology Lecture II and Anatomy and Physiology Laboratory II	
KN 237	Sport and Exercise Psychology	
LAS 289	LAS Internship [d]	
PHAR 201	Pharmaceutical Care in the US	
PSCH 242	Introduction to Research in Psychology	
PSCH 320	Developmental Psychology	
PSCH 415	Social Bases of Health Behavior	
SOC 251	Health and Medicine	
Total Hours		**38-52**

a *AHS 375 satisfies the Writing-in-the-Discipline requirement.*

b *Each of the following pairs of courses will be considered one course in meeting the LAS General Education requirements or requirements of the major: BIOS 222/BIOS 312, BIOS 250/BIOS 351, BIOS 350/BIOS 351, CHEM 230/CHEM 233 or CHEM 232/CHEM 233.*

c *Students may use BIOS 399 or PSCH 396 toward this requirement with advisor approval. Students with a Pre-Nursing educational goal may also use NUEL 250 toward this requirement.*

d *Students who select AHS 393 or LAS 289 must enroll for a minimum of 3 semester hours. Only one course may be counted toward the major.*

Recommended Plan of Study—Integrated Health Studies Major, Concentration in Behavioral Health

Course	Title	Hours
First Year		
Fall Semester		
ENGL 160	Academic Writing I: Writing in Academic and Public Contexts	3
Select one of the following: [b]		5
CHEM 116	Honors and Majors General and Analytical Chemistry I	
CHEM 122 & CHEM 123	Matter and Energy and Foundations of Chemical Inquiry I	
Quantitative Reasoning Requirement [a]		4-5
General Education Requirement		3
	Hours	**15-16**
Spring Semester		
ENGL 161	Academic Writing II: Writing for Inquiry and Research	3
BIOS 110 or BIOS 120	Biology of Cells and Organisms [b] or Biology of Populations and Communities	4
Select one of the following: [b]		5
CHEM 118	Honors and Majors General and Analytical Chemistry II	
CHEM 124 & CHEM 125	Chemical Dynamics and Foundations of Chemical Inquiry II	
General Education Requirement [3]		3
	Hours	**15**
Second Year		
Fall Semester		
BIOS 110 or BIOS 120	Biology of Cells and Organisms [b] or Biology of Populations and Communities	4
PSCH 100	Introduction to Psychology	4
AHS 200	Introduction to Integrated Health Sciences	3
Foreign Language		4
	Hours	**15**
Spring Semester		
Applied Health Content Area Selective [c]		3-5
Humanities/Social Sciences Content Area Selective [d]		3
ECON 120	Principles of Microeconomics	4
General Education Requirement		3
Foreign Language		4
	Hours	**17-19**
Third Year		
Fall Semester		
Health Economics Content Area Selective [e]		3-4
Natural Sciences Content Area Selective [f]		3-6
Behavioral Health Concentration Selective [g]		3-4
General Education Requirement		3
Foreign Language		4
	Hours	**16-21**
Spring Semester		
Behavioral Health Concentration Selective [g]		3-4
Behavioral Health Concentration Selective [g]		2-5
General Education Requirement		3
Foreign Language		4
	Hours	**12-16**
Fourth Year		
Fall Semester		
AHS 375	Ethics, Law and Professionalism in Health Sciences [h]	3
Electives		12
	Hours	**15**
Spring Semester		
Electives		15
	Hours	**15**
	Total Hours	**120**

a *Majors are strongly encouraged to satisfy the Quantitative Reasoning requirement by taking either STAT 130 or calculus at the level of MATH 170 or above. A grade of C or better is required to satisfy the Quantitative Reasoning requirement.*

b *The two Analyzing the Natural World and the two General Education course requirements can be satisfied with BIOS 110,*

BIOS 120 , CHEM 116 or CHEM 122/CHEM 123, and CHEM 118 or CHEM 124/CHEM 125.

c *Applied Health Content Area requirement may be satisfied by taking one of the following: HN 196, KN 152, KN 230/KN 232, PUBH 100.*

d *Humanities/Social Sciences Content Area requirement my be satisfied by taking one of the following: ANTH 216, DHD 101, PHIL 116, PSCH 231, PSCH 270, SOC 100 or SOC 105.*

e *Health Economics Content Area requirement may be satisfied by taking one of the following: ECON 106, ECON 121*, ECON 215.

f *Natural Sciences Content Area requirement may be satisfied by taking one of the following: BIOS 222/BIOS 312, BIOS 250/BIOS 351, BIOS 350/BIOS 351, CHEM 232/CHEM 233 or CHEM 230/CHEM 233, PHYS 118, PHYS 131. It is recommended that the BIOS and CHEM lecture and lab be taken over two semesters.*

g *Courses that may be used to satisfy the Behavioral Health Concentration are: AHS 304, AHS 330, AHS 393, AHS 402, BIOS 365, DHD 202, KN 231/KN 233 KN 237, LAS 289, PHAR 201, PSCH 242, PSCH 320, PSCH 415, SOC 251, in addition to courses listed under Applied Health and/or Humanities/Social Sciences Content Areas. Courses taken to satisfy Content Area requirements may not be be used to satisfy the requirement of the concentration. Students may use BIOS 399 or PSCH 396 toward this requirement with advisor approval. Students with a Pre-Nursing educational goal may also use NUEL 250 toward the requirement.*

h *AHS 375 satisfies the LAS Writing-in-the-Discipline requirement.*

Note: Of the total semester hours used to satisfy the requirements of the major, no more than 22 hours may be at the 100 level and at least 6 semester hours must be at the 300 or 400 level. At least 19 hours of coursework for the major are required to be taken at UIC.