BS with a Major in Integrated Health Studies—Concentration in Health and Science

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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Summary of Requirements</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Required Prerequisite and Collateral Courses</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Major Requirements</td>
<td>38-52</td>
</tr>
<tr>
<td></td>
<td>General Education and Electives to reach Minimum Total Hours</td>
<td>54-68</td>
</tr>
<tr>
<td></td>
<td>Total Hours</td>
<td>120</td>
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</table>

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td></td>
<td>Required Courses</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Select one of the following sequences in general chemistry:</td>
<td>10</td>
</tr>
<tr>
<td>CHEM 122</td>
<td>Matter and Energy</td>
<td></td>
</tr>
<tr>
<td>CHEM 123</td>
<td>Foundations of Chemical Inquiry I</td>
<td></td>
</tr>
<tr>
<td>CHEM 124</td>
<td>Chemical Dynamics</td>
<td></td>
</tr>
<tr>
<td>CHEM 125</td>
<td>Foundations of Chemical Inquiry II</td>
<td></td>
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<tr>
<td>OR</td>
<td></td>
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</tr>
<tr>
<td>CHEM 116</td>
<td>Honors and Majors General and Analytical Chemistry I</td>
<td></td>
</tr>
<tr>
<td>CHEM 118</td>
<td>Honors and Majors General and Analytical Chemistry II</td>
<td></td>
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<tr>
<td>ECON 120</td>
<td>Principles of Microeconomics</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Total Hours</td>
<td>14</td>
</tr>
</tbody>
</table>

a CHEM 115 may be used as a substitute for CHEM 122 and CHEM 123. CHEM 130 may be used as a substitute for CHEM 124 and CHEM 125.

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 122/123, CHEM 124/125

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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Required Core Courses</td>
<td></td>
</tr>
<tr>
<td>AHS 200</td>
<td>Introduction to Integrated Health Sciences</td>
<td>3</td>
</tr>
<tr>
<td>BIOS 110</td>
<td>Biology of Cells and Organisms</td>
<td>4</td>
</tr>
<tr>
<td>BIOS 120</td>
<td>Biology of Populations and Communities</td>
<td>4</td>
</tr>
<tr>
<td>PSCH 100</td>
<td>Introduction to Psychology</td>
<td>4</td>
</tr>
<tr>
<td>AHS 375</td>
<td>Ethics, Law and Professionalism in Health Sciences</td>
<td>3</td>
</tr>
</tbody>
</table>

Content Area Courses
Students must select one course from each of the following content areas:

Applied Health
- HN 196 Nutrition
- KN 152 Introduction to Exercise Physiology and Health
- KN 251 Human Physiological Anatomy I
- KN 253 Human Anatomy and Physiology I
- PUBH 100 Health and the Public

Health Economics
- ECON 106 Tobacconomics
- ECON 121 Principles of Macroeconomics
- ECON 215 Health Economics

Humanities/Social Sciences
- 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 105 Social Problems

Natural Sciences
- BIOS 222 & BIOS 312 Cell Biology and Cell Biology Laboratory
- CHEM 230 & CHEM 233 Organic Chemistry of Biological Systems and Synthesis Techniques Laboratory
- CHEM 232 & CHEM 233 Structure and Function and Synthesis Techniques Laboratory
- PHYS 118 Physics in Modern Medicine
- PHYS 131 Introductory Physics for Life Sciences

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 Health and Science (8-16 hours)**

Select three courses from either the following list or the Natural Sciences and/or Health Economics Content Areas. Courses taken to satisfy the Content Area requirement may not be used to satisfy the requirements of the concentration.

- AHS 393 Synthesis in Health and Rehabilitation Sciences
- AHS 402 Health Inter-professional Seminar
- BIOS 220 Genetics
- BIOS 286 or PSCH 262 The Biology of the Brain
- BIOS 320 & BIOS 321 Developmental Biology and Developmental Biology Laboratory
- BIOS 340 & BIOS 443 Environmental Physiology and Animal Physiological Systems Laboratory
- BIOS 343 & BIOS 443 Animal Physiological Systems and Animal Physiological Systems Laboratory
- BIOS 352 Introductory Biochemistry
- BIOS 365 Human Ecological Systems
- BIOS 446 Evolution and Human Disease
- CHEM 234 Chemical Synthesis
- HN 307 Human Nutrition and Metabolism
- LAS 289 LAS Internship

Total Hours: 38-52

**Recommended Plan of Study—Integrated Health Studies Major, Concentration in Health and Science**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First Year</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fall Semester</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ENGL 160</td>
<td>Academic Writing I: Writing in Academic and Public Contexts</td>
<td>3</td>
</tr>
<tr>
<td><strong>Quantitative Reasoning Requirement</strong></td>
<td></td>
<td>4-6</td>
</tr>
<tr>
<td>Select one of the following:</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>CHEM 116</td>
<td>Honors and Majors General and Analytical Chemistry I</td>
<td></td>
</tr>
<tr>
<td>CHEM 122 &amp; CHEM 123</td>
<td>Matter and Energy and Foundations of Chemical Inquiry I</td>
<td></td>
</tr>
<tr>
<td>General Education Requirement</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Spring Semester</strong></td>
<td></td>
<td></td>
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</tbody>
</table>

**Second Year**

- Fall Semester
  - BIOS 110 or BIOS 120
  - ECON 120
  - PSCH 100
  - Foreign Language

**Hours:** 16

- Spring Semester
  - Health Economics Content Area Selective
  - Natural Sciences Content Area Selective
  - General Education Requirement
  - Foreign Language

**Hours:** 16-20

- Third Year
  - Fall Semester
    - Health and Science Concentration Selective
    - Applied Health Content Area Selective
    - Humanities/Social Sciences Content Area Selective
  - General Education Requirement
  - Foreign Language
  - Elective

**Hours:** 16-21

- Spring Semester
  - Health and Sciences Concentration Selective
  - Health and Sciences Concentration Selective
  - General Education Requirement
  - Foreign Language
  - Elective

**Hours:** 15-20

- Fourth Year
  - Fall Semester
    - AHS 375 Ethics, Law and Professionalism in Health Sciences
    - Electives

**Hours:** 12

- Spring Semester
  - Electives

**Hours:** 13

**Total Hours:** 120

**Notes:**
- a) AHS 375 satisfies the Writing-in-the-Discipline requirement.
- b) Credit is not given if the student has credit in KN 251.
- c) 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 220/BIOS 310, BIOS 222/BIOS 312. BIOS 320/BIOS 321, BIOS 343/BIOS 443 CHEM 230/233 or CHEM 232/233.
- 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.

- 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 122/23, and CHEM 118 or CHEM 124/25.
- c) Health Economics Content Area requirement may be satisfied by taking one of the following: ECON 106, ECON 121, ECON 215.
- d) Natural Sciences Content Area requirement may be satisfied by taking one of the following: BIOS 222/BIOS 312, 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.

e Courses that may be used to satisfy the Health and Science Concentration are: AHS 393/AHS 393, AHS 402/AHS 402, BIOS 220/BIOS 220/BIOS 310/BIOS 310, BIOS 286/BIOS 286 or PSCH 262/PSCH 262, BIOS 320/BIOS 320/BIOS 321/BIOS 321, BIOS 352/BIOS 352, BIOS 340/BIOS 443/BIOS 443 or BIOS 343/BIOS 343/BIOS 443, BIOS 352, BIOS 365/BIOS 365, BIOS 446, CHEM 234, HN 307/HN 307, and LAS 289/LAS 289, in addition to courses listed under the Natural Sciences and/or Health Economics Content Areas. Courses taken to satisfy the Content Area requirement may not be used to satisfy the requirement of the concentration. Students may use BIOS 399 or PSCH 396 toward this requirement with advisor approval.

f Applied Health Content Area requirement may be satisfied by taking one of the following: HN 196, KN 152, KN 251, KN 253, PUBH 100.

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

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 course work for the major are required to be taken at UIC.