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>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>
</tr>
</tbody>
</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><strong>Required Courses</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Select one of the following sequences in general chemistry: a</td>
<td>10</td>
</tr>
<tr>
<td>CHEM 122</td>
<td>Matter and Energy b</td>
<td></td>
</tr>
<tr>
<td>CHEM 123</td>
<td>Foundations of Chemical Inquiry I b</td>
<td></td>
</tr>
<tr>
<td>CHEM 124</td>
<td>Chemical Dynamics b</td>
<td></td>
</tr>
<tr>
<td>CHEM 125</td>
<td>Foundations of Chemical Inquiry II b</td>
<td></td>
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<tr>
<td>OR</td>
<td><strong>CHEM 116</strong> 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>
</tr>
<tr>
<td></td>
<td><strong>ECON 120</strong> Principles of Microeconomics</td>
<td>4</td>
</tr>
</tbody>
</table>

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><strong>Required Core Courses</strong></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 a</td>
<td>3</td>
</tr>
</tbody>
</table>

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 Anatomy and Physiology Lecture I
- KN 232 Anatomy and Physiology Laboratory I
- KN 253 Human Anatomy and Physiology I b

**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 Cell Biology
- BIOS 312 and Cell Biology Laboratory c
- BIOS 350 General Microbiology
- BIOS 351 and Microbiology Laboratory
- CHEM 230 Organic Chemistry of Biological Systems
- or CHEM 233 and Synthesis Techniques Laboratory c

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

b CHEM 130 may be used as a substitute for CHEM 124 and CHEM 125.
CHEM 232 & CHEM 233 Structure and Function and Synthesis Techniques Laboratory

PHYS 118 Physics in Modern Medicine

PHYS 131 Introductory Physics for Life Sciences I

Concentration Courses
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 310 and Genetics Laboratory

BIOS 286 The Biology of the Brain

or PSCH 262 Behavioral Neuroscience

BIOS 320 Developmental Biology

& BIOS 321 and Developmental Biology Laboratory

BIOS 340 & BIOS 443 Environmental Physiology

& Animal Physiological Systems Laboratory

BIOS 343 Animal Physiological Systems

& BIOS 443 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

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

b Credit is not given if the student has credit in KN 230 or 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 340/BIOS 443 or BIOS 343/BIO 443, BIOS 350/BIOS 351, CHEM 230/CHM 233 or CHEM 232/CHM 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.

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>
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</thead>
<tbody>
<tr>
<td>Fall Semester</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>
</tbody>
</table>

Spring Semester
ENGL 161 Academic Writing II: Writing for Inquiry and Research

BIOS 110 or BIOS 120 Biology of Cells and Organisms

or Biology of Populations and Communities

Select one of the following:

CHEM 118 Honors and Majors General and Analytical Chemistry I

CHEM 124 Chemical Dynamics

& CHEM 125 and Foundations of Chemical Inquiry II

General Education Requirement 3

Hours 15-16

Second Year
Fall Semester
BIOS 110 or BIOS 120 Biology of Cells and Organisms

or Biology of Populations and Communities

PSCH 100 Introduction to Psychology

AHS 200 Introduction to Integrated Health Sciences

Foreign Language

Hours 15

Spring Semester
ECON 120 Principles of Microeconomics

Humanities/Social Sciences Content Area Selective

Natural Sciences Content Area Selective

General Education Requirement

Foreign Language

Hours 17-20

Third Year
Fall Semester
Health and Science Concentration Selective

Applied Health Content Area Selective

Health Economics Content Area Selective

General Education Requirement

Foreign Language

Elective

Hours 16-22

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

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 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, 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.
e Courses that may be used to satisfy the Health and Science Concentration are: AHS 393, AHS 402, BIOS 220/BIOS 310, BIOS 286 or PSCH 262, BIOS 320/BIOS 321, BIOS 340/BIOS 443, BIOS 343/BIOS 443, BIOS 352, BIOS 365, BIOS 446, CHEM 234, HN 307, and 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 230/KN 232, 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 100 or 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.