

Liberal Arts with an Area of Emphasis in Applied Health, Nutrition, and Kinesiology

Academic and Career Pathway

Health Sciences

Associate in Arts Degree

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The integrated pattern of courses listed below is focused on the theoretical and applied aspects of health and nutrition. These courses can assist students in developing an understanding of the theories and concepts related to healthful living strategies and provide a foundation for entry into allied health careers.

Students transferring to a four year university may choose courses that will provide a basic foundation for further university study in areas such as kinesiology, nutrition, nursing, and the health sciences. Potential career paths include the fields of food science, dietetics and nutrition, education, community health education, athletic training, physical therapy, and medical technicians. Students are advised to meet with a counselor to select courses that are most appropriate to their educational goal.

Graduation Requirements

- ▶ Complete a minimum of 60 degree-applicable units of credit (including major and general education courses).
- ▶ Complete all courses required in the major with a "C" or "P" or better.
- ▶ Complete a general education pattern of courses (see Associate Degrees).
- ▶ Obtain a minimum GPA of 2.0.
- ▶ Complete a minimum of 12 units in residence at MiraCosta College.

Program Student Learning Outcome

Upon completion of this program, the student will be able to develop communication, critical thinking, and intellectual skills that effectively prepare him/her for lifelong learning and for advanced study in a wide range of majors at the university level.

Course Requirements

Students must complete a total of 18 units.

List A: Select a minimum of 6 units from the following courses: 6

BIO 110	Introductory Biology: Preparation for Pre-Health Professions (Lecture/Lab)
or BIO 111	Introductory Biology: Preparation for Pre-Health Professions (Lecture)

BIO 202	Foundations of Biology: Evolution, Biodiversity, and Organismal Biology
BIO 204	Foundations of Biology: Biochemistry, Cell Biology, Genetics, and Molecular Biology
or BIO 204H	Foundations of Biology: Biochemistry, Cell Biology, Genetics, and Molecular Biology (Honors)
BIO 210	Human Anatomy
or BIO 210H	Human Anatomy (Honors)
BIO 220	Human Physiology
BIO 230	Introduction to Microbiology
CHEM 112	Introductory General, Organic, and Biological Chemistry: For Allied Health Majors
CHEM 115	Introductory General Chemistry: For Allied Health Majors
or CHEM 115H	Introductory General Chemistry: For Allied Health Majors (Honors)
CHEM 116	Introductory Organic and Biological Chemistry: For Allied Health Majors
CHEM 140	Preparation for General Chemistry: For Science Majors
CHEM 150	General Chemistry I: For Science Majors
or CHEM 150H	General Chemistry I: For Science Majors (Honors)
CHEM 151	General Chemistry II: For Science Majors
or CHEM 151H	General Chemistry II: For Science Majors (Honors)
List B: Select 6 units from the following courses:	6
HEAL 101	Principles of Health
HEAL 200	First Aid and Safety
HEAL 201	CPR and AED
KINE 190	Introduction to Kinesiology
KINE 200	Physical Education in the Elementary School
KINE 203	Techniques in Athletic Training
KINE 204	Techniques and Analysis of Fitness and Weight Training
NUTR 100	Nutrition Today
or NUTR 100H	Nutrition Today (Honors)
NUTR 105	Human Performance and Sports Nutrition
List C: Select a minimum of 6 units from the following courses:	6
ANTH 102	Cultural Anthropology
or ANTH 102H	Cultural Anthropology (Honors)
BTEC 180	Biostatistics
or BTEC 180H	Biostatistics (Honors)
BUS 204	Business Statistics
or BUS 204H	Business Statistics (Honors)
COMM 101	Public Speaking
COMM 207	Interpersonal Communication
GERO 101	Introduction to Aging

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MATH 103	Statistics
or MATH 103H	Statistics (Honors)
or MATH 103S	Statistics with Integrated Support
NURS 155	Basic Medical Terminology
NUTR 108	Cultural Aspects of Foods and Nutrition
NUTR 125	Nutrition and Aging
PSYC 101	General Psychology
or PSYC 101H	General Psychology (Honors)
PSYC 104	Statistics for Behavioral Science
or PSYC 104H	Statistics for Behavioral Science (Honors)
SOC 101	Introduction to Sociology
or SOC 101H	Introduction to Sociology (Honors)
SOC 125	Introduction to Statistics in Sociology