

APPLIED HEALTH SCIENCES

Greenquist 345 • 262-595-2327 • Keyword: *Applied Health Sciences*

Degree Offered:

Bachelor of Science

Director:

Lewis, Ph.D.

Student Organizations:

The Applied Health Sciences Program coordinates with active student organizations that have interest in professional health careers such as the Pre-Health Club and the Biology Club.

Career Possibilities:

The applied health sciences curriculum provides students with the appropriate classes and experiences that will allow them to meet the requirements necessary to qualify for professional health programs outlined as options within the concentrations offered in the major. While the majority of graduating students are expected to pursue advanced degrees in health care and health sciences, students completing this degree will also be competitive for entry level careers in general health sciences, scientific/medical research, and fitness/health promotion.

Program Overview

The bachelor of applied health sciences, housed in the Center for Health Sciences (CHS) is designed to prepare students with an interdisciplinary and liberal arts foundation for professional careers within the health care systems. This major is intended primarily for qualified students who wish to pursue advanced degrees and/or careers in the professional fields of physical therapy, occupational therapy, chiropractic, physician assistant, athletic training, and kinesiology. The B.S. in applied health sciences (AHS) provides UW-Parkside students with a pre-professional major that is appropriate for health careers; and serves as a viable alternative to majors such as biological sciences, fitness management, sport management and nursing. In addition to completing the academic course work, students must earn a cumulative GPA of 2.5 to graduate with the AHS major.

Steering Committee

The steering committee is chaired by the director. The current steering committee members include: Tsun-Mei Chang (CHEM), William Ebben (HESM), Bryan Lewis (BIOS), Penny Lyter (HESM), Carmel Ruffolo (BIOS), Edward Wallen (BIOS) and Kenneth Wilka (HESM).

Internship/Fieldwork

The Applied Health Sciences program requires that students gain experiences within their respective concentrations to complete their degree. However, students who wish to be competitive in gaining acceptance into professional programs are strongly encouraged to gain additional program-specific health care experiences.

The AHS 494 - Internship/Fieldwork in Applied Health Sciences course provides students with learning experiences within professional fields that are related to their professional career goals. These supervised experiences will require the student to be gaining exposure to all professional aspects of their chosen careers including, business operations, professional competencies and conduct, and overall work environment (requires placement approval by AHS academic adviser or the CHS director.) Students of sophomore standing or higher may register for this class multiple times in multiple semesters. One (1) credit equals 50 hours of experience. Students must complete a total of 6 credits (300 hours) for completion of the major requirement. Additionally, no more than 12 credits may be applied toward general graduation requirements.

Articulation Agreement

Students who choose an athletic training concentration within the AHS major are eligible to qualify for an articulation agreement with the masters degree athletic training program at St. Scholastica University in Minnesota. The top two students graduating with the athletic training concentration are eligible for this program. For more information, interested students should contact their AHS adviser.

Requirements for the Applied Health Sciences Major (71-103 credits)

The major in applied health sciences has a core requirement of 61-62 credits from a variety of departments relevant for pursuing careers in the various concentrations within the major. Within the major, a minimum of 15 credits in courses numbered 300 or above must be completed at UW-Parkside. Students also must be aware of and satisfy UW-Parkside's requirements for graduation in addition to the requirements for the applied health sciences major.

Core Classes (61-62 credits)

Applied Health Science (9 credits)

AHS 101	Introduction to Applied Health Sciences	3 cr
AHS 494	Internship/Fieldwork in Applied Health Sciences.....	6 cr

(Additionally, students can gain these credits through either pre-approved BIOS 494 Internship or HESM 498 Fieldwork)

Biological Sciences (19 credits)

BIOS 101	Bioscience*	4 cr
BIOS 102	Organismal Biology	4 cr
BIOS 105	Anatomy & Physiology I**	4 cr
BIOS 106	Anatomy & Physiology II**.....	4 cr
BIOS 210	Biostatistics.....	3 cr

** (students may substitute BIOS 300 Functional Human Anatomy 3 credits and BIOS 341 Mammalian Physiology 3 credits for BIOS 105/106 sequence)

Business (3 credits)

BUS 100	Introduction to Business*.....	3 cr
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Chemistry (10 credits)

CHEM 101	General Chemistry I*.....	5 cr
CHEM 102	General Chemistry II	5 cr

Mathematics (5-6 credits)

MATH 114	College Algebra II with Trigonometry... OR	5 cr
MATH 112	College Algebra II	4 cr
AND		
MATH 113	Trigonometry	2 cr

Sport and Fitness Management (15 credits)

HESM 270	Lifetime Wellness*	3 cr
HESM 280	Sport and Fitness Nutrition*.....	3 cr
HESM 353	Biomechanics	3 cr
HESM 354	Physiology of Exercise.....	3 cr
HESM 358	Sport and Fitness Psychology	3 cr

In addition to satisfying the core requirements within the applied health sciences major, students must choose a concentration based on their area of interest and continuing education. In order to obtain a concentration, students must complete all the following required course work in addition to the above stated core courses. The courses outlined in the concentrations will satisfy most of the academic requirements necessary to gain acceptance into the relevant professional programs. However, students should work closely with their applied health sciences adviser to stay abreast of any changes that occur within these requirements as they can fluctuate during any application cycle. Ultimately, it is the students' responsibility to ensure that they have satisfied the academic requirements for the specific schools and programs to which they wish to apply.

Concentrations

Pre-Athletic Training (16 credits, 77-78 credits total)

HESM 345	Prevention and Care of Athletic Injuries	3 cr
HESM 410	Fitness Assessment and Prescription	3 cr
HESM 445	Recognition & Advanced Treatment of Athletic Injuries	3 cr
PHYS 101	Principles of Physics*	4 cr
OR		
PHYS 102	Principles of Physics with Medical Applications	4 cr
PSYC 101	Introduction to Psychological Science*.....	3 cr

Pre-Chiropractic (21 credits, 82-83 credits total)

CHEM 321	Organic Chemistry I.....	4 cr
CHEM 322	Organic Chemistry II.....	4 cr
CHEM 323	Organic Chemistry Laboratory.....	3 cr
PHYS 105	College Physics I*.....	5 cr
PHYS 106	College Physics II	5 cr

Pre-Kinesiology (10 credits, 71-72 credits total)

BIOS 300	Functional Human Anatomy Laboratory.....	3 cr
BIOS 341	Mammalian Physiology.....	3 cr

(students who choose to take the kinesiology concentration can substitute BIOS 300/341 for BIOS 105 and BIOS 106)

PHYS 101	Principles of Physics*	4 cr
OR		
PHYS 102	Principles of Physics with Medical Applications	4 cr

Pre-Occupational Therapy (13 credits, 74-75 credits total)

PHYS 101	Principles of Physics*	4 cr
OR		
PHYS 102	Principles of Physics with Medical Applications	4 cr
PSYC 101	Introduction to Psychological Science*.....	3 cr
PSYC 260	Psychology of Personality.....	3 cr
PSYC 360	Abnormal Psychology.....	3 cr

Pre-Physician Assistant (41 credits, 102-103 credits total)

BIOS 260	General Genetics.....	4 cr
BIOS 303	Microbiology.....	4 cr
BIOS 307	Biochemical Metabolism.....	3 cr
BIOS 300	Functional Human Anatomy Laboratory.....	3 cr
BIOS 341	Mammalian Physiology.....	3 cr

(Students who choose to take the pre-physician assistant concentration can substitute BIOS 300/341 for BIOS 105 and BIOS 106)

CHEM 321	Organic Chemistry I.....	4 cr
CHEM 322	Organic Chemistry II.....	4 cr

CHEM 323	Organic Chemistry Laboratory	3 cr
PHYS 101	Principles of Physics*	4 cr
OR		
PHYS 102	Principles of Physics with Medical Applications	4 cr
PSYC 101	Introduction to Psychological Science*	3 cr
PSYC 260	Psychology of Personality.....	3 cr
PSYC 360	Abnormal Psychology.....	3 cr

Pre-Physical Therapy (25 credits, 86-87 credits total)

BIOS 300	Functional Human Anatomy Laboratory.....	3 cr
BIOS 341	Mammalian Physiology.....	3 cr
	(students who choose to take the pre-physical therapy concentration can substitute BIOS 300/341 for BIOS 105 and BIOS 106)	
HESM 345	Prevention and Care of Athletic Injuries.....	3 cr
HESM 445	Therapeutic Exercise for Athletic Injuries.....	3 cr
PHYS 105	College Physics I*	5 cr
PHYS 106	College Physics II	5 cr
PSYC 101	Introduction to Psychological Science*	3 cr

* These courses also satisfy general education requirements at UW-Parkside.

Courses in Applied Health Sciences (AHS)

101 Introduction to Applied Health Sciences 3 cr

Prereq: None. Freq: Fall, Spring.

Provides an overview of the applied health sciences major. Focuses on specific information about health career options. Covers the value and importance of service, current topics in health care, ethics in the health sciences, and cultural sensitivity within health careers. Additionally, students will gain experience in professional writing, presentation techniques, portfolio development and service learning.

494 Internship/Fieldwork 1-6 cr

Prereq: AHS 101, sophomore or higher standing, and approval by AHS academic adviser or the CHS director. Freq: Fall, Spring, Summer.

Provides students with learning experiences within professional fields that are related to their professional career goals; including, business operations, professional competencies and conduct, and overall work environment. Requires placement approval by AHS academic adviser or the CHS director. May be repeated for credit. No more than 6 credits can be applied toward the AHS major and no more than 12 can count toward general graduation requirements.