

# BACHELOR OF HEALTH SCIENCES

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## University Requirements

### General Education

UMKC Essentials is the university-wide curriculum that all undergraduate students will complete. The 30-credit hour program includes a First Year Experience course; three critical thinking courses in the areas of Arts & Humanities, Natural & Physical Sciences, and Social & Behavioral Sciences; a Culture and Diversity course; a Civic & Urban Engagement course; two courses in Written Composition and one course in Oral Communication; and a Math Pathway course. Transfer students entering UMKC will elect from the UMKC Essentials General Education Program or the Missouri Core 42 General Education Curriculum. Academic advisors will meet with incoming transfer students to determine which option best serves the student's educational needs. More information about General Education may be found here: <https://catalog.umkc.edu/undergraduate-academic-regulations-information/general-education-requirements/> (<http://catalog.umkc.edu/undergraduate-academic-regulations-information/general-education-requirements/>)

### Constitution Course

Every undergraduate student must take a course covering the United States Constitution and the Missouri State Constitution before graduation. Course options are included in the program requirements section below.

### Exit Examinations

Information on exit examinations is available in the Undergraduate Academic Regulations and Information (<http://catalog.umkc.edu/undergraduate-academic-regulations-information/graduation/exitexams/>) section of the catalog.

### Missouri Higher Education Civics Achievement Examination

In accordance with Missouri Senate Bill 807 (section 170.013.1), 'any student entering a public institution of higher education for the first time after July 2019 who is pursuing an associate's or bachelor's degree from such institution shall successfully pass an examination on the provisions and principles of American civics with a score of seventy percent or greater as a condition of graduation from such institution'. To satisfy this requirement at UMKC, students access the exam through the Canvas site. This requirement will be listed in the degree audit system as, 'Take State Mandated Missouri Higher Education Civics Achievement Examination', and listed on the transcript as 'Missouri Civics Examination'.

## Student Learning Outcomes

Students graduating from this program will:

- Students will be able to apply knowledge from physical, biological, behavioral, business, and social aspects of health into inter-professional practice.
- Students will be able to create (plan, implement, and evaluate) evidence-based health programs relevant to targeted populations and desired health outcomes.
- Students will demonstrate professional conduct, and strong interpersonal skills in their chosen career path.
- Students will be able to identify the specific challenges, and opportunities of improving health outcomes and reducing health disparities in diverse and urban environments.

### Bachelor of Health Sciences (BHS) Mission

Supporting the SoNHS' mission to prepare the health professional workforce in improving health outcomes, the purpose of the Bachelor Health Sciences program is to prepare graduates for a wide variety of careers in health or to pursue post-graduate education. Students will be able to apply knowledge as to how physical, biological, behavioral, and environmental factors influence individual and population health in their chosen health profession. Through an innovative combination of coursework, service learning, volunteerism, and a senior year internship, students will apply theoretical and scientific concepts in evidence-based approaches in diverse community settings.

### What is a Bachelor of Health Sciences?

With a comprehensive science-based curriculum, the Bachelor of Health Sciences degree combines urban-focused coursework in health policy, health program development, health and wellness, and population health outcomes. With a combination of coursework, service learning, volunteerism, and a senior year internship, students will apply theoretical concepts in evidence-based health programming and policy development in community settings. The UMKC BHS Degree Program offers a comprehensive curriculum designed to prepare students for a wide variety of careers in health or to pursue post-graduate education. The program is offered through the UMKC School of Nursing & Health Studies and includes coursework in the physical, biological, behavioral, business and social aspects of health.

### Minor Options

The BHS requires completion of 120 credits of coursework, which includes elective coursework. Students are urged to align those elective classes within a targeted area of specialization. These minor options may enhance your marketability in the workplace.

**MINORS**

MINOR IN PUBLIC HEALTH

MINOR IN HEALTH SCIENCE

MINOR IN EXERCISE SCIENCE

**What can I do with a Bachelor of Health Sciences?**

The UMKC BHS Degree Program is the perfect choice for students who are interested in a career in health focusing on health prevention, health promotion, population health, and health behavior change. UMKC is offering the BHS Degree in response to the growing workforce demand for health professionals in a variety of areas including, personal health and wellness, social determinants of health, occupational health and safety, community health, and environmental health. Graduates may find career options in government settings, non-for profit organizations, community health centers, workplace health and wellness companies, and health promotion organizations.

**Student Organization**

BHS Society is a student organization centered around the health sciences field of study. The goals of this organization are to promote philanthropy within the community, advocate health education, and cultivate leadership among members.

**Progression Policy**

Students in the BHS program must earn a minimum grade of "C-" in all Health Sciences courses and CHEM 206 (or equivalent). They must earn a minimum grade of "D-" in non-Health Sciences courses. For a full list of courses and the required grade, refer to the Major Map.

This means that a grade below a "C-" in a Health Sciences/CHEM 206, or below a "D-" in a non-Health Sciences course will need to be repeated to earn a passing grade.

If a student's cumulative GPA falls below 2.0, the student will be placed on Academic Probation. To be removed from Academic Probation, students must achieve a cumulative GPA of 2.0 within the next two successive semesters (if enrolling in summer classes, summer is included).

Students must be removed from Academic Probation within the next two successive semesters or they will be Academically Dismissed.

**Program Requirements****UMKC Essentials**

| Code  | Title   | Credits |
|---|---|---------|
| First Semester Experience Course (GEFSE)  |   | 3       |
| Written Communication:  |   |         |
| ENGLISH 110   | Introduction to Academic Prose                          | 3       |
| ENGLISH 225   | English II: Intermediate Academic Prose                 | 3       |
| Oral Communication (choose one of the following):   |   | 3       |
| COMM-ST 110   | Fundamentals of Effective Speaking and Listening        |         |
| COMM-ST 140   | Introduction to Communication                           |         |
| COMM-ST 212   | Argumentation And Debate (offered via dual credit only) |         |
| COMM-ST 277   | Interpersonal Communication                             |         |
| Math Pathway (satisfied in major requirements below)  |   |         |
| Critical Thinking in Arts & Humanities (GECRT-AH)   |   | 3       |
| Critical Thinking in Natural & Physical Sciences (GECRT-SC)   |   | 3       |
| Critical Thinking in Social & Behavioral Sciences (GECRT-SS; satisfied in major requirements below) |   |         |
| Culture & Diversity Course (GECDV)  |   | 3       |
| Civic & Urban Engagement Course (GECUE)   |   | 3       |
| Total Credits   |   | 24      |

**Constitution Course Requirement**

Section 170.011.1 of the Missouri Revised Statutes, 2015, states that all candidates for a degree issued by a college or university in the state of Missouri must have "satisfactorily passed an examination on the provisions and principles of the Constitution of the United States and of the state of Missouri, and in American history and American institutions."

Courses at UMKC that satisfy this state requirement are:

| Code                         | Title                                      | Credits |
|------------------------------|--|---------|
| Choose one of the following: |  |         |
| CJC 364                      | The Supreme Court And The Criminal Process | 3       |
| HISTORY 101                  | U.S. History to 1877                       |         |
| HISTORY 102                  | U.S. History Since 1877                    |         |
| HONORS 230                   | Honors American Government                 |         |
| POL-SCI 210                  | American Government                        |         |
| Total Credits                |  | 3       |

There are a few other ways this requirement can be satisfied for students transferring to UMKC:

- Take an equivalent course from the list above at a regionally accredited institution.
- Earn credit for one of the above courses through AP, IB, or CLEP.
- Take a course that directly satisfies the Missouri Constitution Requirement at another Missouri institution.
- Have a previous bachelors degree (or higher) from a regionally accredited institution.
- Have an Associate of Arts degree from a regionally accredited institution.
- Complete the 42 Hour Core at a Missouri institution and have it listed on the official transcript.

## Other Program Requirements

| Code                           | Title  | Credits |
|--------------------------------|--|---------|
| CHEM 206                       | Human Nutrition  | 3       |
| Foreign Language <sup>1</sup>  |  | 3       |
| HLSC 120<br>or MOTRLIFS 150LAP | Anatomy & Physiology I<br>MOTR Anatomy and Physiology focused Human Biology w/Lab  | 4       |
| HLSC 160                       | Anatomy and Physiology II  | 4       |
| MATH 110                       | Precalculus Algebra (or MATH 116 or higher; or STAT 115 or MOTRMATH 110; or ACT Math Sub-score of 28 or higher; or SAT Math sub-score of 660 or higher; satisfies GE Math Pathway) | 3       |
| PSYCH 210                      | General Psychology   | 3       |
| Total Credits                  |  | 20      |

<sup>1</sup> Contact BHS Academic Advisor for alternative ways to satisfy the foreign language requirement.

## Major Requirements

| Code                    | Title   | Credits |
|-------------------------|---|---------|
| GEART-SS 111            | Health Issues in Aging (satisfies GEART-SS essentials requirement)    | 3       |
| HLSC 101                | Introduction to Health Sciences                                       | 2       |
| HLSC 110                | Personal Wellness   | 3       |
| HLSC 125                | Medical Terminology   | 1       |
| HLSC 200                | First Aid / CPR   | 1       |
| HLSC 252                | Human Growth and Development  | 3       |
| HLSC 300                | Diversity in Health   | 3       |
| HLSC 310                | Healthcare Systems  | 3       |
| HLSC 325                | Human Sexuality   | 3       |
| HLSC 345<br>or STAT 235 | Quantitative Analysis in the Health Sciences<br>Elementary Statistics | 3       |
| HLSC 410                | Epidemiology  | 3       |
| HLSC 430                | Health Program Management   | 3       |
| HLSC 440                | Ethics and Policy of Public Health Promotion                          | 3       |
| HLSC 450                | Urban Health  | 3       |
| HLSC 460                | Global Health   | 3       |
| HLSC 470                | Technology, Marketing and Media in Health                             | 3       |
| HLSC 476                | Research Methods in Health Sciences                                   | 3       |
| HLSC 480                | Leadership and Management in Health Professions                       | 3       |
| HLSC 492                | Health Sciences Specialty Course <sup>1</sup>                         | 3       |

|               |  |    |
|---------------|--|----|
| HLSC 494      | Health Science Internship <sup>1</sup> | 6  |
| Total Credits |  | 58 |

<sup>1</sup> BHS students are restricted to 15 credit hours during the semester in which their internship is completed.  
BHS students are restricted to only one HLSC degree-required course, in addition to HLSC 492 and HLSC 494 during the semester in which their internship is completed.

## General Electives

| Code              | Title | Credits |
|-------------------|-------|---------|
| General Electives |       | 15      |

Minimum GPA: 2.0

Total Credit Hours: 120

## Tools for Planning and Fulfilling Academic Requirements

UMKC's Major Maps are detailed, semester by semester plans that lead a student to complete all degree requirements within four years. Plans include benchmarks and critical courses by term that assist a student's evaluation of progress and major "fit". In order to ensure that the appropriate courses are taken, students are encouraged to consult with the undergraduate advisor for this major. Please see the tab above to view the major map for this program.

UMKC's Transfer Guides (<https://www.umkc.edu/admissions/transfer-guides.html>) provide detailed guidance on recommended transfer coursework, plans of study, transfer timelines, and transfer contact information. To ensure a seamless transfer experience, students are encouraged to work with both their community college advisor and a UMKC advisor when planning their coursework.

UMKC's PlanMyDegree 'Audit' (<https://www.umkc.edu/registrar/academic-programs/plan-my-degree.html>) degree audit system provides an individual evaluation of all degree requirements (General Education, Degree Specific, Major Specific, etc.) for students' officially recorded (Office of the Registrar) and "what if" exploratory plans of study. This evaluation is used to certify all graduation requirements.

UMKC's PlanMyDegree 'Plans' (<https://www.umkc.edu/registrar/academic-programs/plan-my-degree.html>) degree planning tool enables students to develop a personalized semester by semester plan of study towards completion of degree requirements for student's officially recorded (Office of the Registrar) and "what if" exploratory plans of study. Update and edit your full plan to degree completion each term and confirm accuracy each semester with your Academic Advisor(s).

## Major Map

### Four Year Graduation Plan - Courses & Critical Benchmarks for First Time College Students:

UMKC's Major Maps are detailed, undergraduate four-year course outlines that inform students on the classes they should take and when to take them. Outlines are updated yearly. Graduate students should visit their program's individual school for program outlines.

The following is a sample course of study. Your path to graduation may vary based on factors such as college credit you earned while in high school, transfer work from other institutions of higher learning, and placement in Mathematics. You are responsible for checking prerequisites to any courses. It is the Student's responsibility to ensure that all program requirements are met. This guide is not a substitute for academic advisement.

#### First Year

| Fall Semester           | Credits | Spring Semester                                | Credits |
|-------------------------|---------|--|---------|
| HLSC 101 <sup>CC</sup>  |         | 2 HLSC 110                                     | 3       |
| HLSC 120                |         | 4 HLSC 160                                     | 4       |
| HLSC 125                |         | 1 MATH 110, 116, or STAT 115 <sup>CC</sup>     | 3       |
| GEFSE 101 <sup>CC</sup> |         | 3 ENGLISH 225                                  | 3       |
| ENGLISH 110             |         | 3 Foreign Language Requirement (110 or higher) | 3       |
|                         |         | 13   | 16      |

#### Second Year

| Fall Semester | Credits | Spring Semester | Credits |
|---------------|---------|-----------------|---------|
| PSYCH 210     |         | 3 HLSC 252      | 3       |

|                                   |                |  |                |
|-----------------------------------|----------------|--|----------------|
| GECRT-SS 111 (Satisfies GECRT-SS) | 3              | HLSC 345   | 3              |
| GECRT-SC 101 or 102               | 3              | CHEM 206   | 3              |
| COMM-ST 110, 140, or 277          | 3              | GECRT-AH 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 112, or 113 | 3              |
| HISTORY 101, 102, or POL-SCI 210  | 3              | GECDV 201, GECUE 203, GECUE 204, GECUE 205, or GECUE 272               | 3              |
|                                   | 15             |  | 15             |
| <b>Third Year</b>                 |                |  |                |
| <b>Fall Semester</b>              | <b>Credits</b> | <b>Spring Semester</b>   | <b>Credits</b> |
| HLSC 300                          | 3              | HLSC 430   | 3              |
| HLSC 310                          | 3              | HLSC 440   | 3              |
| HLSC 325                          | 3              | HLSC 450   | 3              |
| GECUE 201, 203, 204, 205, or 272  | 3              | HLSC 476   | 3              |
| General Elective                  | 3              | HLSC 200   | 1              |
|                                   |                | General Elective   | 3              |
|                                   | 15             |  | 16             |
| <b>Fourth Year</b>                |                |  |                |
| <b>Fall Semester</b>              | <b>Credits</b> | <b>Spring Semester</b>   | <b>Credits</b> |
| HLSC 410                          | 3              | HLSC 492   | 3              |
| HLSC 460                          | 3              | HLSC 494   | 6              |
| HLSC 470                          | 3              | General Elective   | 3              |
| HLSC 480                          | 3              | General Elective   | 3              |
| General Elective                  | 3              |  |                |
|                                   | 15             |  | 15             |

Total Credits: 120

CC Critical Courses provide feedback regarding major fit and help indicate likelihood of successful completion of chosen academic program and degree.

## Recommendations to Maintain Progress toward 4-Year Degree Completion

- Completion of the First Semester Experience (FSE) course in first term.
- Early completion of Written Communication, Oral Communication, and Math Pathway requirements.
- Maintain the minimum GPA required for academic Good Standing for your degree program.
- Completion at least 15 credit hours toward degree each regular semester. (*Students may use the summer to ensure completion of 30 hours per academic year or to lighten Fall and Spring course loads.*)
- Enrollment in Critical Courses as listed on the Major Map is recommended in order to maintain timely progress and completion of prerequisite coursework.
- Early and continuous enrollment in Foreign Language through completion of level required for degree program is recommended. (*The Foreign Language placement exam is highly recommended to ensure placement in the correct course level.*)
- Regular consultation with Academic Advisor(s) for program(s) of study is strongly recommended and may be required for some degree programs..

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