

HEALTH STUDIES, A.A.

Program Information

The Associate in Arts in Health Studies is a 60-credit degree designed to provide a strong foundation in health sciences while offering a flexible pathway toward a bachelor's degree. The curriculum mirrors the structure of the University's bachelor's programs, allowing students to apply most, if not all, completed coursework toward a future baccalaureate degree.

Students will complete a combination of core courses and free electives, many of which can be integrated into specific majors with the guidance of an academic advisor. A minimum of 30 credits must be completed at La Salle University. This program is ideal for students seeking an entry point into the health sciences or for those planning to continue their studies at the bachelor's level.

Degree Earned

- Associate in Arts, A.A.

Credits Required

- 61-62

Learning Outcomes

A. Integrate scientific theories, facts, and principles with health promotion, disease prevention, health restoration, and health maintenance strategies.

B. Apply culturally sensitive strategies when providing health promotion, health education, and disease prevention programs for diverse individuals, families, groups, and communities.

C. Apply principles of health literacy during encounters with individuals, families, and groups.

Code	Title	Credits
Level One - Core Courses		
<i>Universal Required Courses</i>		
Students must complete the following 4 courses.		
ILO 8.1: Written Communication (https://catalog.lasalle.edu/undergraduate/ilo/)		
ENG 110	College Writing I: Persuasion	3
ILO 5.1: Information Literacy (https://catalog.lasalle.edu/undergraduate/ilo/)		
ENG 210	College Writing II: Research	3
ILO 1.1: Understanding Diverse Perspectives (https://catalog.lasalle.edu/undergraduate/ilo/)		
FYS 130	First-Year Academic Seminar ¹	3
ILO 2.1: Reflective Thinking and Valuing (https://catalog.lasalle.edu/undergraduate/ilo/)		
REL 100	Religion Matters	3
<i>Elective Core Courses</i>		
Students must complete 1 course in each of the following 4 ILOs.		
ILO 3.1a: Scientific Reasoning (https://catalog.lasalle.edu/undergraduate/ilo/)		
CHM 161	Chemistry of The Life Sciences	4
ILO 3.1b: Quantitative Reasoning (https://catalog.lasalle.edu/undergraduate/ilo/)		
HSC 217	Statistics for Health Science Profs	3

ILO 6.1: Technological Competency (https://catalog.lasalle.edu/undergraduate/ilo/)		
CSC 154	Healthcare Informatics	3
ILO 8.1a/12.1: Oral Communication/Collaborative Engagement (https://catalog.lasalle.edu/undergraduate/ilo/)		
COM 150	Presentation Skills	3
<i>Distinct Discipline Core Courses</i>		
Students must complete 1 course in each of the following 4 ILOs. Each course must be from a different discipline. (A "discipline" is represented by the 3- or 4-letter prefix attached to each course.)		
ILO 4: Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		
ILO 9: Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		
Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
ILO 11.1: Cultural and Global Awareness and Sensitivity (https://catalog.lasalle.edu/undergraduate/ilo/)		
<i>Universal Required Modules</i>		
Students must complete the following 2 non-credit modules. ²		
ILO 7.1a (https://catalog.lasalle.edu/undergraduate/ilo/)		
Health Literacy Module		
ILO 7.1b (https://catalog.lasalle.edu/undergraduate/ilo/)		
Financial Literacy Module		
Major Requirements		
<i>Level Two</i>		
Students must complete 1 course/learning experience in each of the 4 commitments.		
HSC 350	Health Ed: Principles/Practice	3
Select one ILO from 3.2a, 3.2b, 4.2, 5.2, 6.2, 7.2a, or 7.2b: Expanded Literacies (https://catalog.lasalle.edu/undergraduate/ilo/)		
HSC 355	Needs Assessment/Program Plan	3
ILO 8.2b: Effective Expression (Writing-Intensive Course) (https://catalog.lasalle.edu/undergraduate/ilo/)		
HSC 408	Research Mtds in Public Health	3
Select one ILO from 10.2, 11.2, or 12.2: Active Responsibility (https://catalog.lasalle.edu/undergraduate/ilo/)		
HSC 489	Race/Ethnicity/Public Health	3
<i>All Other Required Courses</i>		
HSC 101	Essentials of Public Health	3
BIO 161	Anatomy and Physiology	4
BIO 162	Anatomy and Physiology	4
PHLT 265	Public Health Nutrition	3
HSC 319	Epidemiology/Health Educators	3
HSC 301	Theories of Social Behavioral Change in Community Health Education	3
HSC 314	Env Health in Urban Community	3
HSC 420	Public Health Ldrshp & Edc	3
HSC 315	Violence Prevention/Control	3
HSC 356	Reprod Hlth for Practitioners	3
HSC 451	Health of Urban Men	3
HSC 408	Research Mtds in Public Health	3
HSC 489	Race/Ethnicity/Public Health	3
8 Approved Public Health Supporting Courses		18

Free Electives

In addition to the requirements listed above, students must take enough courses to the fulfill graduation credit requirements for their School and major.

Public Health Track Course Sequence

Course	Title	Credits
First Year		
First Semester		
PHLT 101	Essentials of Public Health	3
FYS 130	First-Year Academic Seminar	3
ENG 110	College Writing I: Persuasion	3
CSC 154	Healthcare Informatics	3
REL 100	Religion Matters	3
Credits		15
Second Semester		
PHLT 250	Global Health	3
COM 150	Presentation Skills	3
ILO 9.1: Creative and Artistic Expression (https://catalog.lasalle.edu/undergraduate/ilo/)		3
CHM 161 or BIO 161	Chemistry of The Life Sciences or Anatomy and Physiology	4
POL 151 or ECN 150	Principles Of American Government or Introductory Macroeconomics: The U.S. in the Global Economy I	3
Credits		16
Second Year		
First Semester		
Public Health Elective		3
ENG 210	College Writing II: Research	3
HSC 217	Statistics for Health Science Profs	3
ILO 10: Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
Free Electives		3
Credits		15
Second Semester		
ILO 11: Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
Public Health Elective		3
Free Electives		3
Free Electives		3
Free Electives		3
Credits		15
Total Credits		61

Nutrition Track Course Sequence

Course	Title	Credits
First Year		
First Semester		
PHLT 101	Essentials of Public Health	3
FYS 130	First-Year Academic Seminar	3
ENG 110	College Writing I: Persuasion	3
REL 100	Religion Matters	3
CHM 161	Chemistry of The Life Sciences	4
Credits		16
Second Semester		
PHLT 250	Global Health	3
COM 150	Presentation Skills	3
CSC 154	Healthcare Informatics	3
POL 151 or ECN 150	Principles Of American Government or Introductory Macroeconomics: The U.S. in the Global Economy I	3
ILO 9: Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
Credits		15

Second Year		
First Semester		
NUTR 165	Principles of Nutrition	3
ENG 210	College Writing II: Research	3
HSC 217	Statistics for Health Science Profs	3
ILO 10: Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
Electives		3
Credits		15
Second Semester		
ILO 11: Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
NUTR 230	Food Science	4
Electives		3
Electives		3
Electives		3
Credits		16
Total Credits		62

CSD Track Course Sequence

Course	Title	Credits
First Year		
First Semester		
PHLT 101	Essentials of Public Health	3
FYS 130	First-Year Academic Seminar	3
ENG 110	College Writing I: Persuasion	3
BIO 161	Anatomy and Physiology	4
REL 100	Religion Matters	3
Credits		16
Second Semester		
PHLT 250	Global Health	3
COM 150	Presentation Skills	3
CSC 154	Healthcare Informatics	3
POL 151 or ECN 150	Principles Of American Government or Introductory Macroeconomics: The U.S. in the Global Economy I	3
ILO 9: Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
Credits		15
Second Year		
First Semester		
COSD 100	Introduction to Language and Communication	3
ENG 210	College Writing II: Research	3
HSC 217	Statistics for Health Science Profs	3
Free Electives		3
ILO 10: Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
Credits		15
Second Semester		
COSD 202	Anatomy and Physiology of the Speech and Hearing Mechanisms	3
Free Electives		3
ILO 11: Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
Free Electives		3
Free Electives		3
Credits		15
Total Credits		61

Contact Information

Meredith Kneavel, PhD

kneavel@lasalle.edu