

Department of Health and Nutrition Sciences

# Undergraduate Health Major Student Handbook



2024 – 2025

*Last revised June 2024*

Department of Health and Nutrition Sciences  
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Brooklyn, New York 11210  
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For information about the HNSC undergraduate programs in **Nutrition** please  
email: Susan Jakuboski, Deputy Chair for Undergraduate Nutrition, at  
**SJakuboski@brooklyn.cuny.edu**

For information about the HNSC undergraduate programs in **Exercise Science**  
email: Patricia Cai, Deputy Chair for Undergraduate Exercise Science at  
**ppcai@brooklyn.cuny.edu**

**This handbook vs. the Brooklyn College Undergraduate Bulletin.** This handbook provides information concerning the undergraduate health programs at Brooklyn College. It is meant to be a “quick start” guide. However, the Brooklyn College Undergraduate Bulletin is the official document for courses and requirements, as well as important student policies and procedures. If any information presented here contradicts the Bulletin, the Bulletin supersedes this document.



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# Brooklyn College Basics

## Useful Resources



Find answers to common questions about Brooklyn College services, administrative offices, technology, and general information in [BC Knowledge](#).

Before you call or email an office, check [BC Knowledge](#)!

**Email:** All current Brooklyn College students MUST regularly check their official college email account (@bcmail.cuny.edu) to remain current with all communication from the College administration and faculty. The College will ONLY use this account for all correspondence.

To regularly check your BC email, you can synchronize it with your smartphone or view it on the web. Visit [BC Knowledge for Students](#) for email configuration guides and instructions.

**General Academic Advisement:** Contact the Center for Academic Advisement and Student Success ([CAASS](#)) for all academic issues EXCLUDING major advisement.

**BC Web Central Account:** To create a [BC Web Central Account](#), please go to the main page and click on "Create an Account". Below are some of the common navigations used within the system which may help you.

### To Declare a Major/Minor

1. Log onto Your BC Web Central Account
2. Go to E-Services
3. Click Undergraduate Student Transactions
4. Click on "Declare or change your major, minor or concentration"
5. Follow the directions and prompts on the screen to declare/change your major/minor

### To Change Your Major/Minor

1. Log onto Your BC Web Central Account
2. Go to E-Services
3. Click Undergraduate Student Transactions

### To Remove (Drop) a Major/Minor

1. Log onto Your BC Web Central Account
2. Go to E-Services
3. Click Undergraduate Student Transactions
4. Click on "Declare or change your major, minor or concentration"
5. You then click on the Major/Minor you wish to drop and click "Change"; you then change that Major/Minor to "Undeclared"

### To Change Your Bulletin Year

1. Log onto Your BC Web Central Account
2. Go to E-Services
3. Click Undergraduate/Graduate Student Transactions

4. Click on "Declare or change your major, minor or concentration"
5. You then click on the Major/Minor you wish to change and click "Change"; you then change to the major/minor you want and hit submit
4. Under the Major/Minor heading, click "Change a bulletin year for major/minor/concentration/general education requirement" and follow the prompts

**Transfer Evaluation Office:** Transfer students who need assistance or would like clarity on a specific course transfer <https://www.brooklyn.edu/teo/>

**Blackboard:** For help with Blackboard, students should contact Brooklyn College Students Support at (718) 951-4357 press 4 or [StudentBlackboard@brooklyn.cuny.edu](mailto:StudentBlackboard@brooklyn.cuny.edu). Additional support materials can be found here: [https://libguides.brooklyn.cuny.edu/Blackboard for Students](https://libguides.brooklyn.cuny.edu/Blackboard%20for%20Students)

**Student Ombudsperson:** Have school or life issue but are unsure where to turn? The [Student Ombudsperson](#) can act as a source of information and guidance in utilizing available resources. Students are encouraged to seek the advice of the student ombudsperson, especially if the concern relates to medical difficulties or financial difficulties.

### Other Helpful Links

- **Staff/Faculty Directory:** Brooklyn College Directory: <http://websql.brooklyn.cuny.edu/directory/>
- **DegreeWorks:** To access DegreeWorks: [https://degreeworks.cuny.edu/Dashboard\\_bc](https://degreeworks.cuny.edu/Dashboard_bc). For questions/issues with DegreeWorks, email DegreeWorks specialists at [DGW@brooklyn.cuny.edu](mailto:DGW@brooklyn.cuny.edu)
- **E-Permit:** Procedures for e-Permits are here: <https://www.brooklyn.edu/registrar/epermits/>  
For questions/issues with E-permits, email E-permit specialists at: [Epermit@brooklyn.cuny.edu](mailto:Epermit@brooklyn.cuny.edu)
- **Graduation:** Instructions for how to file for graduation is here: <https://www.brooklyn.edu/registrar/graduation-audit/> For questions/issues about your graduation status or diplomas, please email Degree Audit at: [Degreeaudit@brooklyn.cuny.edu](mailto:Degreeaudit@brooklyn.cuny.edu)
- **Other Registrar issues:** For all other Registrar issues, email [Registrar@brooklyn.cuny.edu](mailto:Registrar@brooklyn.cuny.edu)
- **Brooklyn College Undergraduate Bulletin:** The Undergraduate Bulletin is the official document for curriculum requirements, academic rules, regulations, policies and procedures. Of particular interest is the "Academic Regulations and Procedures" section. <https://www.brooklyn.edu/registrar/bulletins/>

# Building Positive Relationships with Faculty and Staff

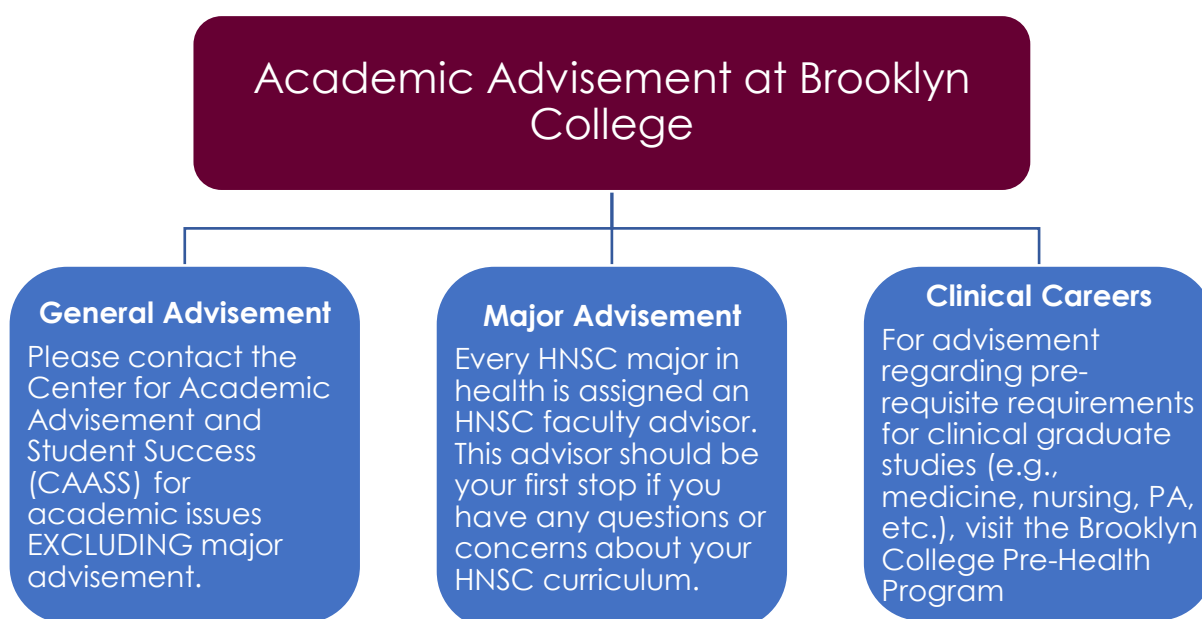
## Email Etiquette for Communicating with Faculty and Staff

- **Use your college email address:** Always send emails from your official college email account.
- **Clear subject line:** Include a concise and specific subject line that summarizes the purpose of your email.
- **Formal greeting:** Begin with a respectful salutation, such as "Dear Professor [Last Name]" or "Hello Dr. [Last Name]". ALWAYS address faculty and staff formally unless advised otherwise
- **Identify yourself:** Introduce yourself at the beginning of the email, including your full name, course title, and section number. Faculty and staff interact with many students from many different classes.
- **Be clear and concise:** State the purpose of your email clearly and keep your message concise and to the point.
- **Professional tone:** Use formal language and maintain a polite and respectful tone throughout the email. Refrain from using slang, abbreviations, or emojis in your emails.
- **Proper grammar and spelling:** Proofread your email for spelling, grammar, and punctuation errors before sending.
- **Closing and signature:** End with a polite closing, such as "Sincerely" or "Best regards", followed by your full name.
- **Allow reasonable response time:** Give faculty members sufficient time to respond; avoid sending follow-up emails too soon.
- **Respect office hours and availability:** Be mindful of faculty office hours and their availability; do not expect immediate responses outside of these times.

## How to Ask for a Letter of Recommendation

- **Choose the right faculty member:** Select a professor who knows you well and can speak positively about your academic performance and character. Someone who taught you once in a freshman introductory class of 200 may not be a good candidate.
- **Ask early:** Request the letter well in advance, ideally at least 4-6 weeks before the deadline.
- **Offer to schedule a meeting:** Offer to arrange a face-to-face meeting or a virtual appointment to discuss your request personally.
- **Provide necessary information:** Supply all relevant details, such as the purpose of the recommendation, deadlines, submission instructions, and any specific points you would like them to highlight.
- **Share your resume and achievements:** Give them your resume, transcripts, and a summary of your achievements, experiences, and goals to help them write a detailed and personalized letter.
- **Be clear and polite:** Clearly explain why you are asking them and how their recommendation would be valuable. Use polite and respectful language.
- **Follow up:** Send a polite reminder as the deadline approaches, and ensure they have everything they need to complete the letter.
- **Express gratitude:** Thank them sincerely for their time and effort, both when you ask and after they have submitted the letter.
- **If your request is declined:** Accept the decision gracefully. Remember that faculty are not required to write letters of recommendation for their students, and that a declined request is better than a potentially weak letter. Thank the faculty member for considering your request and their time, regardless of the outcome.

## Academic Advisement



**General Advisement:** Please contact the Center for Academic Advisement and Student Success ([CAASS](#)) for academic issues EXCLUDING major advisement.

**Advisement for Clinical Careers:** For advisement specifically regarding pre-requisite requirements for clinical graduate studies (e.g., medicine, nursing, PA, PT, etc.), please visit the Brooklyn College [Pre-Health Program](#).

**Major Advisement:** Every HNSC major in health is assigned an HNSC faculty advisor who is available over the academic year.<sup>1</sup> This advisor should be your first stop if you have any questions or concerns about your HNSC curriculum.

- *During the academic year:* Please see the table below
- *During the summer:* Faculty are on annual leave and unavailable starting the day after graduation until the first day of Fall classes. During this time, please contact the HNSC main office (718-951-5026) for information on summer advisement.
- *Please note:* When emailing your advisor, kindly expect a response within 2-3 business days. Before meeting with your advisor, please first review this handbook, as well as your DegreeWorks transcript. Your advisor may also request that you complete the relevant worksheet from this handbook for your degree program in preparation for your meeting.

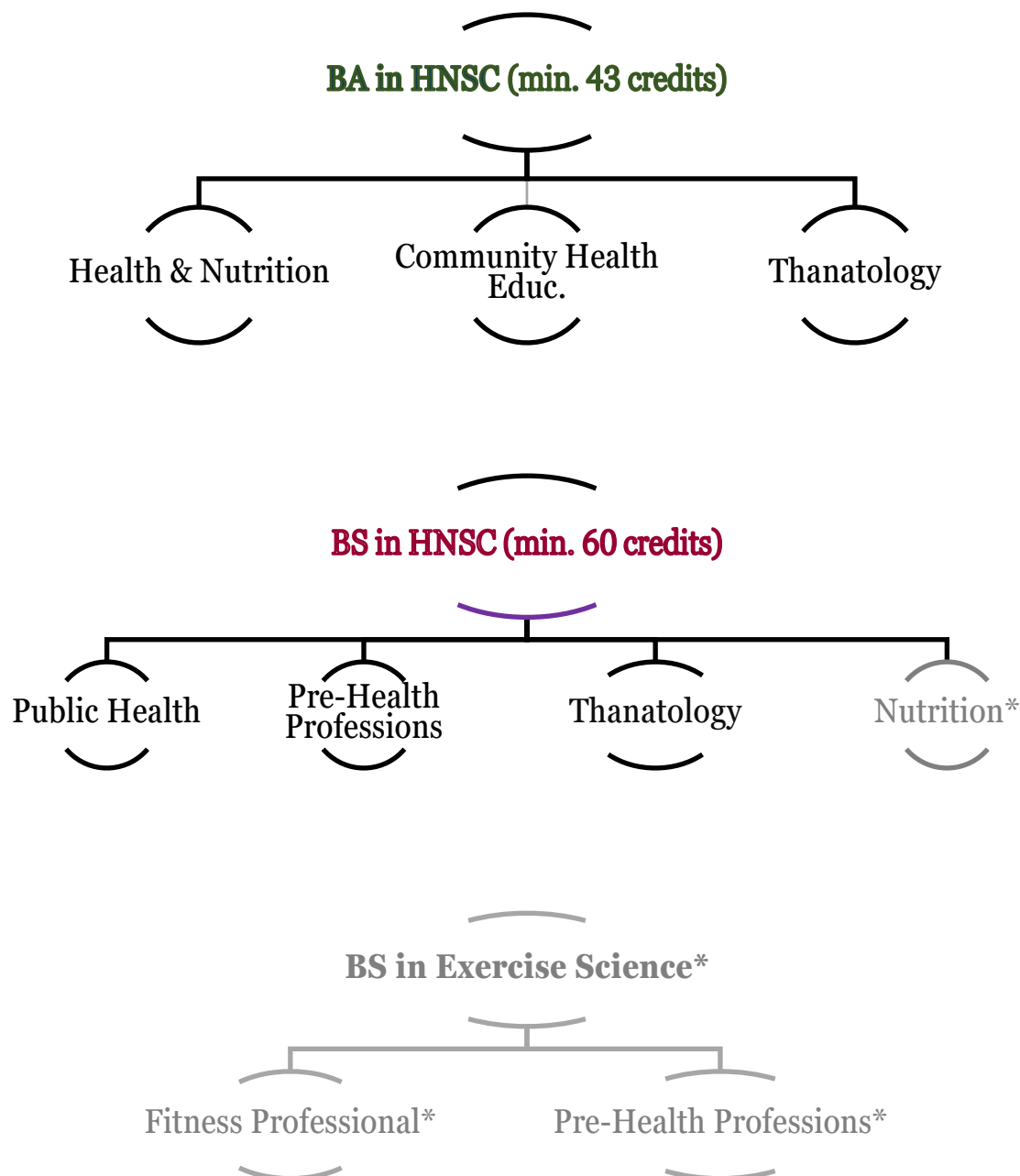
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<sup>1</sup> HNSC minors (excluding Exercise Science and Nutrition) and Education majors concentrating in HNSC should contact Prof. T. Wong. Sign up for advisement on EAB Navigate (log in required) <https://brooklyn-cuny.navigate.eab.com>.

<b>Your Last Name</b>	<b>Your Major Advisor (2024-25)</b>	<b>Contact</b>
A - C	Prof. M. Horlyck-Romanovsky	<a href="mailto:MargretheHR@brooklyn.cuny.edu">MargretheHR@brooklyn.cuny.edu</a>
D - G	Prof. K. Koizumi	<a href="mailto:KKoizumi@brooklyn.cuny.edu">KKoizumi@brooklyn.cuny.edu</a>
H - K	Prof. G. Feyissa	<a href="mailto:Garumma.feyissa@brooklyn.cuny.edu">Garumma.feyissa@brooklyn.cuny.edu</a>
L - M	Prof. J. Kruszelnicka	<a href="mailto:JolantaK@brooklyn.cuny.edu">JolantaK@brooklyn.cuny.edu</a>
N - R	Prof. E. Pouget	<a href="mailto:Enrique.Pouget@brooklyn.cuny.edu">Enrique.Pouget@brooklyn.cuny.edu</a>
S - Z	Prof. S. Wolf	<a href="mailto:Sarah.wolf@brooklyn.cuny.edu">Sarah.wolf@brooklyn.cuny.edu</a>



## Overview of Degrees Offered in Health & Nutrition Sciences



\* Nutrition and Exercise Science programs are not covered by this handbook

- For information about the HNSC undergraduate programs in Foods and Nutrition please email: Susan Jakuboski, Deputy Chair for Undergraduate Nutrition, at [SJakuboski@brooklyn.cuny.edu](mailto:SJakuboski@brooklyn.cuny.edu)
- For information about the HNSC undergraduate programs in Exercise Science email: Patricia Cai, Deputy Chair for Undergraduate Exercise Science at [ppcai@brooklyn.cuny.edu](mailto:ppcai@brooklyn.cuny.edu)

## BA in Health and Nutrition Sciences

Choose from 3 concentrations for this 43-credit major

**Health & Nutrition | Community Health Educ. | Thanatology**

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*Explore your talents with this versatile degree in health!*



### Health & Nutrition

Prepare for a career in health education, administration, patient advocacy, or health counseling.

With **18 credits of electives**, this concentration is the most flexible for students to take advantage of the array of electives that HNSC offers and **design their own specialization**.



### Community Health Education

Learn to **provide health education** to individuals, groups, and communities in a variety of settings.

Work in hospitals, schools, universities, government offices, businesses, and non-profit organizations.

Meet eligibility to sit for the National Commission for Health Education Counseling's exam for **Certified Health Education specialist (CHES)**.



### Thanatology

Gain a foundational knowledge in **the study of death, dying, and bereavement**.

For students who wish to go into health-related fields where they will interact with persons experiencing death, dying, and bereavement.

Fulfill educational requirements for the Association for Death Education and Counseling's (ADEC) **Certification in Thanatology (CT)**.

## BA Course Requirements

Health & Nutrition (min. 43 credits)	Community Health Educ. (min. 43 credits)	Thanatology (min. 43 credits)
<p align="center"><b>Required HNSC Courses for All Concentrations (25-27 crs)</b></p> <div> <input type="checkbox"/> 1100 Personal and Comm Health             <input type="checkbox"/> 2130 Health and Human Ecology           </div> <div> <input type="checkbox"/> 1200 or 2210 Nutrition [4 crs]             <input type="checkbox"/> 2140 US Health Care System           </div> <div> <input type="checkbox"/> 2109W Principles of Health Sci             <input type="checkbox"/> 3300 or PSYC 3400 Biostats [4 crs]           </div> <div> <input type="checkbox"/> 2120 Epidemiology [4 crs]             <input type="checkbox"/> 4180 Internship           </div>		
<p><b>Electives (min 18 credits)</b></p> <p><i>A minimum of <b>12 credits</b> from Elective Group A</i></p> <p>Health and Nutrition Sciences 2100, 2111, 2131, 2150, 2170, 2171, 2180, 2181, 2182, 2215, 2220, 2221, 2300, 2301, 3110, 3112, 3161, 3170, 3171, 3230, 3314, 3330</p> <p><i>A minimum of <b>6 credits</b> from Elective Group B</i></p> <p>Health and Nutrition Sciences 2183, 2212, 3111, 3132, 3150, 3160, 3162, 3180, 3181, 3184, 3186, 3187, 3188, 3505, 4150, 4151, 4152, 4153, 4300, and courses numbered in the 5000's</p>	<p><b>Required COMHE (12 crs)</b></p> <div> <input type="checkbox"/> 2183 Health Communication             <input type="checkbox"/> 3112 Health Activism             <input type="checkbox"/> 4150 Tech. for COMHE**             <input type="checkbox"/> 4152 Prog. Planning COMHE           </div> <p><b>Electives (6 credits)</b></p> <p>A minimum of 6 additional credits chosen from HNSC courses 2000-level or higher</p>	<p><b>Required Thanatology (12 crs.)</b></p> <div> <input type="checkbox"/> 3314 Human Encounters             <input type="checkbox"/> 3180 Bereavement**             <input type="checkbox"/> 3186 Prin. of Caring Term III*             <input type="checkbox"/> 3187 Traumatic Grief**           </div> <p><b>Electives (min 6 credits)</b></p> <p>A minimum of 6 additional credits chosen from HNSC courses 2000-level or higher</p>

\* Offered Fall only

\*\* Spring only

All course schedules are subject to change. Full course rotation can be found [here](#).

# Advisement Worksheet for BA Health and Nutrition Concentration

Please fill out this worksheet BEFORE you meet with your HNSC advisor

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	<b>HNSC 1100</b> Personal & Comm. Health	3	_____	_____
<input type="checkbox"/>	<b>HNSC 1200</b> Fundamentals of Nutrition OR	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2210</b> Human Nutrition	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2109W</b> Principles in Health Sci.	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2120</b> Intro. to Epidemiology	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2130</b> Health and Human Ecology	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2140</b> US Health System & Policy	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3300</b> Introduction to Biostatistics OR	3	_____	_____
<input type="checkbox"/>	<b>PSYC 4300</b> Statistical Methods in Psych	4	_____	_____
<input type="checkbox"/>	<b>HNSC 4180</b> Community Health Service	3	_____	_____

12 Credits in HNSC Courses from Elective Group A on Page 8

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____

6 Credits in HNSC Courses from Elective Group B on Page 8

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____

All course schedules are subject to change. Full course rotation can be found [here](#).

# Advisement Worksheet for BA Community Health Education Concentration

Please fill out this worksheet BEFORE you meet with your HNSC advisor

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	<b>HNSC 1100</b> Personal & Comm. Health	3	_____	_____
<input type="checkbox"/>	<b>HNSC 1200</b> Fundamentals of Nutrition OR	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2210</b> Human Nutrition	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2109W</b> Principles in Health Sci.	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2120</b> Intro. to Epidemiology	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2130</b> Health and Human Ecology	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2140</b> US Health System & Policy	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3300</b> Introduction to Biostatistics OR	3	_____	_____
<input type="checkbox"/>	<b>PSYC 4300</b> Statistical Methods in Psych	4	_____	_____
<input type="checkbox"/>	<b>HNSC 4180</b> Community Health Service	3	_____	_____

## 12 Credits in Community Health Education Courses

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	<b>HNSC 2183</b> Health Communication	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3112</b> Health Activism	3	_____	_____
<input type="checkbox"/>	<b>HNSC 4150</b> Tech. for Comm. Health Educ.	3	_____	_____
<input type="checkbox"/>	<b>HNSC 4152</b> Prog. Plan & Comm. Health Ed.	3	_____	_____

## 6 Credits in HNSC Courses Numbered 2000 and Above

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____

\* Offered Fall only

\*\* Spring only

All course schedules are subject to change. Full course rotation can be found [here](#).

# Advisement Worksheet for BA Thanatology Concentration

Please fill out this worksheet BEFORE you meet with your HNSC advisor

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	<b>HNSC 1100</b> Personal & Comm. Health	3	_____	_____
<input type="checkbox"/>	<b>HNSC 1200</b> Fundamentals of Nutrition OR	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2210</b> Human Nutrition	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2109W</b> Principles in Health Sci.	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2120</b> Intro. to Epidemiology	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2130</b> Health and Human Ecology	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2140</b> US Health System & Policy	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3300</b> Introduction to Biostatistics OR	3	_____	_____
<input type="checkbox"/>	<b>PSYC 4300</b> Statistical Methods in Psych	4	_____	_____
<input type="checkbox"/>	<b>HNSC 3300</b> Introduction to Biostatistics	3	_____	_____
<input type="checkbox"/>	<b>HNSC 4180</b> Community Health Service	3	_____	_____

## 12 Credits in Thanatology Courses

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	<b>HNSC 3314</b> Human Encounters with Death and Bereavement	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3180</b> Bereavement**	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3186</b> Principles of Caring for the Terminally Ill*	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3187</b> Trauma and Traumatic Grief**	3	_____	_____

## 6 Credits in HNSC Courses Numbered 2000 and Above

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____

\* Offered Fall only

\*\* Spring only

All course schedules are subject to change. Full course rotation can be found [here](#).

## BS in Health and Nutrition Sciences

Choose from 3 concentrations for this 60-82 credit major

**Public Health | Pre-Health Professions | Thanatology**

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*Prepare for a high-demand public health or clinical health career!*



### Public Health

Prepare for a career in public health, with the option of pursuing **graduate studies in public health**.

**Pipeline agreements** with MPH programs at SUNY and CUNY for easy transition to grad school.

**Timely courses** such as: Intro. to Public Health; Epidemiology; Health Communication, Health Activism; Public Health Ethics



### Pre-Health Professions

Designed for students who will enter graduate programs for **clinical health fields**, such as nursing, dentistry, medicine, physician assistant, occupational therapist, physical therapist and more.

**Finish in less time!** With a wide array of eligible science electives in Chemistry, Biology, Physics, and Psychology, nearly all your graduate school pre-requisites will also satisfy your major requirements AND be covered by TAP.



### Thanatology

Same requirements as the **Pre-Health Professions concentration PLUS** an additional 12 credits of content on **death, dying, and bereavement**.

Fulfill your graduate school pre-requisites AND make your application **stand out**. Death, dying, and bereavement is widely acknowledged as an **underserved content area** in medical and clinical health training.

**Finish in less time!** With a wide array of eligible science electives in Chemistry, Biology, Physics, and Psychology, nearly all your graduate school pre-requisites will also satisfy your major requirements AND be covered by TAP.



Want a career in health care, but don't know which? Know what field you want to go into, but don't know what you need to take to get into graduate school? Visit the Brooklyn College [Pre-Health Profession Program](#).

## BS Course Requirements

BS Public Health (52-54 credits)		BS Pre-Health Professions § (min. 55.5 credits)		BS Thanatology § (min. 67.5 credits)	
Required HNSC Courses (25-27 crs)					
<input type="checkbox"/> 1100 Personal and Comm Health <input type="checkbox"/> 1200 or 2210 Nutrition [4 crs] <input type="checkbox"/> 2109W Principles of Health Sci <input type="checkbox"/> 2120 Epidemiology [4 crs]		<input type="checkbox"/> 2130 Health and Human Ecology <input type="checkbox"/> 2140 US Health Care System <input type="checkbox"/> 3300 or PSYC 3400 Biostats [4 crs] <input type="checkbox"/> 4180 Internship			
Required Science Courses		Required Science Courses (9.5-12.5 crs)			
<input type="checkbox"/> 3162 Bio. Concepts in PH**		<input type="checkbox"/> Biology 1001 [4.5 crs] <input type="checkbox"/> Chemistry 1040 [5 crs]; or 1200 & 1201 [5 crs], or 1050, 1201& 2060 [8 crs].			
Public Health Courses		Pre-Health Courses		Thanatology Courses	
<input type="checkbox"/> 2100 Intro to Public Health <input type="checkbox"/> 2183 Health Communication <input type="checkbox"/> 3112 Health Activism <input type="checkbox"/> 3162 Bio. Concepts in PH** <input type="checkbox"/> 3330 Public Health Ethics** <input type="checkbox"/> 4152 Prog. Planning COMHE <input type="checkbox"/> 5100 Capstone**		Please see an advisor in the Pre-Health Program (1122 Boylan) to select electives specific to your intended field		<input type="checkbox"/> 3314 Human Encounters <input type="checkbox"/> 3180 Bereavement** <input type="checkbox"/> 3186 Caring for Term III* <input type="checkbox"/> 3187 Traumatic Grief**	
Electives (6 credits)		Electives (min 21 credits)			
Six credits of electives drawn from other HNSC courses numbered 2000 and over or the following courses from other departments:  ANTH 1100, ANTH 3150, ANTH 3135, ECON 3500, EESC 3750, HIST 3478, PHIL 3306, PHIL 3316, POLS 1002, POLS 3415, PSYC 1000, SOCY 1101, SOCY 3202, SUST 1001, WGST 3122, WGST 3501		A minimum of 15 credits from: BIOL 3003, BIOL 3004, CHEM 2500, CHEM 3511 and CHEM 3512, CHEM 3521, CHEM 3522, CHEM 4571 and CHEM 4572, CHEM 4581 and CHEM 4582, PHYS 1100, PHYS 2100, PSYC 1000; PSYC 2810, PSYC 2200.  A minimum of 6 credits from: Health and Nutrition Sciences 2302, 2303, 2300, 2301, 2100, 2111, 2131, 2150, 2170, 2171, 2180, 2181, 2182, 2183, 2212, 2215, 2220, 2221, 3110, 3111, 3112, 3132, 3150, 3160, 3161, 3162, 3170, 3171, 3180, 3181, 3184, 3186, 3187, 3188, 3230, 3314, 3330, 3505, 4150, 4151, 4152, 4153, 4300, and courses numbered in the 5000's			

\* Offered Fall only

\*\* Spring only

All course schedules are subject to change. Full course rotation can be found [here](#).

§ Students intending to enter a health profession (e.g., medicine, nursing, dentistry, PA, PT, OT, etc.) must visit the [Pre-Health Program](#) for additional advisement.



## Major Courses Outside the Department

Certain tracks of the BS in Health and Nutrition Sciences have required or elective courses in departments outside of the HNSC department, such as Biology, Chemistry, Physics, etc.

**Please note that the HNSC department, including major advisors and Chairs, does not have any jurisdiction over these courses, including their schedule, pre-requisites, or registration permissions.**

Below are the webpages for these departments. Kindly review the information available on these pages and contact the individual department if you have any questions or issues regarding registration for these courses. When contacting each department, be sure to ask for an undergraduate advisor or undergraduate deputy and identify yourself as a non-major.

- Biology (Ingersoll Hall Extension 200, 718-951-5396):  
<https://www.brooklyn.edu/biology/>
- Chemistry (Ingersoll Hall Extension 359, 718-951-5458):  
<https://www.brooklyn.edu/chemistry-biochemistry/undergraduate/>
- Physics (Ingersoll 3438N, 718-951-5000 x2850):  
<https://www.brooklyn.edu/physics/>
- For other departments, search for their webpage or use the college directory: <http://websql.brooklyn.cuny.edu/directory/>

# Advisement Worksheet for BS Public Health Concentration

Please fill out this worksheet BEFORE you meet with your HNSC advisor

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	<b>HNSC 1100</b> Personal & Comm. Health	3	_____	_____
<input type="checkbox"/>	<b>HNSC 1200</b> Fundamentals of Nutrition OR	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2210</b> Human Nutrition	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2109W</b> Principles in Health Sci.	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2120</b> Intro. to Epidemiology	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2130</b> Health and Human Ecology	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2140</b> US Health System & Policy	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3300</b> Introduction to Biostatistics OR	3	_____	_____
<input type="checkbox"/>	<b>PSYC 4300</b> Statistical Methods in Psych	4	_____	_____
<input type="checkbox"/>	<b>HNSC 4180</b> Community Health Service	3	_____	_____

21 Credits in Public Health Courses

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	<b>HNSC 2100</b> Intro to Public Health	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2183</b> Health Communication	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3112</b> Health Activism	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3162</b> Bio. Concepts in PH**	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3330</b> Public Health Ethics**	3	_____	_____
<input type="checkbox"/>	<b>HNSC 4152</b> Prog. Planning COMHE	3	_____	_____
<input type="checkbox"/>	<b>HNSC 5100</b> Capstone**	3	_____	_____

6 Credits in HNSC Courses Listed on Page 13

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____

\* Offered Fall only

\*\* Spring only

All course schedules are subject to change. Full course rotation can be found [here](#).

# Advisement Worksheet for BS Pre-Health Professions Concentration

Please fill out this worksheet BEFORE you meet with your HNSC advisor

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	<b>HNSC 1100</b> Personal & Comm. Health	3	_____	_____
<input type="checkbox"/>	<b>HNSC 1200</b> Fundamentals of Nutrition OR	3	_____	_____
	<b>HNSC 2210</b> Human Nutrition	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2109W</b> Principles in Health Sci.	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2120</b> Intro. to Epidemiology	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2130</b> Health and Human Ecology	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2140</b> US Health System & Policy	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3300</b> Introduction to Biostatistics OR	3	_____	_____
	<b>PSYC 4300</b> Statistical Methods in Psych	4	_____	_____
<input type="checkbox"/>	<b>HNSC 4180</b> Community Health Service	3	_____	_____

Required Science Courses (9.5-12.5 credits)

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	Biology 1001	4.5	_____	_____
	<b>Choose one of the following 3 options</b>			
<input type="checkbox"/>	Option 1: Chemistry 1040	5	_____	_____
<input type="checkbox"/>	Option 2: Chemistry 1200 & 1201	5	_____	_____
<input type="checkbox"/>	Option 3: Chemistry 1050, 1201 & 2060	8	_____	_____

A Minimum of 15 Credits in HNSC Courses Listed on Page 13

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____

A Minimum of 6 Credits in HNSC Courses Listed on Page 13

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____

# Advisement Worksheet for BS Thanatology Concentration

Please fill out this worksheet BEFORE you meet with your HNSC advisor

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	<b>HNSC 1100</b> Personal & Comm. Health	3	_____	_____
<input type="checkbox"/>	<b>HNSC 1200</b> Fundamentals of Nutrition OR	3		
<input type="checkbox"/>	<b>HNSC 2210</b> Human Nutrition	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2109W</b> Principles in Health Sci.	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2120</b> Intro. to Epidemiology	4	_____	_____
<input type="checkbox"/>	<b>HNSC 2130</b> Health and Human Ecology	3	_____	_____
<input type="checkbox"/>	<b>HNSC 2140</b> US Health System & Policy	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3300</b> Introduction to Biostatistics OR	3		
<input type="checkbox"/>	<b>PSYC 4300</b> Statistical Methods in Psych	4	_____	_____
<input type="checkbox"/>	<b>HNSC 4180</b> Community Health Service	3	_____	_____

Required Science Courses (9.5-12.5 credits)

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	Biology 1001	4.5	_____	_____
	<b>Choose one of the following 3 options</b>			
<input type="checkbox"/>	Option 1: Chemistry 1040	5	_____	_____
<input type="checkbox"/>	Option 2: Chemistry 1200 & 1201	5	_____	_____
<input type="checkbox"/>	Option 3: Chemistry 1050, 1201 & 2060	8	_____	_____

## 12 Credits in Thanatology Courses

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	<b>HNSC 3314</b> Human Encounters with Death and Bereavement	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3180</b> Bereavement**	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3186</b> Principles of Caring for the Terminally Ill*	3	_____	_____
<input type="checkbox"/>	<b>HNSC 3187</b> Trauma and Traumatic Grief**	3	_____	_____

## A Minimum of 15 Credits in HNSC Courses Listed on Page 13

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____

## A Minimum of 6 Credits in HNSC Courses Listed on Page 13

	COURSE	CREDITS	SEMESTER TAKEN	GRADE
<input type="checkbox"/>	_____	_____	_____	_____
<input type="checkbox"/>	_____	_____	_____	_____

\* Offered Fall only

\*\* Spring only

All course schedules are subject to change. Full course rotation can be found [here](#).

## Minors in Health and Nutrition Sciences

Thanatology | Health | Community Health Education

Public Health | Exercise Science | Foods and Nutrition

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### **Minor in Thanatology** (12 credits)

Provides students from all disciplines with a grounding in the study of death, dying, and bereavement. Suited for students who wish to go into fields where they will interact with persons experiencing death, dying, and bereavement, OR for those who simply wish to understand the individual, social, and anthropological dimensions of these experiences.

*Required:* HNSC 3314 Human Encounters with Death and Bereavement

*Three courses chosen from:*

HNSC 3180 Bereavement  
HNSC 3181 Children and Death  
HNSC 3186 Caring for Terminally Ill  
HNSC 3187 Trauma & Traumatic Grief  
HNSC 3188 Adolescents & Bereavement

### **Minor in Health** (15 credits)

Gain a broad background in health to complement a variety of careers in education, research, business, and more. This flexible minor allows students to select courses of greatest interest or most relevant to their career goals, for example Women and Health, Health Disparities, LGBT Health, Health Activism, Human Sexuality, and more.

*Required:* HNSC 1100 Personal and Community Health

*Two courses chosen from:*

HNSC 2109W Principles in Health Sci.  
HNSC 2120 Epidemiology [4crs]  
HNSC 2130 Health & Human Ecology  
HNSC 2140 US Health Care Systems  
HNSC 3300 Biostatistics

*Six credits chosen from any HNSC courses 2000-level or above*

### **Minor in Community Health Education** (15 credits)

Learn both theoretical knowledge and applied skills in the field of community health education. With courses in Techniques of Community Health Education, Health Communication, and Program Planning, students gain the perspective and understanding needed to work effectively with communities to improve health.

*Required:* HNSC 1100 Personal & Community Health; HNSC 2183 Health Communication; HNSC 4150 Techniques for COMHE; HNSC 4152 Program Planning

*Three credits chosen from any HNSC course 2000-level or above*

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**Minor in Public Health (16 credits)**

Introduction to the field in preparation for public health-related careers or graduate studies. Through required courses like Public Health and Epidemiology, and elective courses in Human Ecology, US Health Care, and Health Activism, students gain valuable knowledge and skills to improve population-level health.

*Required:* HNSC 1100 Personal and Community Health; HNSC 2100 Intro. To Public Health; HNSC 2120 Epidemiology [4crs]

*Two courses chosen from:*  
HNSC 2130 Health & Human Ecology  
HNSC 2140 US Health Care Systems  
HNSC 3112 Health Activism

**Minor in Exercise Science  
(21 credits)**

Prepares students to work with people in a variety of areas related to physical fitness, wellness, and human performance. Students gain an academic background in exercise science by taking relate to anatomy, physiology, biomechanics, fitness training and sports psychology.

*Required:* HNSC 2302 Anatomy & Phys. 1;  
HNSC 2303 Anatomy & Phys. 2

*Three courses chosen from:*  
HNSC 3005 First Aid and Safety  
HNSC 3290 Applied Musculoskeletal Anat.  
HNSC 3295 Motor Develop. & Learning  
HNSC 4200W Physiology of Exercise  
HNSC 4260 Biomechanics  
HNSC 4400 Fitness Prog. Management

**Minor in Foods and Nutrition  
(15-18 credits)**

Foundational knowledge in nutrition science and food studies, emphasizing health promotion and disease prevention. Career opportunities that are complemented by a foods and nutrition minor include education, exercise science, anthropology, public health, health sciences, psychology, and communications.

*Required:* HNSC 1200 Fund. of Nutrition or  
HNSC 2210 Human Nutrition; HNSC 3230 Life  
Cycle Nutrition

*Two courses chosen from:*  
HNSC 2300 Human Physiology  
HNSC 2240 Food Microbiology  
HNSC 2220 Food Science & HNSC 2221  
Food Science Lab.  
HNSC 2222W Foods of Diverse Pops. & HNSC  
2223 Foods of Diverse Pops. Lab

*One course chosen from:*  
HNSC 3250 Institutional Food Service  
Management  
HNSC 4230 Community Nutrition  
HNSC 4240 Clinical Nutrition  
HNSC 5250 Intearative Nutrition



## Concentration in HNSC for Education Majors

The profession of teacher education is licensed by the New York State Education Department. Therefore, program requirements are subject to change. All students should consult with the School of Education for the current requirements.

COURSE	CRS.	PRE-REQUISITES	USUALLY OFFERED
Required Courses (12 credits)			
<input type="checkbox"/> <b>HNSC 1100</b> Personal & Comm. Health	3	None	All semesters
<input type="checkbox"/> <b>HNSC 1200</b> Fundamentals of Nutrition	3	None	All semesters
OR			
<input type="checkbox"/> <b>HNSC 2210</b> Human Nutrition	4	BIOL 1001 Pre- or co-requisite: BIOL 1002	
<input type="checkbox"/> <b>HNSC 2150</b> Health Counseling	3	HNSC 1100	Fall
<input type="checkbox"/> <b>HNSC 2170</b> Child Development	3	HNSC 1100	Spring
Five Courses from the Following (15 credits)			
<input type="checkbox"/> <b>HNSC 2109W</b> Principles in Health Sci,	3	HNSC 1100	Fall & Spring
<input type="checkbox"/> <b>HNSC 2111</b> Psychological Aspects of Health (same as PSYC 3180)	3	HNSC 1100	Fall & Spring
<input type="checkbox"/> <b>HNSC 2130</b> Health & Human Ecology	3	HNSC 1100	Fall & Spring
<input type="checkbox"/> <b>HNSC 2131</b> Environmental Health		HNSC 1100	Spring
<input type="checkbox"/> <b>HNSC 2140</b> US Health System & Policy	3	HNSC 1100	Fall & Spring
<input type="checkbox"/> <b>HNSC 2180</b> Women's Health (same as WGST 3606)	3	HNSC 1100	Fall & Spring
<input type="checkbox"/> <b>HNSC 2181</b> Human Sexuality	3	HNSC 1100	Fall
<input type="checkbox"/> <b>HNSC 2182</b> Drugs and Society	3	HNSC 1100	Fall
<input type="checkbox"/> <b>HNSC 3170</b> Family Influences Child Health	3	HNSC 1100	Fall
<input type="checkbox"/> <b>HNSC 3230</b> Life Cycle Nutrition	3	HNSC 1100 and HNSC 1200 or HNSC 2210	Fall
<input type="checkbox"/> <b>HNSC 3314</b> Human Encounters w/Death	3	HNSC 3314	All semesters
<input type="checkbox"/> <b>HNSC 3180</b> Bereavement	3	HNSC 3314	Spring
<input type="checkbox"/> <b>HNSC 3181</b> Children and Death	3	HNSC 3314	Fall
<input type="checkbox"/> <b>HNSC 3186</b> Principles Care Terminally Ill	3	HNSC 3314	Fall
<input type="checkbox"/> <b>HNSC 3187</b> Trauma and Traumatic Grief	3	HNSC 3314	Spring
<input type="checkbox"/> <b>HNSC 3188</b> Adolescents and Death	3	HNSC 3314	Spring

One Course from the Following (3 credits)			
<input type="checkbox"/> <b>HNSC 2183</b> Health Communication (same as CASD 4666)	3	HNSC 1100	Fall & Spring
<input type="checkbox"/> <b>HNSC 3184</b> Health Disparities	3	HNSC 1100	Fall
<input type="checkbox"/> <b>HNSC 4150</b> Techniques for Community Health Education	3	9 credits adv, HNSC courses	Spring
<input type="checkbox"/> <b>HNSC 4152</b> Program Planning and Community Health Education	3	9 credits adv, HNSC courses	Spring
<input type="checkbox"/> <b>HNSC 4180</b> Community Health Service	3	12 credits in adv. HNSC courses w/minimum C; senior standing	Fall & Spring

## Graduating with Departmental Honors

To qualify for graduation with honors in the department, a student must meet ALL the following requirements:

1. Have at least a 3.5 GPA in HNSC courses and an overall GPA of at least 3.2 by the last semester prior to graduation
2. Complete at least one course for at least 3 credits in HNSC advanced courses with an honors designation<sup>2</sup> and a grade of at least A-, OR complete HNSC 5390, 5391 or 5392 with a grade of A- or higher
3. Demonstrate behavior that respects the health, safety, dignity, and the rights of students and faculty
4. Complete the HNSC honors application form by November 15th for winter graduation and by April 15th for spring graduation.

The HNSC honors application form can be found on the next page. Complete the form and present it to your HNSC major advisor, who will review it and forward it to the Deputy Chair for Undergraduate Health.

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<sup>2</sup> To complete a course with an honors designation, the student must meet with the professor of the course very early in the semester and discuss the additional work required to earn an honors grade in the course. This could be, but is not limited to, a library research paper and/or a presentation. If the professor is not familiar with this option, refer them to the Deputy Chair of Undergraduate Health.

# Honors Application Form

## OFFICE OF THE REGISTRAR West Quad Center Tel (718) 951-5491

Recommendation for Departmental Honors in \_\_\_\_\_

Student's Name \_\_\_\_\_  
Last First Middle

CUNYfirst Empl ID:

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Date of graduation:

☐

June

☐

February

☐

September

Year

List all courses completed in major department (including prescribed, elective, elementary & advanced):

Course   Number   Credits   Grade


Course   Number   Credits   Grade


List all courses in major department still to be completed:

Course   Number   Credits   Grade


**PLEASE DO NOT WRITE IN THIS SPACE.**

If recommendation for honors is denied, reason for denial is: \_\_\_\_\_


Chairperson's Signature \_\_\_\_\_

Date \_\_\_\_\_

# Inventory of Regularly Offered Health Courses

All course schedules are subject to change. Full rotation can be found [here](#).

REQUIRED OF ALL HNSC BA AND BS STUDENTS (EXCLUDING NUTRITION)				
COURSE #	NAME	CRS.	PRE-REQUISITES	USUALLY OFFERED
HNSC 1100	Personal and Community Health	3	None Satisfies Pathways Flexible Core Scientific World requirement	All Semesters
HNSC 1200 OR HNSC 2210	Fundamentals of Nutrition  Human Nutrition	3  4	None Satisfies Pathways Flexible Core Scientific World requirement  Prerequisite: BIOL 1001 Pre- or co-requisite: BIOL 1002	All Semesters
HNSC 2109W	Principles in Health Science (Writing Intensive)	3	HNSC 1100	Fall & Spring
HNSC 2120	Introduction to Epidemiology	4	HNSC 1100	Fall & Spring
HNSC 2130	Health and Human Ecology	3	HNSC 1100	Fall & Spring
HNSC 2140	Intro. US Health System & Policy	3	HNSC 1100	Fall & Spring
HNSC 3300	Introduction to Biostatistics	3	HNSC 1100	Fall & Spring
HNSC 4180	Community Health Service	3	12 credits in advanced HNSC courses with a minimum grade of C, and senior standing	Fall & Spring

## ADDITIONAL REQUIREMENTS / ELECTIVE GROUP A

COURSE #	NAME	CRS.	PRE-REQUISITES	USUALLY OFFERED
HNSC 2100	Introduction to Public Health	3	HNSC 1100	Fall & Spring
HNSC 2111 (same as PSYC 3180)	Psychological Aspects of Health	3	HNSC 1100	Fall & Spring
HNSC 2131	Environmental Health	3	HNSC 1100	Spring
HNSC 2150	Health Counseling	3	HNSC 1100 plus 9 additional HNSC credits	Fall
HNSC 2170	Child Development: Typical and Atypical	3	HNSC 1100	Spring
HNSC 2171	Family Health and Relationships	3	HNSC 1100	Infrequently
HNSC 2180 (same as WGST 3606)	Women's Health	3	HNSC 1100	Fall & Spring
HNSC 2181	Human Sexuality	3	HNSC 1100	Fall
HNSC 2182	Drugs and Society	3	HNSC 1100	Fall
HNSC 2300	Human Physiology	3	BIOL 1001 & 1002 or BIOL 1080 & 1081	Fall & Spring
HNSC 2301	Physiology Laboratory	2	HNS 2300 pre- or co-requisite	Fall & Spring
HNSC 3112	Health Activism	3	HNSC 1100 and HNSC 2100	Spring
HNSC 3170	Family Influences on Child Health	3	HNSC 1100 plus 6 additional HNSC credits	Spring
HNSC 3171	Health Aspects of Maturity and Aging	3	HNSC 1100 plus 6 additional HNSC credits	Infrequently
HNSC 3230	Nutrition and Health Across the Lifespan	3	HNSC 1100 and HNSC 1200 or HNSC 2210	Fall
HNSC 3314	Human Encounters with Death and Bereavement	3	English 1010 and Junior standing; or permission  Satisfies Pathways College Option Individual & Society requirement	All Semesters
HNSC 3330	Public Health Ethics	3	HNSC 2100	Spring

ADDITIONAL REQUIREMENTS / ELECTIVE GROUP B				
COURSE #	NAME	CRS.	PRE-REQUISITES	USUALLY OFFERED
HNSC 2183 (same as CASD 4666)	Health Communication	3	HNSC 1100	Fall & Spring
HNSC 2212	Geriatric Nutrition	3	HNSC 1200 or HNSC 2210	Infrequently
HNSC 3132	Occupational Safety and Health	3	HNSC 1100	Infrequently
HNSC 3160	Physiology of Health & Disease	3	HNSC 2300 or KINS 3271.	Infrequently
HNSC 3162	Biol. Concepts in Public Health	3	HNSC 1100 & HNSC 2109W	Spring
HNSC 3180	Bereavement	3	HNSC 3314	Spring
HNSC 3181	Children and Death	3	HNSC 3314	Fall
HNSC 3184	Health Disparities	3	HNSC 1100	Fall
HNSC 3186	Principles of Caring for the Terminally Ill	3	HNSC 3314	Fall
HNSC 3187	Trauma and Traumatic Grief	3	HNSC 3314	Spring
HNSC 3188	Adolescents, Death, and Bereavement	3	HNSC 3314	Spring
HNSC 3505	Sociology of Public Health	3	HNSC 1100	Infrequently
HNSC 4150	Techniques for Community Health Education	3	9 credits in advanced HNSC courses	Spring
HNSC 4152	Program Planning and Community Health Education	3	9 credits in in advanced HNSC courses	Spring
HNSC 4153	Lesbian, Gay, Bisexual and Transgender Health	3	HNSC 1100; and 2181 Prerequisite or Co-requisite	Fall
HNSC 4300	Health Services Organization and Administration	3	HNSC 2109W or 2140	Fall & Spring
HNSC 5100	Capstone Seminar in Public Health Research	3	HNSC 1100, 2100, 2109W, 2120, 3300	Spring
HNSC 5190	Seminar in Current Literature in the Philosophy of Health	3	18 credits in advanced HNSC courses and permission	Infrequently
HNSC 5390	Directed Research I	3	Permission of Chair	All Semesters