DUQUESNE UNIVERSITY
John G. Rangos, Sr.
School of Health Sciences

# HEALTH SCIENCES

## Bachelor of Science in Health Sciences – Strength & Conditioning Concentration (120 Credits)

Students from our Health Science Program will have opportunities to gain the necessary knowledge and skills to factor prominently into a variety of healthcare arenas. Students pursuing the Strength & Conditioning Concentration may have interests related to human performance, strength & conditioning, performance enhancement, and sport rehabilitation. For those students that may be considering pursuit of a professional healthcare degree, our Health Science major will serve as a gateway designed to prepare students for graduate degree programs in Medicine, Athletic Training, Physical Therapy, Occupational Therapy, and Physician Assistant Studies. The 120-credit BS in Health Sciences – Strength & Conditioning concentration curriculum provides students with a strong liberal art and basic science foundation that will be integrated throughout program specific coursework. Students will complete both required and elective health science coursework and will have opportunities to complete 17 credits of electives to individualize their course of study.

### University Bridges Curriculum - 30 Credits

| | | |
|---|---|---|
| BRDG | 101 | First Year Writing I |
| BRDG | 102 | First Year Writing II |
| THEO/HCE | 253/255 | Health Care Ethics (Ethical Reasoning) |
| | | Communication & Creative Expression |
| | | Theology |
| | | Philosophy |
| | | Cultural Fluency & Responsivity |
| EQ | XXX | Essential Questions Seminar |
| BRDG | 105 | Foundational Ethics Course |
| | | Quantitative & Formal Reasoning [a] |
| | | Critical Thinking & Problem-Solving |
| | | Social and Historical Reasoning [b] |
| | | Experiential Learning & Capstone |

*Bridges requirements listed with superscripts are satisfied by taking courses in the Sciences, Math and Humanities.

### Core Health Sciences Courses – 52 credits

| | | |
|---|---|---|
| BIOL | 111/L | Biology I: Cells, Genetics, Development/Lab [a] |
| BIOL | 112/L | Biology II: Diversity, Ecology, Evolution/Lab |
| BIOL | 207/208 | Anatomy & Physiology I/Lab |
| BIOL | 209/210 | Anatomy & Physiology II/Lab |
| CHEM | 131/L | Fundamentals of Chemistry I/Lab |
| CHEM | 132/L | Fundamentals of Chemistry II/Lab |
| | | **or** |
| CHEM | 121/L | General Chemistry I/Lab |
| CHEM | 122/L | General Chemistry II/Lab |
| PHYS | 201/L | Physics for Life Sciences I |
| MATH | 225 | Introduction to Biostatistics [a] |
| PSYC | 101 | Introduction to Psychology [b] |
| HLTS | 115 | Introduction to Health & Exercise Science |
| HLTS | 120 | Elements of HS, Information Literacy & Scientific Terminology |
| HLTS | 225 | Current Concepts in Sports Medicine |
| HLTS | 311/L | Test & Measures |
| HLTS | 430W | Principles of Research |
| ATHT | 402W/L | Nutrition & Weight Management |

### Strength & Conditioning Concentration Courses – 21 credits

| | | |
|---|---|---|
| HLTS | 312/L | Strength & Conditioning Across Populations |
| HLTS | | Motor Learning |
| HLTS | 437/L | Kinesiology & Functional Biomechanics |
| HLTS | | Strength & Conditioning Site Experience I |
| HLTS | | Strength & Conditioning Site Experience II |
| ATHT | 407W/L | Physiology of Exercise |
| ATHT | 420/L | Integrated Training & Performance |

### Health Sciences & Open Electives – 17 credits†

| | | |
|---|---|---|
| HLTS | 285 | Foundations of Health Promotion† |
| HLTS | | Psychosocial Aspects of Healthcare † |
| HLTS | | Theory to Practice† |
| ATHT | 401 | BLS – Emergency Medical Technician |
| PBHL | 301 | Introduction to Epidemiology† |
| PBHL | 318 | Healthcare Delivery & Organization† |
| HADM | | Health Administration Courses |
| GLBH | | Global Health Courses |
| PBHL | | Public Health Courses |
| HCE | | Healthcare Ethics Courses |
| BIOL | | Biological Sciences Courses |
| CHEM | | Chemistry & Biochemistry Courses |
| PSYC | | Psychology Courses |

†Students must take 6 credits from the Health Science Concentration.

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jss – 3/5/24