

Health Sciences, A.S.

HEGIS: 5299.00

PROGRAM CODE: 42393

PROGRAM DIRECTOR: Dr. Jose Nanin

DEPARTMENT: HEALTH, PHYSICAL EDUCATION AND RECREATION

The Health Sciences AS degree is designed as a generalized health degree with primarily introductory courses for students who want to explore different academic aspects of health as well as careers in health-related fields. The degree provides opportunities for students who have not determined an area of specialization in the health field, for students to gain an entry-level position in health care or the health field upon degree completion, and for incumbent health field workers seeking to advance their career. Courses focus on fundamental knowledge in health care services and health communication, critical thinking skills related to basic health concepts and application of health care practices, and identification of personal values and ethical standards of practice within the field. In addition, the degree provides opportunities to attain microcredentials in Basic Life Support and First Aid, upon completion of relevant certifying exam(s). The degree provides opportunity for transfer to baccalaureate programs.

The curriculum presented here applies to students who started the major in Fall 2025 or Spring 2026. If you enrolled as a matriculant prior to that, please see the *College Catalog* for the year you started the major as a matriculant for the curriculum requirements that apply to you.

Consultation with the Program Advisor is required.

Degree Maps:

[Degree Map for Health Sciences, A.S.](#)

Your Degree Map contains the suggested term-by-term course sequence for your academic path towards graduation.

To ensure successful and timely completion of your degree, it is recommended that you meet with your academic advisor to discuss your unique map.

Please note some courses *may* only be offered once an academic year.

Program Learning Outcomes

Upon successful completion of the Health Sciences degree program requirements, graduates will:

1. demonstrate fundamental knowledge in health care services related to individual health behaviors, health communication, psychology, and/or sociology;

2. explain how health is affected by substance use, unhealthy sexual behavior, and improper nutrition, and lack of physical activity;
 3. practice basic communication skills related to helping individuals enhance their sexual health, reduce substance use, manage better nutrition, adhere to medical advice, engage in health coaching, and navigate health care systems;
 4. identify their personal values and the ethical standards of practice related to health care services;
 5. demonstrate technological and communication skills in health care services (reading, writing, and/or speaking);
 6. explain basic concepts related to human anatomy, women's health, and American health care system;
 7. employ critical thinking skills when explaining basic health concepts and demonstrating the application of health care practices; and,
 8. apply basic life support and first aid skills to ensure patient and client safety.
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College Requirements:

English and Math proficient as determined by the CUNY Proficiency Index, unless otherwise exempt, or successful completion of any required developmental course(s).

Civic Engagement Experiences:

One (1) Civic Engagement experience satisfied by Civic Engagement Certified or Civic Engagement Component course or approved outside activity.

Writing Intensive Requirement:

One (1) Writing Intensive Course in any discipline is required.

Required Core (4 Courses, 12 Credits)

When Required Core Courses are specified for a category they are strongly suggested and/or required for the major

*Note: You may elect to take a math or science course that is 4 credits or more. TAP counts 3 credits towards the requirements and the 4th credit as an elective.

- ENG 1200 - Composition I 3 Credit(s)
 - ENG 2400 - Composition II 3 Credit(s)
 - **Mathematical & Quantitative Reasoning 3 Credits(s)***
 - **Life & Physical Sciences Course 3 Credit(s)***
 - BIO 1800 - The Biology of the Human Body 3 Credit(s)
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Flexible Core (6 Courses, 18 Credits):

When Flexible Core Courses are specified for a category they are strongly suggested and/or required for the major

One course from each Group A to E. **and** one (1) additional course from any group. **No more than two courses can be selected from the same discipline**

A. World Cultures and Global Issues Designated Course

B. U.S. Experience in its Diversity Designated Course

C. Creative Expression Designated Course

D. Individual and Society Designated Course

E. Scientific World Designated Course*

* Note: You may elect to take a math or science course that is 4 credits or more. TAP counts 3 credits towards the requirements and the 4th credit as an elective.

Major Requirements (10 Courses, 30 Credits):

- COH 1500 - Healthcare in the United States 3 Credit(s)
- COH 1600 - Patient Engagement Techniques in Community Health 3 Credit(s)
- HPE 1200 - Concepts of Wellness 3 Credit(s)
- HE 2200 - Basic Life Support for the Healthcare Provider and First Aid 3 Credit(s)
- HE 3800 - Women's Health Issues 3 Credit(s)
- HE 4200 - Health and Nutrition 3 Credit(s)
- HS 4000 - Drugs: The Individual and Society 3 Credit(s) ⁺
- HS 5200 - Human Sexuality 3 Credit(s) ⁺
- BIO 1800 - The Biology of the Human Body 3 Credit(s) ^{^ +}

AND

- PSY 1100 - General Psychology 3 Credit(s) ⁺ **or**
 - SPE 1800 - Health Communication 3 Credit(s) ⁺ **or**
 - SOC 3100 - Introduction to Sociology 3 Credit(s) ⁺
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Electives:

0 to 12 credits sufficient to meet required total of 60 credits

The following courses are HIGHLY Recommended if not taken to fulfill Pathways Flexible Core:

- HS 4100 - Global Health Issues 3 Credit(s) (Group A)
 - PHI 7600 - Ethics and Morality in the Health Professions 3 Credit(s) (Group D)
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Notes:

^BIO 1100 can be substituted for BIO 1800 if the former course has **already been completed**.

*These courses also satisfy Pathways Required Core or Flexible Core requirements. Selecting courses that fulfill **BOTH** *Pathways Required Core, Flexible Core, and Major Requirements* will provide students with *more* Elective credits. It is recommended that students speak with a program advisor to select Electives that will best serve them at their intended four-year transfer college or best prepare them for entry-level positions within the field.

An Internal Transfer Credit Articulation Agreement between the Office of Academic Affairs and Division of Workforce Development, Strategic Partnerships and Office of Continuing Education (WD/OCE) is in place for students who completed the Health Coach program through WD/OCE and are matriculated in the A.S. Health Sciences.

The articulation agreement and corresponding information is included in the following:

[Internal Transfer Credit Articulation Agreement – Health Coach Program](#)

Total Credits: 60