

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 2026 or Spring 2027. 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

Degree Map: A.S. in Health Sciences

Degree Information

Catalog Year: **2026 - 2027**Plan: **Health Sciences AS**Sub Plan: **NONE**Required Credits: **60**

General Requirements

Req GPA: **2.0**Req Residential Credits: **30**Req Pathways Credits: **30**Req Civic Engagement: **1**Req Writing Intensive: **1**

1		2		3		4	
Session A		Session A		Session A		Session A	
COURSE	CRS	COURSE	CRS	COURSE	CRS	COURSE	CRS
ENG 1200	3	ENG 2400	3	Choose 1: SPE 1800* OR PSY 1100* OR SOC 3100* or Elective if completed through Flexible Core	3	HPE 1200**	3
HS 4000	3	HS 5200	3	HE 4200	3	COH 1600**	3
MATH & QUANTITATIVE REASONING	3	HE 3800	3	COH 1500	3	HE 2200	3
LIFE & PHYSICAL SCIENCES (Recommended: BIO 1800)	3	Choose 1: Flexible Core: Individual and Society (Recommended: SOC 3100* or SPE 1800*)	3	BIO 1800* or Elective if completed through Required Core	3	Choose 1: Flexible Core: Group A-E (Recommended: PHI 7600)	3
						Choose 1: Flexible Core U.S. Experiences in Its Diversity	3
Session B		Session B		Session B		Session B	
COURSE	CRS	COURSE	CRS	COURSE	CRS	COURSE	CRS
Choose 1: Flexible Core Scientific World (Recommended: PSY 1100*)	3	Choose 1: Flexible Core Creative Expression	3	Choose 1: Flexible Core World Cultures & Global Issues (Recommended: HS 4100)	3		

CAREER AND TRANSFER MILESTONES FOR A.S. IN HEALTH SCIENCES

NOTE: The term-by-term course sequence takes into account necessary Prerequisites, Corequisites, and Pre-/Co-requisites

NOTE: Select ONE (1) WRITING INTENSIVE course & ONE (1) CIVIC ENGAGEMENT course. Some courses meet BOTH requirements, see CUNYfirst to determine course status

SEMESTER CRS: 15

SEMESTER CRS: 15

SEMESTER CRS: 15

SEMESTER CRS: 15

CAREER AND TRANSFER MILESTONES

1		2		3		4	
CAREER & TRANSFER EXPLORATION ACTIVITIES	Done	CAREER & TRANSFER EXPLORATION ACTIVITIES	Done	CAREER & TRANSFER EXPLORATION ACTIVITIES	Done	CAREER & TRANSFER EXPLORATION ACTIVITIES	Done
<u>Claim your Handshake Account (Kingsborough)</u>		<u>Create your LinkedIn profile</u>		<u>Explore internship opportunities through CUNY Career Launch and Spring Forward (Healthcare Services)</u>		<u>Explore internship opportunities through CUNY Career Launch and Spring Forward (Healthcare Services)</u>	
Draft Basic Resume with assistance from the Career Center.		Draft a Basic Cover Letter with assistance from the Career Center.		<u>Engage with the in-demand skills for the field: health literacy and health communication, data literacy and public health research, digital health tools and technology, and cultural competency and health equity advocacy to strengthen career readiness.</u>		Take advantage of events offered by campus Career and Professional Development offices to perfect your job search and sharpen your interview and employability skills. Update your LinkedIn profile and resume with new certifications, experiences, and skills.	
<u>Join the Community Health Student Club or groups relevant to career choice/pathway to build your network and skills.</u>		<u>Attend a Professional/Networking Event Outside of KCC - Local and State Conferences</u>		<u>Attend a Professional/Networking Event Outside of KCC - Local and State Conferences</u>		<u>Review and engage with the proactive steps for the field to increase professional readiness.</u>	
<u>Research and explore desired career pathway via career coach. Including researching Baccalaureate Programs and Complete a Transfer Plan.</u>		Attend Annual Maternal Health Postpartum Awareness Event (Spring semesters)		<u>Career Planning - Research and Join Professional Organization (Student Membership)</u>		<u>Attend a Professional/Networking Event Outside of KCC - Local and State Conferences</u>	
Visit the KCC Community Farm & Garden		<u>Review the U.S. Bureau of Labor Statistics (BLS) Career Outlook Data for health services managers, medical assistants, patient navigators, and other health-related careers to continue to inform career planning and transfer decisions.</u>		Find a Mentor to Check in with Periodically: Establish a relationship with someone who can provide guidance and advice related to your career goals.		Students who successfully complete COH 1600 receive a Digital Badge from Credly recognizing basic skills in Health Coaching. Include this badge on your resume, CV, LinkedIn profile page, and professional/social media pages.	
Attend Annual Food Day Event (Fall semesters)		Visit Community Organizations and Health Clinics for Reproductive and Sexual Health Information to learn more about the field.		Planning for References (Job & Transfer) - Secure a Health Sciences Faculty Mentor(s) who are aware of your interests, abilities, skills and work habits.		Apply for the BLS for Healthcare Provider and a Heartsaver First Aid certification from the American Heart Association, upon successful completion of HE 2200.	
Visit your Community Board and/or attend a meeting to learn more about the field.		Transfer Planning - Attend an orientation with NYC College of Technology and York College faculty and advisors regarding transfer opportunities.		Transfer Planning - Start the transfer process to a Baccalaureate program.		Accept your offer to Enroll in a Baccalaureate program.	
				<u>Explore Continuing Education/Workforce Development Maternal Health Doula Course</u>		Complete CUNY Cap and Gown Survey	

NOTE: Explore the highlighted Milestones by following the link to the Career-Infused Degree Map web page or relevant linked page

Important Notes:

* 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. Courses in **Blue** meet Pathways Required or Flexible Core Requirements, as well as Major requirements.

COH 1600 and HPE 1200 are corequisites and **must be taken together.