

HEALTH SCIENCES A.S. (TRANSFER)

Program Description

Prepares students to further their career goals in Health Sciences, Public Health and Community Health, Exercise Science, or Kinesiology fields. This program of study prepares students to transfer to a four-year institution. It requires completion of general education courses and selected Public Health, Exercise Science, and Science courses.

Students who intend to apply for selective admission to the Frederick Community College Nursing, Physical Therapist Assistant, Respiratory Care, or Surgical Technology programs should follow the Health Sciences Concentration pathway specific to that program to complete the required selective admissions courses prior to applying for their program. Completion of selective admissions courses does not guarantee admission into selective admissions programs.

A grade of "C" or better must be earned in BSCI 201 and all Departmental Requirements and Electives.

Students applying for admission to FCC Nursing, Physical Therapist Assistant, Respiratory Care, or Surgical Technology programs must earn a grade of C or better in all coursework.

Program Learning Outcomes

- Define the role of health professionals in individual, community, regional, and global levels.
- Apply knowledge from behavioral, social, and physical health sciences to health-related wellness and disease prevention.
- Describe human health, disease, wellness, and fitness.
- Identify health-related needs and understand interventional approaches to promote and protect health.

Program Requirements

- Students must complete their credit **English and Mathematics** within the first 24 credits.
- One course must meet the cultural competence graduation requirement (<https://frederick-public.courseleaf.com/general-education-core/#cultural>).
- **CORE: The General Education CORE** is that foundation of the higher education curriculum providing a coherent intellectual experience for all students. Students should check with an advisor or the transfer institution (ARTSYS) before selecting General Education CORE requirements. <http://artsys.usmd.edu/>
- In some General Education categories (Mathematics, Biological & Physical Sciences), a 4-credit course selected from the GenEd course list will satisfy the requirement in place of a 3-credit course. Students should check with an advisor before selecting these courses.
- For the Physical Education, Health, or Nutrition requirement, a 3-credit PHED, HLTH, or NUTR course may satisfy the requirement in place of a 1-credit course. Students should check with an advisor before selecting this course.
- Students must earn a grade of "C" or better in ENGL 101 English Composition.

- Students must earn a grade of "C" or better in BSCI 201 and all Departmental Requirements and Electives.

Students applying for admission to FCC Nursing, Physical Therapist Assistant, Respiratory Care, or Surgical Technology programs must earn a grade of C or better in all coursework.

Code	Title	Credits
English		
ENGL 101	English Composition	3
Mathematics		
Mathematics Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#mathematics) (MATH 120 or higher) ^{1,2,3}		3
Social & Behavioral Sciences		
Social & Behavioral Sciences Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#social-behavioral) - Recommended course(s) below:		6
PSYC 101	General Psychology	
SOCY 101	Introduction to Sociology	
Arts & Humanities		
Arts Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#arts)		3
Humanities Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#humanities)		3
Communication Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#communication)		3
Biological & Physical Sciences		
BSCI 150	Principles of Biology I	4
BSCI 201	Anatomy and Physiology I	4
General Education Elective		
HLTH 165	Fitness for Living (required)	
Physical Education, Health, or Nutrition Requirement		
HLTH 165	Fitness for Living (satisfies this requirement)	
Departmental Requirements		
EXSC 170	Introduction to Health and Exercise Science	3
or PBHL 170	Foundations of Public Health	
NUTR 102	Nutrition in a Changing World	3
or NUTR 200	Principles and Application of Nutrition	
HLTH 100	Stress Management Techniques	1
or HLTH 160	Stress Management	
Electives ^{2,3}		
Select 21 credits of program electives below		21
BSCI 202	Anatomy and Physiology II	
BSCI 223	Microbiology for Allied Health	
BSCI 240	Genetics (Spring)	
BSCI 263	Elements of Microbiology (Fall)	
CHEM 100	Chemistry and Society ¹	
CHEM 101	General Chemistry I ¹	
CHEM 102	General Chemistry II	
CHEM 150	Essentials of Organic Chemistry and Biochemistry	
CHEM 201	Organic Chemistry I	
EDPS 210	Human Growth and Development	
EXSC 180	Care and Prevention of Athletic Injuries	
EXSC 227	Principles of Resistance Training Technique and Program Design	
EXSC 230	Fitness Instruction	
EXSC 240	Fitness Assessment and Programming	
EXSC 250	Essentials of Personal Training	
EXSC 260	Psychology of Sport	
HLTH 150	Health Education	
HLTH 160	Stress Management	
PBHL 190	Personal and Community Health	
PBHL 200	Introduction to Research in Health Science	
PBHL 225	Human Sexuality	

PBHL 240	Introduction to Health Behaviors	
MEDA 109	Medical Terminology	
MEDA 222	Federal Healthcare Programs and Laws	
PHYS 101	Survey of Physics (Spring) ¹	
PHYS 121	Fundamentals of Physics I (Fall) ¹	
PSYC 104	Issues of Drug/Alcohol Use	
Total Credits		60

1

Select course based on prerequisites needed for CHEM or PHYS course you plan to take at FCC

2

Select course based on transfer goals. Determine how these courses transfer to Bachelor Degree requirements

3

Select course based on graduate school goals. Determine how these courses apply to prerequisites for graduate school admissions

Transfer Note

For more information on careers and transfer, contact the Career and Academic Planning Services office at 301.846.2471 or visit Transfer Services (<https://www.frederick.edu/student-resources/counseling-advising/transfer-services.aspx>).

Guided Pathway to Success (GPS)

Suggested schedules map your path to degree completion.

Students should meet with an advisor each semester to carefully select and sequence courses based on their specific academic goals and interests. Visit Jefferson Hall or call 301.846.2471 for advising.

Health Sciences A.S.

This pathway provides the general education curriculum that prepares students to pursue a healthcare-related bachelor's degree at a four-year transfer institution. Students who intend to transfer should work with their advisor to understand the requirements of their transfer institution. Completion of this program does not guarantee admission to a transfer institution. Students interested in courses of study such as pre-medical, pre-dental, pre-veterinary, pre-pharmacy, pre-physician assistant or other related programs should follow the STEM A.S. Degree: Biology or Chemistry Areas of Concentration and meet with an academic advisor.

Students who intend to apply for selective admission to the Frederick Community College Nursing, Physical Therapist Assistant, Respiratory Care, or Surgical Technology programs should follow the specialty pathway for their intended area (i.e., Pre-Nursing, Pre-Respiratory Care, etc.) to complete the required selective admissions courses prior to applying for their program. Completion of selective admissions courses does not guarantee admission into selective admissions programs.

Recommended First Semester		Credits
ENGL 101	English Composition ¹	3
Mathematics Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#mathematics) (MATH 120 or higher) ¹		3-4
Social & Behavioral Sciences Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#social-behavioral) - Recommended course(s) below:		3
PSYC 101	General Psychology	
Arts Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#arts)		3

EXSC 170 or PBHL 170	Introduction to Health and Exercise Science (Milestone) or Foundations of Public Health	3
Credits		15-16

Recommended Second Semester

BSCI 150	Principles of Biology I (Milestone)	4
HLTH 165	Fitness for Living	3
Humanities Elective (Gen Ed Course List) (https://frederick-public.courseleaf.com/general-education-core/#humanities)		3
NUTR 102 or NUTR 200	Nutrition in a Changing World ³ or Principles and Application of Nutrition	3
Elective ²		3
Credits		16

Recommended Third Semester

BSCI 201	Anatomy and Physiology I (Milestone)	4
Elective ²		3
Elective ²		3
Elective ²		3
Communication Elective (Gen Ed Course List) (https://frederick-public.courseleaf.com/general-education-core/#communication)		3
Credits		16

Recommended Fourth Semester

Elective ²		3
Elective ²		3
Elective ²		3
Social & Behavioral Sciences Elective - Recommended Course(s) below:		3
SOCY 101	Introduction to Sociology	
HLTH 100 or HLTH 160	Stress Management Techniques or Stress Management	1
Credits		13
Total Credits		60-61

1

Take this course within the first 24 credits.

2

Select from the following program elective courses:

BSCI 202 Anatomy and Physiology II, BSCI 223 Microbiology for Allied Health, BSCI 240 Genetics, BSCI 263 Elements of Microbiology, CHEM 100 Chemistry and Society, CHEM 101 General Chemistry I, CHEM 102 General Chemistry II, CHEM 150 Essentials of Organic Chemistry and Biochemistry, CHEM 201 Organic Chemistry I, EDPS 210 Human Growth and Development, EXSC 180 Care and Prevention of Athletic Injuries, EXSC 227 Principles of Resistance Training Technique and Program Design, EXSC 230 Fitness Instruction, EXSC 240 Fitness Assessment and Programming, EXSC 250 Essentials of Personal Training, EXSC 260 Psychology of Sport, HLTH 150 Health Education, HLTH 160 Stress Management, PBHL 190 Personal and Community Health, PBHL 200 Introduction to Research in Health Science, PBHL 225 Human Sexuality, PBHL 240 Introduction to Health Behaviors, MEDA 109 Medical Terminology, MEDA 222 Federal Healthcare Programs and Laws, PHYS 101 Survey of Physics, PHYS 121 Fundamentals of Physics I, PSYC 104 Issues of Drug/Alcohol Use

3

Satisfies Physical Education, Health, or Nutrition requirement.

Health Sciences: Pre-Nursing Path

This pathway prepares students to apply for acceptance into the Frederick Community College Nursing program. Students may apply to the FCC Nursing program after successful completion of the selective admissions courses (shown below), but acceptance into the program is

not guaranteed. Upon acceptance into the Nursing program, students should begin the Nursing Associate of Science degree pathway.

Students who are not accepted into the FCC Nursing program may complete their Health Sciences A.S. degree using the Health Sciences A.S. pathway shown at the top of this page. Students who intend to transfer should work with their advisor to understand the requirements of their chosen institution.

Recommended First Semester		Credits
Selective Admissions Courses		
Complete this pathway before applying to the FCC Nursing program:		
ENGL 101	English Composition ¹	3
Mathematics Gen Ed (Gen Ed course list) (Must be MATH 120/120A or higher. MATH 120/120A is recommended.) ¹		3
SOCY 101	Introduction to Sociology	3
Select one of the following:		4
CHEM 101	General Chemistry I	
BSCI 55	Preparation for Allied Health (non-credit developmental course)	
BSCI 150	Principles of Biology I (taken as an elective)	
Credits		13
Recommended Second Semester		
BSCI 201	Anatomy and Physiology I	4
PSYC 101	General Psychology	3
Humanities Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#humanities)		3
EDPS 210	Human Growth and Development	3
Credits		13
Recommended Third Semester		
BSCI 202	Anatomy and Physiology II	4
Arts Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#arts)		3
NUTR 102 or NUTR 200	Nutrition in a Changing World ² or Principles and Application of Nutrition	3
Communication Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#communication)		3
BSCI 223 or BSCI 263	Microbiology for Allied Health or Elements of Microbiology (Fall)	4
Selective Admissions courses complete		
At this time, students should apply to the FCC Nursing program. Those who are accepted will move to the Nursing A.S. pathway and complete it. Those who are not may finish their Health Sciences A.S. by completing its pathway instead (shown at the top of this page). Courses taken so far will work towards those degrees; you won't be starting over!		
Credits		17
Total Credits		43

1

Take this course within your first 24 credits.

2

Satisfies Physical Education, Health, or Nutrition requirement.

Health Sciences: Pre-Physical Therapist Assistant Path

This pathway prepares students to apply for acceptance into the Frederick Community College Physical Therapist Assistant program. Students may apply to the FCC Physical Therapist Assistant program after successful completion of the selective admissions courses (shown below), but acceptance into the program is not guaranteed. Upon acceptance into the Physical Therapist Assistant program, students should begin the Physical Therapist Assistant A.A.S. degree pathway.

Students who are not accepted into the FCC Physical Therapist Assistant program may complete their Health Sciences A.S. degree using the Health Sciences A.S. pathway shown at the top of this page. Students who intend to transfer should work with their advisor to understand the requirements of their chosen institution.

Recommended First Semester		Credits
Selective Admissions Courses		
Complete this pathway before applying to the FCC Physical Therapist Assistant program:		
ENGL 101	English Composition ¹	3
Mathematics Gen Ed (Gen Ed course list) (Must be MATH 120/120A or higher. MATH 120/120A is recommended.) ¹		3
BSCI 150	Principles of Biology I	4
PSYC 101	General Psychology	3
At this point, students are eligible to apply to the Physical Therapist Assistant program. However, we strongly recommend completing the next semester of this pathway for the best chance of being accepted.		
Credits		13
Recommended Second Semester		
BSCI 201	Anatomy and Physiology I	4
COMM 105	Small Group Communication	3
MEDA 109	Medical Terminology	3
Apply to the Physical Therapist Assistant program		
At this time, students should apply to the FCC Physical Therapist Assistant program. The deadline for best consideration is May 1. Those who are accepted will move to the Physical Therapist Assistant A.A.S. pathway and complete it. Those who are not may finish their Health Sciences A.S. by completing its pathway instead (shown at the top of this page). Courses taken so far will work towards those degrees; you won't be starting over!		
Credits		10
Recommended Third Semester		
BSCI 202	Anatomy and Physiology II (taken during the summer term)	4
Credits		4
Total Credits		27

1

Take this course within your first 24 credits.

Health Sciences: Pre-Respiratory Care Path

This pathway prepares students to apply for acceptance into the Frederick Community College Respiratory Care program. Students may apply to the FCC Respiratory Care program after successful completion of the selective admissions courses (shown below), but acceptance into the program is not guaranteed. Upon acceptance into the Respiratory Care program, students should begin the Respiratory Care A.A.S. degree pathway.

Students who are not accepted into the FCC Respiratory Care program may complete their Health Sciences A.S. degree using the Health Sciences A.S. pathway shown at the top of this page. Students who intend to transfer should work with their advisor to understand the requirements of their chosen institution.

Recommended First Semester		Credits
Selective Admissions Courses		
Complete this pathway before applying to the FCC Respiratory Care program:		
ENGL 101	English Composition ¹	3
Mathematics Gen Ed (Gen Ed course list) (Must be MATH 120/120A or higher. MATH 145 is recommended.) ¹		3
Select one of the following:		4

CHEM 101	General Chemistry I	
BSCI 55	Preparation for Allied Health (non-credit developmental course)	
BSCI 150	Principles of Biology I (taken as an elective)	
PSYC 101	General Psychology	3
COMM 102 or COMM 105	Interpersonal Communication or Small Group Communication	3
Credits		16
Recommended Second Semester		
BSCI 201	Anatomy and Physiology I	4
BSCI 223 or BSCI 263	Microbiology for Allied Health or Elements of Microbiology (Fall)	4
Select one of the following:		1,3
MEDA 108	Basic Medical Terminology (1 credit)	
MEDA 109	Medical Terminology (3 credits)	
Credits		9-11
Recommended Third Semester		
The following course is taken in the Summer term:		
BSCI 202	Anatomy and Physiology II	4
Selective Admissions courses complete		
At this time, students should apply to the FCC Respiratory Care program. Those who are accepted will move to the Respiratory Care A.A.S. pathway and complete it. Those who are not may finish their Health Sciences A.S. by completing its pathway instead (shown at the top of this page). Courses taken so far will work towards those degrees; you won't be starting over!		
Credits		4
Total Credits		29-31

1

Take this course within your first 24 credits.

Health Sciences: Pre-Surgical Technology Path

This pathway prepares students to apply for acceptance into the Frederick Community College Surgical Technology program. Students may apply to the FCC Surgical Technology program after successful completion of the selective admissions courses (shown below), but acceptance into the program is not guaranteed. Upon acceptance into the Surgical Technology program, students should begin the Surgical Technology A.A.S. degree pathway.

Students who are not accepted into the FCC Surgical Technology program may complete their Health Sciences A.S. degree using the Health Sciences A.S. pathway shown at the top of this page. Students who intend to transfer should work with their advisor to understand the requirements of their chosen institution.

Recommended First Semester		Credits
Selective Admissions Courses		
Complete this pathway before applying to the FCC Surgical Technology program:		
ENGL 101	English Composition ¹	3
Mathematics Gen Ed (Gen Ed course list) (Must be MATH 120/120A or higher. MATH 120/120A is recommended.) ¹		3
Select one of the following:		4
CHEM 101	General Chemistry I	
BSCI 55	Preparation for Allied Health (non-credit developmental course)	
BSCI 150	Principles of Biology I (taken as an elective)	
Communication Gen Ed (Gen Ed course list)		3
PSYC 101	General Psychology	3
Credits		16
Recommended Second Semester		
BSCI 201	Anatomy and Physiology I	4
SOCY 101	Introduction to Sociology	3

Select one of the following:		1,3
MEDA 108	Basic Medical Terminology (1 credit)	
MEDA 109	Medical Terminology (3 credits)	
Elective		3
Credits		11-13
Recommended Third Semester		
BSCI 202	Anatomy and Physiology II	4
Arts Elective (Gen Ed course list) (https://frederick-public.courseleaf.com/general-education-core/#arts)		3
NUTR 102 or NUTR 200	Nutrition in a Changing World ² or Principles and Application of Nutrition	3
Elective		3
Selective Admissions courses complete		
At this time, students should apply to the FCC Surgical Technology program. Those who are accepted will move to the Surgical Technology A.A.S. pathway and complete it. Those who are not may finish their Health Sciences A.S. by completing its pathway instead (shown at the top of this page). Courses taken so far will work towards those degrees; you won't be starting over!		
Credits		13
Total Credits		40-42

1

Take this course within your first 24 credits.

2

Satisfies Physical Education, Health, or Nutrition requirement.

Part-time Students

Part-time students should complete courses in the order listed on the pathway. Please contact program manager for questions about part-time status.

Students who take fewer than 15 credits each semester or who require developmental English or Math coursework will need additional semesters to complete their degrees. Summer term and January session classes may help students to make faster progress.

Pathway Legend

Milestone - courses with the Milestone notation should be taken within the recommend credit range to stay on track for program completion.

Fall, Spring, Summer - courses with a Fall, Spring, or Summer notation indicate the course is offered in the specified semester only.