

HEALTH & WELLNESS

Your Pathway

HEALTH

Associate in Science Degree

This degree will allow you to explore health-related topics such as nutrition, physical fitness, substance abuse, wellness, medical-related areas in medical terminology, first aid, and EMT training.

Suggested Sequence of Classes

FALL SEMESTER – FIRST YEAR 15 units

ENGL 1A College Composition 4 units
MATH 14 Introduction to Statistics 4 units
NUTR 25 Nutrition 3 units
HEOC 11 Medical Terminology 3 units
STU 90 Career Choice 1 unit

SPRING SEMESTER – FIRST YEAR 15 units

CMST 20 Intercultural Communication 3 units
PSYC 1A General Psychology 3 units
HLTH 1 Health and Wellness 3 units
ECE 1 Human Development 3 units
HUSV 60 Life Management 3 units

FALL SEMESTER – SECOND YEAR 15 units

HIST 2 World Civilization 3 units
HLTH 6 Culture and Health 3 units
KINES 1 Foundations of Kinesiology 3 units
PSYC 5 Human Sexuality 3 units
HLTH 20 Essentials of Athletic Performance Training 3 units

SPRING SEMESTER – SECOND YEAR 15 units

ETHS 11 Intersectionality of Race, Ethnicity, and Health 3 units
KINES 2 Sports Emergency Care 3 units
HLTH 3 Substance Abuse Awareness 3 units
HEOC 10 Applied Pharmacology 3 units
ECON 1A Principles of Economics – Micro 3 units

POTENTIAL CAREERS

Physical Therapist
Medical Records Clerk
Health Technician

SALARY POTENTIAL

\$96,158 per year
(source: ziprecruiter.com)



Please meet with a counselor to customize your own educational plan, explore course options, and consider department and counseling faculty recommendations.



Shasta College
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Counseling
(530) 242-7724