

# Bachelor of Science in Natural Science, Health Sciences

The goal of academic advising is to further enhance the educational mission of the university and create quality, accessible advising partnerships with all students in a positive environment that supports student success. This advising sheet is for tracking purposes toward degree completion and is subject to change. Students also may track their academic progress via STAR Degree Check through STAR GPS at <https://www.star.hawaii.edu/>. Academic Advising appointments may be scheduled by calling 808-689-2689 or toll-free from neighbor islands at 866-299-8656 or by visiting STAR BALANCE at <https://www.star.hawaii.edu/appointment/login.jsp>. Please visit the Advising website for further information <https://westoahu.hawaii.edu/academics/advising/>.

## Graduation Requirements (see the 2025-2026 catalog for any additional graduation requirements):

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> 30 Upper Division Credits Minimum | <input type="checkbox"/> 3 Upper Division Writing Intensive Courses | <input type="checkbox"/> 2.0 UHWO GPA          |
| <input type="checkbox"/> 120 Total Credits Minimum         | <input type="checkbox"/> Focus Requirements (OC, HAP, ETH)          | <input type="checkbox"/> 2.0 CONCENTRATION GPA |
| <input type="checkbox"/> 30 UHWO Credits                   |   |  |

*\*Note: Some courses may be applied more than once to fulfill General Education, Core, or Concentration Requirements. Double-counted courses do not reduce the number of credits required for the concentration. Students are still responsible for meeting the minimum number of credits in the concentration and the overall total credits for graduation*

## General Education Requirements: 31 credits (15 credits \*see note above)

Credits	Course Alpha / Number / Title
3	Foundations Written Communications (FW) ENG 100 Composition I
0*	Foundations of Quantitative Reasoning (FQ) <b>MATH 241</b>
6	Foundations Global and Multicultural Perspectives (FG): 6 credits from two <b>different</b> groups (A, B, C): *Group A: Primarily before 1500 CE (e.g., HIST 151 or ANTH 151) *Group B: Primarily after 1500 CE (e.g., HIST 152 or ANTH 152) *Group C: Pre-history to present
6	Diversification Arts, Humanities & Literature (DA, DH, DL): 6 credits from two different areas
0*	Diversification Social Sciences (DS): 6 credits from two different areas <b>PSY 100</b>
0*	Diversification Social Sciences (DS): Different area from above. <b>PUBA 104</b>
0*	Diversification Natural Sciences (DB, DP, DY): 3 credits from the biological sciences (DB): <b>BIOL 171</b>
0*	3 credits from the physical sciences (DP): <b>CHEM 161</b>
0*	1 credit of laboratory (DY): <b>CHEM 161L</b>

## Writing Skills Requirement: 3 credits

Credits	Course Alpha / Number / Title
3	ENG 200 Composition II (or equivalent) or ENG 220 Scientific Writing (Recommended) with a "C-" or higher

## Natural Science Core Requirements: 41 credits

*\*10 credits in the NS Core Requirement will also fulfill General Education Requirements*

Credits	Course Alpha / Number / Title
4	CHEM 161/ 161 L General Chemistry I and Lab (will satisfy general ed DP/DY above) Prerequisite: Placement into ENG 100 or concurrent enrollment in ENG 100T and MATH 103 with a C or higher or concurrent enrollment in MATH 241
4	CHEM 162/ 162 L General Chemistry II and Lab Prerequisite: CHEM 161 with a C or higher
4	MATH 241 Calculus I (will satisfy general ed FQ above) Prerequisite: Grade of "C" or better in MATH 140 or equivalent; or placement into MATH 241
4	MATH 242 Calculus II Prerequisite: Grade of "C" or better in MATH 241 or equivalent; or placement into MATH 242
4	PHYS 151/ 151L College Physics I and Lab or PHYS 170/ 170 L General Physics I and Lab Prerequisite: MATH 140 with a C or better, Math 241 with a C or better, or concurrent with Math 241

Credits	Course Alpha / Number / Title
4	PHYS 152/ 152 L College Physics II and Lab or PHYS 272/ 272 L General Physics II and Lab Prerequisite: PHYS 151/151L with a C or better, or PHYS 170/170L with a C or better, and Math 242 with a C or better or concurrent with Math 242
4	BIOL 171/ 171L Introduction to Biology I and Lab <i>(will satisfy general ed DB above)</i> Prerequisite: Completion of or concurrent enrollment in either CHEM 151 or 161
4	BIOL 172/ 172L Introduction to Biology II and Lab Prerequisite: BIOL 171/171L
3	<b>Select one course from the following:</b> HLTH 204 Introduction to Native Hawaiian & Indigenous Health and Healing HLTH 205 Hawaiian Ways of Healing NSCI 300 Interdisciplinary Indigenous Sciences and Health
1	NSCI 100L Transdisciplinary Introduction to Laboratory Methods
2	NSCI 200 Transdisciplinary Introduction to Research Methods
3	NSCI 400 Interdisciplinary Seminar

### Health Sciences Concentration Requirement: 29 credits

Credits	Course Alpha / Number / Title
3	HLTH 117 Survey of Health Professions
3	HLTH 123 Intro to Clinical Skills & Patient Care
3	HLTH 242 Medical Terminology
4	PHYL 141/141L Human Anatomy and Physiology I and Lab Prerequisite: Completion or current enrollment in ENG 100
4	PHYL 142/142L Human Anatomy and Physiology II and Lab Prerequisite: Grade of "C" in PHYL 141
3	PSY 100 Survey of Psychology <i>(will satisfy general ed DS above)</i>
3	PUBA 104 Introduction to Community Health <i>(will satisfy general ed DS above)</i>
3	<b>Select one course from the following:</b> BIOL 365 Research Methods in Biology (Prerequisite: BIOL 101 or BIOL 171) PUBA 308 Community Engaged Research Methods
3	<b>Select one course from the following:</b> BIOL 310 Statistics for Biologists HLTH 460 Biostatistics (Prerequisite: MATH 135 or higher)
3	<b>Select one course from the following:</b> BIOL 405 Ethics for Biologists (ETH) Prerequisite: BIOL 101 or BIOL 171 HLTH 395 Health and Wellness for Life
3	HLTH 370 Seminar in Health Sciences

### Health Sciences Concentration Electives: 12 credits

At least 9 credits need to be Upper Division 300-400 level

ANTH 425 Medical Anthropology  
ANTH 427 Food, Health and Society  
BIOC 441 Basic Biochemistry  
BIOL 275/275L Cell and Molecular Biology/Lab  
BIOL 302 The One Health Approach to Infectious Disease  
BIOL 340 Genetics, Evolution & Society  
BIOL 375/375L Genetics/Lab  
BIOL 380/380L Advanced Human Anatomy & Lab  
BIOL 384/384L Human Skeletal Biology & Lab  
MATH 304 Mathematical Modeling  
PHYL 301/301L Adv Human Anatomy & Phys/Lab  
PHYL 354/354L Exercise Physiology & Lab  
PSY 371 Abnormal Psychology  
PSY 473 Psychology of Healing

PUBA 302 Health Policy, Politics, & Law  
PUBA 314 Community Epidemiology & Population Health  
PUBA 318 Managed Care  
PUBA 354 Program Planning & Evaluation in Health  
PUBA 446 Contemporary Issues in Health care  
SCFS 340 Food Sovereignty, Nutrition & Human Wellbeing: Reconnecting Food, Nature & Community  
SOC 354 Survey of Medical Sociology  
SOC 355 Death, Dying, & Bereavement  
SOC 479 Applied Sociology: Community-Based Participatory Research in Health

Credits	Course Alpha / Number / Title
3	<i>(Upper Division 300-400 level)</i>
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3	

**Capstone Requirement: 6 credits**

Credits	Course Alpha / Number / Title
3	NSCI 486H Senior Project (WI)
3	NSCI 490H Senior Practicum (WI)

**Elective Requirements: 8 credits, check with your College Success Advisor to determine how many elective credits are needed.**

Credits	Course Alpha / Number / Title
3	
3	
2	

**Note: Dr. Romine ([rromine@hawaii.edu](mailto:rromine@hawaii.edu)) is the Faculty contact for this concentration.**