# Liberal Arts and Sciences: Mathematics and Science - Health Education

## Program Information

**Degree Type:** AS
**Program Code:** LAMS - HEED
**Degree Worksheet PDF:** 2023_2024_lams-heed.pdf [1]

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LAMS - HEED
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Microcredential: http://www.sunyacc.edu/academics/microcredentials [3]

SUNY Adirondack offers a two-year Liberal Arts and Sciences Associate in Science (AS) degree in Mathematics and Science with a concentration in Health Education. This program awards a two-year AS degree and sets a solid base for students to transfer to a four-year institution. *Recommended high school preparation: Biology, chemistry, and four years of math.*

| Cr. | Course Title | Course C |
|---|---|---|
| 1-2 | FRESHMAN EXPERIENCE | HRD100 H |
| 3 | Introduction to College Writing | ENG101 |
| 3 | Writing II | ENG102, E ENG108, E |
| 4 | Introductory Statistics and Probability | MAT127 (P |
| 3-4 | SUNY GEN ED Natural Sciences (and Scientific Reasoning) lab science | BIO103 Pri |
| 3 | Mathematics or Science | CHM103 P |
| 3 | College Health | HED103 |
| 3 | SUNY GEN ED World History and Global Awareness | |
| 3 | SUNY GEN ED US History and Civic Engagement | |
| 3 | General Psychology | PSY101 |
| 3 | Principles of Sociology | SOC101 |
| 3 | SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities | |
| 4 | Anatomy and Physiology I | BIO107 (P |
| 4 | Anatomy and Physiology II | BIO108 (P |
| 3 | Human Nutrition | NTR111 |
| 8 | Mathematics/Science Core (MSC) - Choose 8 credits from:<br><br>**Biology:** BIO111, BIO112, BIO205, BIO212 or BIO223 (Recommended)<br><br>**Chemistry:** CHM104A,CHM104B, CHM111, CHM112, CHM202, CHM203, CHM204 | |

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| | **Computer Science:** CIS143, CIS144, CIS211<br><br>**Earth Science:** AST113, GEO101, GEO114, GEO202<br><br>**Engineering:** EGR105, EGR106, EGR204, EGR207, EGR208, EGR209, EGR210<br><br>**Mathematics:** MAT121, MAT125, MAT129, MAT131, MAT132, MAT220, MAT227, MAT231, MAT232 (Spring Only)<br><br>**Physics:** PHY111, PHY112<br><br>**Social Sciences:** ANT230 | |
| 3 | Liberal Arts and Sciences [4] | PSY202 Ch Psychology (Spring on |
| 7 | Electives | BIO115, CI |
| **64** | **Minimum credits required for graduation** | |

| **Recommended First Year** | |
|---|---|
| **First Semester** | |
| 1-2 | HRD100, HRD100A or HRD110 |
| 3 | ENG101 |
| 3 | SOC101 |
| 3-4 | SUNY GEN ED Natural Sciences (and Scientific Reasoning) lab science - BIO103 recommended |
| 3 | PSY101 |
| 3 | Electives (See Note 1) |
| **Second Semester** | |
| 3 | Mathematics or Science - CHM103 recommended |
| 3 | ENG102 - ENG110 |
| 4 | MAT127 |
| 3 | Liberal Arts and Sciences (See Note 2) |
| 3 | Electives (See Note 1) |
| **Recommended Second Year** | |
| **Third Semester** | |
| 3 | SUNY GEN ED US History and Civic Engagement |
| 4 | BIO107 |
| 3 | NTR111 |
| 3 | SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities |
| 3 | HED103 |
| **Fourth Semester** | |
| 3 | SUNY GEN ED World History and Global Awareness |
| 4 | BIO108 |
| 4 | MSC Elective - BIO223 recommended (See Note 3) |
| 4 | |

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| | MSC Elective (See Note 3) | |
| 1 | Electives (See Note 1) | |

**NOTES**

1. Recommended electives are BIO115, CRJ101, PED105 or NTR101
2. Recommended electives are PSY202, PSY222 or SOC275 (Spring only)
3. Mathematics/Science core (MSC) courses shall be selected from the LAMS program layout.
4. Prior approved MSC courses can be used to meet degree requirements.

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https://catalog.sunyacc.edu/programs/liberal-arts-and-sciences-mathematics-and-science-health-education

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