

Liberal Arts and Sciences: Health Sciences AS (HESS) - Saratoga Branch Campus

Catalog: 2025-2026			Effective Date: 9/01/2025
CR	COURSE	COURSE TITLE	SUNY GEN ED
1-2	HRD 100, HRD 100A or HRD 110	FRESHMAN EXPERIENCE	
3	ENG 101	<i>Introduction to College Writing</i>	GCWO
3	ENG 102, ENG 103, ENG 104, ENG 105, ENG 106, ENG 107, ENG 108, ENG 109 or ENG 110	<i>Writing II</i>	GWCO
4	MAT 127	<i>Introductory Statistics with Probability</i>	GMAT
3-4	SUNY GEN ED Natural Sciences (and Scientific Reasoning) lab science	BIO 103 <i>Principles of Biology</i> or CHM 103 <i>Principles of Chemistry</i> recommended	GNSL
3	SUNY GEN ED Math or Science elective		GMAT GNSC
2	Any PED activity course, AVS 101, AVS 102, BIO 115, HED 103, HED 104, HED 108, NTR 101, NTR 111, PED 105, PED 106, PED 206 or PED 211 (Note: PED 210 and PED 212 do not fulfill this requirement)	HEALTH AND WELLNESS	
3	SUNY GEN ED World History and Global Awareness		GGLB
3	SUNY GEN ED US History and Civic Engagement		GUSC
3	PSY 101	<i>General Psychology</i>	GSSC
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences (Other than English)		GART GWRL GHUM
3	SOC 101	<i>Principles of Sociology</i>	GDVR
4	BIO 107	<i>Anatomy and Physiology I</i>	GNSL
4	BIO 108	<i>Anatomy and Physiology II</i>	GNSL
4	BIO 223	<i>Microbiology</i>	GNSL
3	NTR 101 or NTR 111	NTR 101 <i>Fundamentals of Nutrition</i> or NTR 111 <i>Human Nutrition</i>	
15	Program electives per career and transfer goal		
64	Minimum credits required for graduation		

Notes on Liberal Arts and Sciences: Health Sciences AS (HESS)

❖ <u>COURSE PREREQUISITES:</u>			
BIO 107	Within the last 5 years Regents Biology 80 <u>and</u> Regents Chemistry 80; or BIO 103 with C or better and CHM 103 with C or better; or equivalent	MAT 127	MAT 097 within 4 years and 12 earned credits or MAT 108 within 4 years
BIO 108	BIO 107	PSY 202	PSY 101
BIO 223	Within the last 5 years Regents Biology 80 <u>and</u> Regents Chemistry 80; or BIO 103 with C or better and CHM 103 with C or better; or equivalent	PSY 222	PSY 101
NTR 111	BIO 103 and CHM 103	SOC 275	CRJ 101

❖ <u>RECOMMENDED SEQUENCE:</u>			
FIRST YEAR			
First Semester		Second Semester	
1-2	HRD 100, HRD 100A or HRD 110	1	Health and Wellness
3	ENG 101	3	ENG 102 – ENG 110
3	SOC 101	3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences (Other than English)
3	SUNY Gen Ed US History and Civic Engagement	3	SUNY GEN ED World History and Global Awareness
3	PSY 101	4	MAT 127
3-4	SUNY GEN ED Natural Sciences (and Scientific Reasoning) lab science	3	Program Elective – See Note 1
SECOND YEAR			
Third Semester		Fourth Semester	
4	BIO 107	4	BIO 108
3	SUNY GEN ED Mathematics or Science	4	BIO 223
3	NTR 101 or NTR 111	3	Program Elective – See Note 1
3	Program Elective – See Note 1	3	Program Elective – See Note 1
3	Program Elective – See Note 1		
1	Health and Wellness		
NOTES:			
1. Program Elective Courses should be carefully chosen with an advisor based upon career and transfer goals.			

❖ **DEFINITION OF COURSE REQUIREMENTS:** See <http://catalog.sunyacc.edu/academics/degree requirements>

❖ **FINANCIAL AID RECIPIENTS:** A student **must** choose courses that are within their degree program. Students are encouraged to meet with their assigned academic advisor for any questions about course selection and degree program requirements. Please visit the Office of Financial Aid for any aid-related questions.

❖ **SUNY GEN ED KNOWLEDGE AREAS:** See <http://catalog.sunyacc.edu/academics/generaleducation>

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| ❖ Mathematics (and Quantitative Reasoning) (GMAT) | ❖ Diversity: Equity, Inclusion and Social Justice (GDVR) |
| ❖ Natural Sciences (and Scientific Reasoning) (GNSC/L) | ❖ Humanities (GHUM) |
| ❖ Social Sciences (GSSC) | ❖ The Arts (GART) |
| ❖ US History and Civic Engagement (GUSC) | ❖ World Languages (GWRL) |
| ❖ World History and Global Awareness (GGLB) | ❖ Communication – Written and Oral (GCWO) |