Sample Four Year Plan

Health Science (BS), Pre-Occupational Therapy/Pre-Athletic Training Concentration

Semester 1
- TRU 120: First Year Seminar (3 cr)
- HLTH 255: Intro to Community and Public Health (3 cr)
- MATH 120: Quantitative Reasoning (3 cr)
- ENG 190: Writing as Critical Thinking (3 cr)
- Dialogues Curriculum course (3 cr) *(Arts & Humanities Perspective recommended)*

Semester 2
- HLTH 270: Health Systems and Consumers (3 cr)
- HLTH 290: Public Health Education Principles (3 cr)
- SOAN 190: Sociological Inquiry (3 cr) OR SOAN 191: Anthropological Inquiry (3 cr)
- STAT 190: Basic Statistics (3 cr)
- BIOL 100: Biology (4 cr) **OR** BIOL 107: Cells, Molecules, and Genes (4 cr)

Semester 3
- Elementary Foreign Language I (or as placed) (3 cr)
- PSYC 166: General Psychology (3 cr)
- COMM 170: Public Speaking (3 cr) **OR** COMM 252: Interpersonal Communication (3 cr)
- Dialogues STEM Perspective course *(CHEM 100 **OR** CHEM 130 recommended for concentration)*
- Missouri Statute requirement (1-4 cr) *(HIST 2100 recommended)*

Semester 4
- HLTH 349: WE/Research Methods in Health Science (3 cr)
- HLTH 325: Health Management and Policy (3 cr)
- PSYC 377: Developmental Psychology (3 cr)
- Elementary Foreign Language II (or as placed) (3 cr)
- Dialogues Curriculum course (3 cr) *(Arts & Humanities Perspective recommended)*

Semester 5
- HLTH 410: Health Communication Methods (3 cr)
- HLTH 366: Program Assessment & Planning (3 cr)
- Concentration Selective (3 cr) *(ES 369 recommended; see Catalog for all options)*
- Concentration Selective (3 cr) *(WE/HLTH 320 recommended; see Catalog for all options)*
- Bachelor of Science Requirement course (4 cr) *(BIOL 365/365L recommended; see Catalog for all options)*

Semester 6
- HLTH 200: Medical Terminology (2 cr)
- PSYC 366: Psychology of Abnormal Behavior (3 cr)
- BIOL 325: Human Physiology (4 cr)
- JINS 3XX: WE/Junior Interdisciplinary Seminar (3 cr)
- Elective course (4 cr)

** If pursuing graduate school, we suggest researching your school(s) required entrance exam.*

Semester 7
- Concentration Selective (3 cr) *(HLTH 467 recommended; see Catalog for all options)*
- Dialogues Curriculum course (3 cr) *(Arts & Humanities Perspective recommended)*
- Elective courses (9 cr)

** Register for the CHES Exam (Senior Test)*

Semester 8
- HLTH 440: Program Implementation & Evaluation (3 cr)
- HLTH 400: CHES Exam Review (1 cr)
- Dialogues Curriculum course(s) and Elective courses to complete degree (9 cr)

** Take CHES Exam in April/October (Senior Test)*

NOTES:

- All students must complete Perspectives requirements. Health Science Pre-OT/AT concentration students are specifically **required** to complete **BIOL 107** or **BIOL 100, CHEM 100** or **CHEM 130, and PSYC 166** to fulfill Required Support.
- WE = Writing Enhanced course. The Writing Enhanced (WE) course requirements are met by completing HLTH 320 (as an elective in the major or another WE course in any area), HLTH 349, and JINS 3XX.
- See course pre-requisites at catalog.truman.edu.
- You are encouraged to use these materials in conjunction with the Truman Catalog and Degree Works (available on TruView) as a guide in planning your progress toward completion of degree

requirements. The Office of the Registrar is responsible for certifying completion of degree requirements based on requirements specified in the catalog.

- If you have not completed the Civics Exam, we recommend doing so in your **first year**.
- Truman students are required to complete a Portfolio to graduate. We recommend starting to compile your work for the Portfolio sooner than later.
- Students must complete their Application to Graduate **the semester prior to graduating**. Apply to graduate through TruView.
- Graduating seniors need to complete their seniors test and questionnaire. We recommend reviewing the Assessment & Testing page to plan accordingly.
- **The Dialogues curriculum** requires a certain number of courses/credit hours in the following Perspectives: Social, Arts and Humanities, STEM, Communications, and Statistics. The exact number of courses a student will be required to take during their undergraduate career varies individually according to the credit transferred in.

Department Chair: Please contact the Center for Academic Excellence with any updates to the plan above. Revised 3-9-2026