COLLEGE OF APPLIED HEALTH SCIENCES

UIC

Office of Student Affairs
College of Applied Health Sciences
University of Illinois at Chicago
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Major Exploration Course Recommendations

The following is a list of the five undergraduate majors within the College of Applied Health Sciences. Each major has a brief description of the program followed by one to three recommended courses to take to explore your level of interest in that major.

Disability and Human Development

A contributing factor to any person's ability level is the environment in which they live. The UIC Bachelor of Science in disability and human development studies development across the lifespan and offers an interdisciplinary look at not just disability, but also the unique needs of people with disabilities.

Course Recommendations

DHD 101: Disability in U.S. Society (3 hours)
Explores the variety of approaches to understanding disability in personal, social, economic, artistic, and political contexts. Class Schedule Information: To be properly registered, students must enroll in one Lecture-Discussion and one Discussion. Individual and Society course, and US Society course.
Semester(s) Offered: Fall and Spring

DHD 102: Disability in American Film (3 hours)
Introduces students to the portrayal of disability in American cinema. What does cinema offer to our cultural understanding of disability? Course Information: Previously listed as DHD 176. Class Schedule Information: To be properly registered, students must enroll in one Lecture-Discussion and one Discussion. Creative Arts course, and US Society course.
Semester(s) Offered: Fall (in person) and Spring (online)

DHD 201: Disability, Rights, and Culture (3 hours)
Provides an overview of disability rights and disability culture. Focuses on moral, legal, cultural, and economic aspects of the lives of people with disabilities in history and at present. Individual and Society course.
Semester(s) Offered: Spring

Health Information Management

If you're interested in healthcare and information technology, UIC's Bachelor of Science in health information management is perfect for you. Study topics like clinical diagnosis and procedure coding and reimbursement systems, data analysis, quality management and health information systems. After graduation, you're eligible to take the Registered Health Information Administrator (RHIA) exam.

Available on campus or entirely online, our dynamic curriculum teaches you to properly manage and use information and information systems for healthcare planning, resource allocation and executive decision-making.

Course Recommendations

BA 200: Managerial Communication (3 hours)
Principles of effective business communication applied to practice in writing and speaking, individual and team work; emphasis on written communication. Course Information: Prerequisite(s): ENGL 161 or the equivalent.
Semester(s) Offered: Fall, Spring and Summer

COMM 100: Fundamentals of Human Communication (3 hours)
Emphasis on strategies for public speaking, public presentations, and conducting meetings. Effective approaches to audience analysis, speaker/presenter credibility, using evidence, argument development, delivery, and planning meetings. Course Information: No credit given toward the Major in Communication. Individual and Society course.
Semester(s) Offered: Fall, Spring and Summer

IDS 200: Intro to Management Information Systems (4 hours)
Introduction to concepts and application of information technology for solving business problems and supporting organizational functions. Includes hands-on instruction on use of computer-based productivity tools. Course Information: Previously listed as IDS 100. Class Schedule Information: During the fall and spring terms, combined section final exam will be held on Thursday of finals week from 3:30 to 5:30 p.m. To be properly registered, students must enroll in one Laboratory-Discussion and one Lecture.
Semester(s) Offered: Fall, Spring and Summer

Kinesiology

UIC's Bachelor of Science in kinesiology focuses on the study of human movement from the cellular level to the whole body. Through courses in anatomy and physiology, exercise psychology, biomechanics and aging, you'll explore all aspects of physical activity. Our graduates are experts in injury and disease prevention, functional evaluation and rehabilitation, and ergonomic solutions that promise better health for a lifetime.

We have two concentrations in kinesiology: movement science, and exercise science and health promotion. These specializations make sure you gain the knowledge and experience you need to pursue your personal goals.

Waitlist Procedure

To register for KN 100, KN 136, or KN 152 students will need to **complete the waitlist form here**: https://ahs.uic.edu/inside-ahs/student-resources/kinesiology-waitlist/.

Waitlist instructions:

1. Students will need to waitlist for each desired class and receive approval
2. Students will need to use the **general** waitlist—NOT the waitlist for KN 251 or 252 (it is at the very bottom of the page)

Reminder: Completing these courses does not guarantee admission into the KN program should you plan to complete the intercollege transfer process

Course Recommendations

KN 100: Kinesiology and Nutrition: First-year Seminar (2 hours)
Core course emphasizing the tools necessary for academic success in the transition from High School or a Community College to the University level. Careers, professional organizations, resources and issues that impact the field are also presented. Course Information: Satisfactory/Unsatisfactory grading only.
Semester(s) Offered: Spring

KN 136: Techniques and Principles of Resistance Training (2 hours)
Teaches students how to identify, describe, execute, and progress common resistance training exercises for upper extremity, lower extremity, and trunk. Class Schedule Information: To be properly registered, students must enroll in one Lecture-Discussion and one Laboratory.
Semester(s) Offered: Fall and Spring

KN 152: Introduction to Exercise Science and Health (3 hours)
Provides students with the fundamental knowledge of the structure and function of the human body, particularly as it relates to the interaction between physical activity and health and disease. Course Information: Recommended background: High school chemistry, biology and/or physiology. Class Schedule Information: To be properly registered, students must enroll in one Laboratory-Discussion and one Lecture-Discussion. *Natural World - With Lab course*.
Semester(s) Offered: Fall and Spring

Nutrition

Our Bachelor of Science in Nutrition focuses on intensive study in biological and physical sciences to understand the relationships between nutrients and human health.

There are two tracks for students in the nutrition programs at UIC. One is to pursue a career as a registered dietitian. The other is to pursue an undergraduate degree in nutrition as a foundation for a professional health degree, or for careers in research, industry and community settings.

Course Recommendations

HN 110: Foods (3 hours)
The principles of food components, component interactions, food selection, preparation and service. Class Schedule Information: To be properly registered, students must enroll in one Laboratory-Discussion and one Lecture.
Semester(s) Offered: Fall, Spring and Summer

HN 196: Nutrition (3 hours)
Provides a foundation in the basic principles of human nutrition in maintaining and promoting health through good dietary choices.
Semester(s) Offered: Fall and Spring

HN 202 Culture and Food: (2 hours)
Provides a perspective on factors that affect the development of food habits, similarities and differences across cultures, and how the use of foods provides a window to multiculturalism. Course Information: Previously listed as HN 302. *World Cultures course.*
Semester(s) Offered: Fall and Spring

Rehabilitation Sciences

Rehabilitation sciences combines the study of science—biology, anatomy and physiology—with the behavioral sciences—psychology and human development—to discover how to deliver the best possible care. UIC's Bachelor of Science in rehabilitation sciences prepares you for advanced education in rehabilitation and a future career in healthcare.

Because of our home in the College of Applied Health Sciences, our program is able to provide research and educational expertise through the AHS departments. The offerings and talent from our college's programs blend to create a totally comprehensive rehabilitation undergraduate degree.

Course Recommendations

BIOS 110: Biology of Cells and Organisms (4 hours)
Introductory biology at the molecular, cellular, and organismal level. Topics include: Scientific skills, biological chemistry, cell structure and function, metabolism, cell division, molecular genetics, diversity, anatomy and physiology. Course Information: Previously listed as BIOS 100. Animals used in instruction. THIS COURSE IS INTENDED FOR SCIENCE MAJORS. BIOS 110 and BIOS 120 may be taken in any order. Credit is not given for BIOS 110 if the student has credit in BIOS 100. Credit is not given for BIOS 104 if the student has credit in BIOS 100, BIOS 101, BIOS 110 or BIOS 120. Class Schedule Information: To be properly registered, students must enroll in one Lecture and one Laboratory-Discussion.
Semester(s) Offered: Fall, Spring and Summer

DHD 101: Disability in U.S. Society (3 hours)
Explores the variety of approaches to understanding disability in personal, social, economic, artistic, and political contexts. Class Schedule Information: To be properly registered, students must enroll in one Lecture-Discussion and one Discussion. *Individual and Society course, and US Society course*.
Semester(s) Offered: Fall and Spring

PSCH 100: Introduction to Psychology (4 hours)
Explores the variety of approaches to understanding disability in personal, social, economic, artistic, and political contexts. Class Schedule Information: To be properly registered, students must enroll in one Lecture-Discussion and one Discussion. *Individual and Society course, and US Society course*.
Semester(s) Offered: Fall, Spring and Summer