



**LSC Associate of Arts, Health and Wellness to
Sam Houston State University
Bachelor of Science in Health Sciences**



4 – Year Suggested Academic Plan for Transfer, 2025-2026 Catalog Year							
First Year - Freshman							
Fall Semester				Spring Semester			
LSC	SHSU	Course Name	Hrs	LSC	SHSU	Course Name	Hrs
EDUC 1300 or any ACGM (1)	Core 090 or any ACGM	Learning Framework: 1st Year Experience or any ACGM course	3	MATH 1314	MATH 1314	College Algebra	3
ENGL 1301	ENGL 1301	Composition & Rhetoric I	3	ENGL 1302	ENGL 1302	Composition & Rhetoric II	3
HIST 1301	HSTY 1301	United States History I	3	HIST 1302	HSTY 1302	United States History II	3
Creative Arts	Core 050	Choose from LSC Core Curriculum	3	BIOL 1322 (2)	FSCN 2362	Nutrition	3
PHED 1304 (2)	HLTH 1366	Personal/Community Health	3	SPCH 1315	COMS 1361	Public Speaking	3
Total			15				15
Second Year - Sophomore							
Fall Semester				Spring Semester			
BIOL 2401 (3)	BIOL 2403	Human Anatomy & Physiology I	4	BIOL 2402 (3)	BIOL 2404	Human Anatomy & Physiology II	4
GOVT 2305	POLS 2305	Federal Government	3	GOVT 2306	POLS 2306	Texas Government	3
PSYC 2301	PSYC 1301	General Psychology	3	PHED 1346 (2)	HLTH 3380*	Drug Use & Abuse	3
MATH 1342 (4)	MATH 1342	Statistics (AA Elective)	3	PHIL 2306	PHIL 2306	Introduction to Ethics (core 040)	3
PHED 1164	KINE 2115	Introduction to Physical Fitness & Wellness	1	HITT 1305	HLTH 2372	Medical Terminology I (AA Elective)	3
Total			14	Total			16
Lone Star College total credit hours: 60							
Third Year - Junior							
SHSU			Hrs	SHSU			Hrs
HLTH 1360	The Fundamentals of Health Promotion and Health Careers		3	HLTH 3350	Principles of Public Health		3
HLTH 2391	Human Diseases		3	HTLH 3355	United States Health Care Systems		3
HLTH 2383	Multicultural Health Issues		3	HLTH 3360	Epidemiology		3
CHEM 1406	Inorganic and Environmental Chemistry		4	ELECTIVE (2)	Major Prescribed Elective		3
PSYC 3374	Development Psychology		3	ELECTIVE (2)	Major Prescribed Elective		3
Total			16	Total			15
Fourth Year - Senior							
HLTH 4393	Professional Preparation for Health Careers		3	HLTH 4394	Internship Program		3
ELECTIVE (2)	Advanced Major Prescribed Elective		3	ELECTIVE (2)	Advanced Major Prescribed Elective		3
ELECTIVE (2)	Advanced Major Prescribed Elective		3	ELECTIVE (2)	Advanced Major Prescribed Elective		3
ELECTIVE (2)	Advanced Major Prescribed Elective		3	ELECTIVE (2)	Advanced Major Prescribed Elective		3
ELECTIVE (2)	Advanced Major Prescribed Elective		3	ELECTIVE (2)	Major Prescribed Elective		3
ELECTIVE (2)	Major Prescribed Elective		2				
Total			17	Total			15
Sam Houston State University total credit hours: 63							

Notes:

- (1) EDUC 1300 is required for First Time in College (FTIC) students only. If not FTIC, students may complete any ACGM course. SOCI 1301 may be completed for transfer and apply towards 3 hrs of SHSU's major prescribed electives. EDUC 1300 or SOCI 1301 will both fulfill the Core 090 requirement. Consult Advisor for best course choice.
- (2) Major Prescribed Electives: Select 41 hours of electives from the Prescribed Electives courses listed [here](#). (21 hours must be advanced, 3000 or 4000 level). *HLTH 3380 from LSC will not count as advanced credits but will apply as required prescribed elective.
- (3) BIOL 2401 and BIOL 2402 may be used as transfer courses for the requirement of BIOL 2403 and BIOL 2404.
- (4) MATH 1342 may be used as transfer courses for the requirement of MATH 1370.

***Completion of this Associate degree satisfies all of the Texas Core Curriculum requirements at Lone Star College.**



Sam Houston State University Transfer Information

Program Specific Information:

Bachelor of Science in Health Sciences

- Student must earn a 2.0 minimum overall GPA in all coursework.
- 42 semester hours of advanced coursework (3000 or 4000 level) are the absolute minimum. Minimum number of semester hours in residence: 30 semester hours of which 24 must be advanced.
- Reference the [Program Landing Page](#) for additional information, such as cost, delivery format, contact information, or to schedule a visit.

Transfer of Credit & Student Benefits:

- Reverse transfer of credit.
- [Be A Bearkat - Transfer \(shsu.edu\)](#)
- Bearkat Transfer Scholarship available to full-time students:
 - Please refer to <https://www.shsu.edu/cost-aid/types-of-aid/scholarships> for Transfer Scholarship Conditions and Renewal Scholarship Conditions
- LSC Honors students admitted to SHSU:
 - will be accepted to SHSU's Honors College. Students must have a minimum GPA of 3.25 and satisfy other Honors College admission criteria (such as full-time enrollment of at least 12 hours)
 - may transfer up to 12 hours of LSC Honors credits
 - will be eligible for additional scholarships
 - may develop their LSC Honors thesis (if completed) into an SHSU Honors thesis (and thereby graduate "with Highest Honors")
 - will be eligible, if space permits, to live in SHSU's dorms

