

# PRE-REHABILITATION

The Health Science program leading to the Bachelor of Health Science (BHS) degree includes didactic and experiential activities for students to learn the foundation skills necessary for success in the dynamic health environment.

## About this Program

- **College:** Public Health and Health Professions (<http://catalog.ufl.edu/UGRD/colleges-schools/UGPBH/>)
- **Degree:** Bachelor of Health Science
- **Specializations:** Applied Brain Science ([http://catalog.ufl.edu/UGRD/colleges-schools/UGPBH/HES\\_BHS/HES\\_BHS08/](http://catalog.ufl.edu/UGRD/colleges-schools/UGPBH/HES_BHS/HES_BHS08/)) | Occupational Therapy Accelerated ([http://catalog.ufl.edu/UGRD/colleges-schools/UGPBH/HES\\_BHS/HES\\_BHS02/](http://catalog.ufl.edu/UGRD/colleges-schools/UGPBH/HES_BHS/HES_BHS02/)) | Pre-Rehabilitation (p. 1) | Preprofessional ([http://catalog.ufl.edu/UGRD/colleges-schools/UGPBH/HES\\_BHS/HES\\_BHS06/](http://catalog.ufl.edu/UGRD/colleges-schools/UGPBH/HES_BHS/HES_BHS06/))
- **Credits for Degree:** 120

*To graduate with this major, students must complete all university, college, and major requirements.*

## Department Information

The Bachelor of Health Science (BHS) program is for students whose career goal is to work in the health professions providing service to individuals and communities. BHS students are typically pursuing health related professions such as medicine, physician assistant, physical therapy, occupational therapy, audiology, speech-language pathology, dentistry, epidemiology, or public health.

**Website** (<https://undergrad.phphp.ufl.edu/>)

## CONTACT

Email ([advising@phphp.ufl.edu](mailto:advising@phphp.ufl.edu)) | 352.273.6000

1225 Center Drive, Suite 4180

GAINESVILLE FL 32610

Map (<http://campusmap.ufl.edu/#/index/0212>)

## Curriculum

- /UGRD/colleges-schools/UGPBH/DSC\_UMN/
- /UGRD/colleges-schools/UGPBH/HES\_UMN/
- Applied Brain Science Minor
- Health Professions Minor
- Health Science

The program has two major goals: to teach foundational skills to students whose career goal is to work in health care, particularly for those who want to become health care providers and to teach foundational skills to students who want to work with individuals, groups, or communities who face social, economic, or health challenges. In addition, interested students have the opportunity to explore a combination-degree program in Public Health.

Upon successful completion of the Health Science program, students receive the Bachelor of Health Science degree. While most students pursue graduate or professional training in a health field (e.g. occupational therapy, physical therapy, medicine, physician assistant, dentistry), some students seek employment in hospital or related community organizations after completing the BHS.

## Specializations

The college offers four specializations. All specializations except Occupational Therapy Accelerated can be declared at the freshman or sophomore years.

### Applied Brain Sciences

Offers a suggested prerequisite course sequence for students interested in pursuing training in clinical psychology and neuropsychology, applied human neuroscience, or brain-health focused medical specialties (e.g., psychiatry, neurology).

### Occupational Therapy Accelerated

A combination-degree program that allows students to take first-year Doctor of Occupational Therapy (OTD) Program courses during their junior and senior years in the health science program.

### Pre-Rehabilitation

Accommodates students interested in rehabilitation health care fields (e.g., occupational therapy, physical therapy).

## Preprofessional

For students pursuing careers in fields such as medicine, physician assistant, and dentistry, all of which require significant basic science prerequisites. This specialization is set up to integrate commonly required preprofessional courses with requirements for the health science major.

## Course Sequence

While all specializations are designed for students interested in health care, students should select the specialization that most closely approximates their career plans and overall academic performance. Included in specific tracks are typical prerequisites for UF graduate and professional programs.

Each specialization incorporates General Education Mathematics and Writing Requirements and Health Science critical tracking courses. All specializations accept AP, IB, or AICE credit for any prerequisite course. However, many professional schools have their own policies regarding test credit, and it is the responsibility of the student to determine whether a course for which they have earned AP/IB/AICE credit must be retaken to meet professional school requirements. Students must earn a minimum of C in any BHS critical tracking course that is not satisfied by AP/IB/AICE credit unless otherwise specified.

## Pre-Rehabilitation

The Pre-Rehabilitation specialization is designed to accommodate students interested in rehabilitation health care fields (e.g., occupational therapy, physical therapy).

To remain in the Health Science major, students must:

- Remain on track each Fall and Spring term, for a total of four semesters.
- Complete the following critical tracking courses or equivalents by the end of the fourth semester:

Code	Title	Credits
APK 2105C	Applied Human Physiology with Laboratory	4
Select one:		4
BSC 2005 & 2005L	Biological Sciences and Laboratory in Biological Science	
BSC 2010 & 2010L	Integrated Principles of Biology 1 and Integrated Principles of Biology Laboratory	
PSY 2012	General Psychology	3
STA 2023	Introduction to Statistics 1	3

## Critical Tracking

Critical Tracking records each student's progress in courses that are required for entry to each major. Please note the critical-tracking requirements below on a per-semester basis.

Equivalent critical-tracking courses as determined by the State of Florida Common Course Prerequisites (<https://cpm.flvc.org/advance-search/>) may be used for transfer students.

## Semester 1

- Complete PSY 2012 with a minimum grade of C
- 2.8 cumulative GPA on work from all institutions

## Semester 2

- Complete STA 2023 with a minimum grade of C
- 3.0 GPA required for all critical-tracking courses, based on all attempts
- 3.1 cumulative GPA on work from all institutions

## Semester 3

- Complete (BSC 2005 and BSC 2005L) or (BSC 2010 and BSC 2010L) with minimum grade of C
- 3.0 GPA required for all critical-tracking courses, based on all attempts
- 3.2 cumulative GPA on work from all institutions

## Semester 4

- Complete APK 2105C with a minimum grade of C
- Complete 60 cumulative credits

- 3.0 GPA required for all critical-tracking courses and minimum grades of C on all critical-tracking courses, based on all attempts unless otherwise noted.
- 3.2 cumulative GPA on work from all institutions

*All General Education requirements, including State Core, International (N), the University Writing Requirement, and the Civic Literacy requirement, must be completed prior to the graduating semester.*

## Semester 5

- Complete PHC 4101 with a minimum grade of C
- Complete HSA 3111 with a minimum grade of C
- Complete HSC 3057 with a minimum grade of C
- 2.0 UF GPA required

## Semester 6

- Complete HSC 3502 with a minimum grade of C
- Complete OTH 3416 with a minimum grade of C
- 2.0 UF GPA required

## Semester 7

- Complete HSC 3661 with a minimum grade of C
- Complete HSC 4064 with a minimum grade of C
- Complete OTH 3413C with a minimum grade of C
- 2.0 UF GPA required

## Semester 8

- Complete HSC 4541 with a minimum grade of C
- Complete SPA 4106 with a minimum grade of C
- Complete OTH 4412 and OTH 4412L with a minimum grade of C
- 2.0 UF GPA required

### Model Semester Plan

To remain on track, students must complete the appropriate critical-tracking courses, which appear in bold. These courses must be completed by the terms as listed in the Critical Tracking criteria.

*This semester plan represents an example progression through the major. Actual courses and course order may be different depending on the student's academic record and scheduling availability of courses. Prerequisites still apply.*

Course	Title	Credits
<b>Semester One</b>		
Quest 1 (Gen Ed Humanities)		3
ENC 1101	Expository and Argumentative Writing (State Core Gen Ed Composition ( <a href="http://catalog.ufl.edu/UGRD/academic-programs/general-education/#genedcoursestext">http://catalog.ufl.edu/UGRD/academic-programs/general-education/#genedcoursestext</a> ); Writing Requirement)	3
PSY 2012	General Psychology ( <b>Critical Tracking</b> ; State Core Gen Ed Social and Behavioral Sciences)	3
Gen Ed Mathematics (MAC 1147 recommended if pre-PT)		3-4
Elective		3
<b>Credits</b>		<b>15-16</b>
<b>Semester Two</b>		
ENC 1102	Argument and Persuasion (State Core Gen Ed Composition ( <a href="http://catalog.ufl.edu/UGRD/academic-programs/general-education/#genedcoursestext">http://catalog.ufl.edu/UGRD/academic-programs/general-education/#genedcoursestext</a> ); Writing Requirement)	3
STA 2023	Introduction to Statistics 1 ( <b>Critical Tracking</b> ; State Core Gen Ed Mathematics)	3
State Core Gen Ed Humanities with International ( <a href="http://catalog.ufl.edu/UGRD/academic-programs/general-education/#genedcoursestext">http://catalog.ufl.edu/UGRD/academic-programs/general-education/#genedcoursestext</a> )		3
Gen Ed Social and Behavioral Sciences (CLP 3144 recommended if pre-OT; DEP 3053 recommended if pre-PT)		3
Civic Literacy course		3
<b>Credits</b>		<b>15</b>
<b>Semester Three</b>		
APK 2100C	Applied Human Anatomy with Laboratory	4

Select one:		4
BSC 2005 & 2005L	Biological Sciences and Laboratory in Biological Science ( <b>Critical Tracking</b> ; State Core Gen Ed Biological Sciences; only if pre-OT)	
BSC 2010 & 2010L	Integrated Principles of Biology 1 and Integrated Principles of Biology Laboratory ( <b>Critical Tracking</b> ; State Core Gen Ed Biological Sciences; if pre-OT or pre-PT)	
Gen Ed Social and Behavioral Sciences (additional advanced psychology recommended)		3
Electives (CHM 2045 and CHM 2045L if pre-PT)		4
<b>Credits</b>		<b>15</b>
<b>Semester Four</b>		
Quest 2		3
APK 2105C	Applied Human Physiology with Laboratory ( <b>Critical Tracking</b> ; Gen Ed Biological Sciences)	4
Select one:		3-4
ANT 2000 or SYG 2000	General Anthropology (if pre-OT) or Introduction to Sociology	
CHM 2046 & 2046L	General Chemistry 2 and General Chemistry 2 Laboratory (if pre-PT)	
6000-word writing course (with International or Diversity; Writing Requirement)		3
Elective		2
<b>Credits</b>		<b>15-16</b>
<b>Semester Five</b>		
HSA 3111	US Health Care System ( <b>Critical Tracking</b> ) <sup>1</sup>	3
HSC 3057	Research Methods and Issues in Health Science ( <b>Critical Tracking</b> ) <sup>1</sup>	3
PHC 4101	Public Health Concepts ( <b>Critical Tracking</b> ; must complete by end of Semester Five) <sup>1</sup>	3
Electives (PHY 2053 Physics 1 and PHY 2053L Laboratory for Physics 1 if pre-PT)		6
<b>Credits</b>		<b>15</b>
<b>Semester Six</b>		
HSC 3502	Survey of Diseases and Disability ( <b>Critical Tracking</b> ) <sup>1</sup>	3
OTH 3416	Pathophysiology ( <b>Critical Tracking</b> ) <sup>1</sup>	3
6000-word writing course (Writing Requirement)		3
Electives (PHY 2054 Physics 2 and PHY 2054L for Physics 2 if pre-PT)		6
<b>Credits</b>		<b>15</b>
<b>Semester Seven</b>		
HSC 3661	Therapeutic Communication Skills with Patients, Families and the Health Care Team ( <b>Critical Tracking</b> ) <sup>1</sup>	3
HSC 4064	Wearable Technology, Robotics, and Artificial Intelligence for Health ( <b>Critical Tracking</b> ) <sup>1</sup>	3
OTH 3413C	Applied Kinesiology ( <b>Critical Tracking</b> ) <sup>1</sup>	3
Electives (HSC 3537 recommended)		6
<b>Credits</b>		<b>15</b>
<b>Semester Eight</b>		
HSC 4541	Musculoskeletal Assessment in Rehabilitation ( <b>Critical Tracking</b> ) <sup>1</sup>	3
OTH 4412 & 4412L	Musculoskeletal Anatomy and Musculoskeletal Anatomy Laboratory ( <b>Critical Tracking</b> ) <sup>1</sup>	5
SPA 4106	Neuroplasticity and Rehabilitation ( <b>Critical Tracking</b> ) <sup>1</sup>	3
Electives		4
<b>Credits</b>		<b>15</b>
<b>Total Credits</b>		<b>120</b>

<sup>1</sup> Minimum grade of C required.

Pre-OT and Pre-PT students should review the requirements for programs of interest to make sure all prerequisite courses are taken.

### Academic Learning Compact

The Bachelor of Health Science prepares students for a career in health care systems or organizations that provide health or general human services to individuals/communities with health concerns. Students will learn the foundational interprofessional skills necessary to succeed in the dynamic healthcare environment and/or enter postbaccalaureate academic programs such as medicine, physical therapy, and public health.

## Before Graduating Students Must

- Receive a satisfactory grade (S) in the BHS capstone portfolio.
- Complete requirements for the baccalaureate degree, as determined by faculty.

## Students in the Major Will Learn to

### Student Learning Outcomes | SLOs

#### Content

1. Describe key elements of the US healthcare system.
2. Comprehensively describe major chronic illnesses and disabilities.
3. Describe the core functions of public health.

#### Critical Thinking

4. Develop and apply critical analysis skills to contemporary health issues.

#### Communication

5. Apply effective basic communication skills for health professionals.

### Curriculum Map

*I = Introduced; R = Reinforced; A = Assessed*

Courses	SLO 1	SLO 2	SLO 3	SLO 4	SLO 5
HSA 3111	I, R				
HSC 3057				I, R, A	
HSC 3502		I, R	I		
HSC 3661					I, R
OTH 3416		I, R			
PHC 4101		I, R	I, R		
Capstone Exam	A	A	A	A	A

## Assessment Types

- Assignment
  - The Bachelor of Health Science (BHS) capstone exam in the final semester
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