



SUNY NIAGARA
Health Studies, A.S.

Overview

In the Health Studies program, students have the opportunity to explore diverse and controversial topics in health. Core topics include healthful living, drugs and society, community health, consumer health, sexuality, nutrition and foundations of health education and promotion.

Designed for transfer into a 4-year institution.

Careers

Careers related to your program of study:

- Community and Public Health Education Specialist
- Health Education Specialist employed in agencies and foundations
- Wellness Coordinator in communities, schools and work sites

Some careers may require more specialized education.

Contact

Program Coordinator

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Division

Nursing, Physical & Allied Health
716-614-5940

Visit full catalog for specific course offerings for each semester:

- <https://sunyniagara.edu/courses/health-studies-a-s/>
- <https://tinyurl.com/je3ak6y9>

Program Requirements

First Semester	Credits
CIS ____ - Computer Technology (100 or higher)	3
ENG 101 - Writing I	3
HED 201 - Healthful Living	3
HED 202 - Understanding Sexuality	3
PSY 110 - Introduction to Psychology	3
Total Credit Hours:	15 Cr.

Second Semester

ENG 102 - Writing II OR	
ENG 103 – Writing for STEM	3
HED 205 - Nutrition & Health	3
HPE 130 – Foundations of Health	
Education	3
____ ____ - Humanities General Education	
Elective	3
PSY 210 - Lifespan Developmental	
Psychology	3
____ ____ - Communication Oral (COMO)	
General Education Elective	3
Total Credit Hours:	18 Cr.

Third Semester

BIO 109/L – General Biology I OR	
BIO 117/L - Human Biology OR	
BIO 213/L - Human Anatomy & Physiology I OR	
BIO 214/L – Human Anatomy & Physiology II OR	
BIO 221/L – Microbiology	4
____ ____ - The Arts (ARTS) General Education Elective	3
____ ____ - US History & Civic Engagement (USCV) or	
World History & Global Awareness (GLBL) General	
Education Elective	3
MAT ____ - Mathematics & Quantitative Reasoning	
General Education Elective	3
HED 206 - Consumer Health OR	
HED 207 - Community Health	3
Total Credit Hours:	16 Cr.

Fourth Semester

____ ____ - General Education Elective by	
Advisement	3
____ ____ - World Language General Education	
Elective	3
HED 204 - Drugs and Society	3
REC 250 - Leadership	3
SOC 101 - Introduction to Sociology	3
Total Credit Hours:	15 Cr.

The information provided is subject to change throughout the academic year. 3/10/2026