

## Liberal Arts and Sciences: Mathematics and Science AS (LAMS) – Health Education Concentration (HEED)

Catalog: 2025-2026			Effective Date: 9/01/2023
CR	COURSE	COURSE TITLE	SUNY GEN ED
1-2	HRD 100, HRD 100A or HRD 110	FRESHMAN EXPERIENCE	
3	ENG 101	<i>Introduction to College Writing</i>	GCWO
3	ENG 102, ENG 103, ENG 104, ENG 105, ENG 106, ENG 107, ENG 108, ENG 109 or ENG 110	<i>Writing II</i>	GCWO
4	MAT 127 (Prereq Required)	<i>Introductory Statistics with Probability</i>	GMAT
3-4	SUNY GEN ED Natural Science (and Scientific Reasoning) lab science	BIO 103 <i>Principles of Biology</i> recommended	GNSL
3	Mathematics or Science	CHM 103 <i>Principles of Chemistry</i> recommended	
3	HED 103	College Health	
3	SUNY GEN ED World History and Global Awareness		GGLB
3	SUNY GEN ED US History and Civic Engagement		GUSC
3	PSY 101	General Psychology	GSSC
3	SOC 101	Principles of Sociology	GDVR
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities		GART GWRL GHUM
4	BIO 107 (Prereq Required)	<i>Anatomy and Physiology I</i>	GNSL
4	BIO 108 (Prereq Required)	<i>Anatomy and Physiology II</i>	GNSL
3	NTR 111	<i>Human Nutrition</i>	
8	<u>Mathematics/Science Core (MSC) - Choose 8 credits from:</u>  <b>BIOLOGY:</b> BIO 111, BIO 112, BIO 205, BIO 212 or BIO 223 ( <b>RECOMMENDED</b> ) <b>CHEMISTRY:</b> CHM 104A/B, CHM 111, CHM 112, CHM 202, CHM 203, CHM 204 <b>COMPUTER SCIENCE:</b> CIS 135, CIS 143, CIS 144 <b>EARTH SCIENCE:</b> AST 113, GEO 101, GEO 114, GEO 202 <b>ENGINEERING:</b> EGR 105, EGR 106, EGR 204, EGR 207, EGR 208, EGR 209, EGR 210 <b>MATHEMATICS:</b> MAT 121, MAT 125, MAT 129, MAT 131, MAT 132, MAT 220, MAT 227, MAT 231, MAT 232 (Spring only) <b>PHYSICS:</b> PHY 111, PHY 112 <b>SOCIAL SCIENCES:</b> ANT 230		
3	Liberal Arts and Sciences	PSY 202 <i>Child Psychology</i> , PSY 222 <i>Developmental Psychology</i> or SOC 275 <i>Drugs, Crime and Treatment</i> (Spring only) recommended	
7	Electives	BIO 115, CRJ 101, PED 105 or NTR 101 recommended	
<b>64</b>	<b>Minimum credits required for graduation</b>		

**Note:** Please review the back of this form for additional information.

❖ <b>COURSE PREREQUISITES:</b>			
<b>BIO 107</b>	Within the last 5 years Regents Biology 80 <u>and</u> Regents Chemistry 80; or BIO 103 with C or better and CHM 103 with C or better; or equivalent	<b>MAT 127</b>	MAT 097 within 4 years and 12 earned credits or MAT 108 within 4 years
<b>BIO 108</b>	BIO 107	<b>PSY 202</b>	PSY 101
<b>BIO 223</b>	Within the last 5 years Regents Biology 80 <u>and</u> Regents Chemistry 80; or BIO 103 with C or better and CHM 103 with C or better; or equivalent	<b>PSY 222</b>	PSY 101
<b>NTR 111</b>	BIO 103 and CHM 103	<b>SOC 275</b>	CRJ 101

❖ <b>RECOMMENDED SEQUENCE:</b>			
<b>FIRST YEAR</b>			
<b>First Semester</b>		<b>Second Semester</b>	
1-2	HRD 100, HRD 100A or HRD 110	3	Mathematics or Science – CHM 103 recommended
3	ENG 101	3	ENG 102 – ENG 110
3	SOC 101	4	MAT 127
3-4	SUNY GEN ED Natural Science lab science – BIO 103 recommended	3	Liberal Arts and Sciences – see Note 2
3	PSY 101	3	Electives – See Note 1
3	Electives – See Note 1		
<b>SECOND YEAR</b>			
<b>Third Semester</b>		<b>Fourth Semester</b>	
3	SUNY GEN ED US History and Civic Engagement	3	SUNY GEN ED World History and Global Awareness
4	BIO 107	4	BIO 108
3	NTR 111	4	MSC Elective – BIO 223 recommended – See Note 3
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities	4	MSC Elective – see Note 3
3	HED 103	1	Electives – See Note 1
<b>NOTES:</b>			
<ol style="list-style-type: none"> <li>1. Recommended electives are BIO 115, CRJ 101, PED 105 or NTR 101</li> <li>2. Recommended electives are PSY 202, PSY 222 or SOC 275 (Spring only)</li> <li>3. Mathematics/Science core (MSC) courses shall be selected from the LAMS program layout.</li> <li>4. Prior approved MSC courses can be used to meet degree requirements.</li> </ol>			

❖ **DEFINITION OF COURSE REQUIREMENTS:** See <http://catalog.sunyacc.edu/academics/degree requirements>

❖ **FINANCIAL AID RECIPIENTS:** A student must choose courses that are within their degree program. Students are encouraged to meet with their assigned academic advisor for any questions about course selection and degree program requirements. Please visit the Office of Financial Aid for any aid-related questions.

❖ **SUNY GEN ED KNOWLEDGE AREAS:** See <http://catalog.sunyacc.edu/academics/generaleducation>

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| ❖ Mathematics (and Quantitative Reasoning) (GMAT)      | ❖ Diversity: Equity, Inclusion and Social Justice (GDVR) |
| ❖ Natural Sciences (and Scientific Reasoning) (GNSC/L) | ❖ Humanities (GHUM)                                      |
| ❖ Social Sciences (GSSC)                               | ❖ The Arts (GART)  |
| ❖ US History and Civic Engagement (GUSC)               | ❖ World Languages (GWRL)                                 |
| ❖ World History and Global Awareness (GGLB)            | ❖ Communication – Written and Oral (GCWO)                |