

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

Catalog: 2025-2026 Effective Date: 9/1/2026

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> BIOLOGY: BIO 111, BIO 112, BIO 205, BIO 212 or BIO 223 (RECOMMENDED) CHEMISTRY: CHM 104A/B, CHM 111, CHM 112, CHM 202, CHM 203, CHM 204 COMPUTER SCIENCE: CIS 135, CIS 143, CIS 144 EARTH SCIENCE: AST 113, GEO 101, GEO 114, GEO 202 ENGINEERING: EGR 105, EGR 106, EGR 204, EGR 207, EGR 208, EGR 209, EGR 210 MATHEMATICS: MAT 121, MAT 125, MAT 129, MAT 131, MAT 132, MAT 220, MAT 227, MAT 231, MAT 232 (Spring only) PHYSICS: PHY 111, PHY 112 SOCIAL SCIENCES: 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	
64	Minimum credits required for graduation		

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

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

COURSE	PREREQUISITES	COURSE	PREREQUISITES
BIO 107	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	MAT 127	MAT 097 within 4 years and 12 earned credits or MAT 108 within 4 years
BIO 108	BIO 107	PSY 202	PSY 101
BIO 223	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	PSY 222	PSY 101
NTR 111	BIO 103 and CHM 103	SOC 275	CRJ 101

FIRST YEAR SEQUENCE

Credits	First Semester
1-2	HRD 100, HRD 100A or HRD 110
3	ENG 101
3	SOC 101
3-4	SUNY GEN ED Natural Science lab science – BIO 103 recommended
3	PSY 101
3	Electives – See Note 1
Credits	Second Semester
3	Mathematics or Science – CHM 103 recommended
3	ENG 102 – ENG 110
4	MAT 127
3	Liberal Arts and Sciences – see Note 2
3	Electives – See Note 1

SECOND YEAR SEQUENCE

Credits	Third Semester
3	SUNY GEN ED US History and Civic Engagement
4	BIO 107
3	NTR 111
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities
3	HED 103
Credits	Fourth Semester
3	SUNY GEN ED World History and Global Awareness
4	BIO 108
4	MSC Elective – BIO 223 recommended – See Note 3
4	MSC Elective – see Note 3
1	Electives – See Note 1

DEGREE NOTES:

1. Recommended electives are BIO 115, CRJ 101, PED 105 or NTR 101
2. Recommended electives are PSY 202, PSY 222 or SOC 275 (Spring only)
3. Mathematics/Science core (MSC) courses shall be selected from the LAMS program layout.
4. Prior approved MSC courses can be used to meet degree requirements.

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