

**Liberal Arts and Sciences: Health Sciences AS (HESS) - Saratoga Branch Campus**  
**Catalog: 2025-2026 Effective Date: 9/1/2025**

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>	GWCO
4	MAT 127	<i>Introductory Statistics with Probability</i>	GMAT
3-4	SUNY GEN ED Natural Sciences (and Scientific Reasoning) lab science	BIO 103 <i>Principles of Biology</i> or CHM 103 <i>Principles of Chemistry</i> recommended	GNSL
3	SUNY GEN ED Math or Science elective		GMAT GNSC
2	Any PED activity course, AVS 101, AVS 102, BIO 115, HED 103, HED 104, HED 108, NTR 101, NTR 111, PED 105, PED 106, PED 206 or PED 211 (Note: PED 210 and PED 212 do not fulfill this requirement)	HEALTH AND WELLNESS	
3	SUNY GEN ED World History and Global Awareness		GGLB
3	SUNY GEN ED US History and Civic Engagement		GUSC
3	PSY 101	<i>General Psychology</i>	GSSC
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences (Other than English)		GART GWRL GHUM
3	SOC 101	<i>Principles of Sociology</i>	GDVR
4	BIO 107	<i>Anatomy and Physiology I</i>	GNSL
4	BIO 108	<i>Anatomy and Physiology II</i>	GNSL
4	BIO 223	<i>Microbiology</i>	GNSL
3	NTR 101 or NTR 111	NTR 101 <i>Fundamentals of Nutrition</i> or NTR 111 <i>Human Nutrition</i>	
15	Program electives per career and transfer goal		
<b>64</b>	<b>Minimum credits required for graduation</b>		

Notes on Liberal Arts and Sciences: Health Sciences AS (HESS)

COURSE	PREREQUISITES	COURSE	PREREQUISITES
<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

**FIRST YEAR SEQUENCE**

Credits	First Semester
1-2	HRD 100, HRD 100A or HRD 110
3	ENG 101
3	SOC 101
3	SUNY Gen Ed US History and Civic Engagement
3	PSY 101
3-4	SUNY GEN ED Natural Sciences (and Scientific Reasoning) lab science
Credits	Second Semester
1	Health and Wellness
3	ENG 102 – ENG 110
3	SUNY GEN ED The Arts, SUNY GEN ED World Languages or SUNY GEN ED Humanities Liberal Arts and Sciences (Other than English)
3	SUNY GEN ED World History and Global Awareness
4	MAT 127
3	Program Elective – See Note 1

**SECOND YEAR SEQUENCE**

Credits	Third Semester
4	BIO 107
3	SUNY GEN ED Mathematics or Science
3	NTR 101 or NTR 111
3	Program Elective – See Note 1
3	Program Elective – See Note 1
1	Health and Wellness
Credits	Fourth Semester
4	BIO 108
4	BIO 223
3	Program Elective – See Note 1
3	Program Elective – See Note 1

**DEGREE NOTES:**

1. Program Elective Courses should be carefully chosen with an advisor based upon career and transfer goals.

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