

What you can do with a degree in

# INTEGRATED HEALTH SCIENCES

## What is **INTEGRATED HEALTH SCIENCES**?

The Integrated Health Sciences (IHS) degree program prepares students for employment in various healthcare fields and serves as a comprehensive and well-rounded preparation for advanced graduate study in a myriad of health, medical, and wellness domains.

The core curriculum provides a comprehensive introduction to the community and clinical health environments. The IHS curriculum emphasizes interprofessional collaboration, patient-centered care, and a culturally competent approach to meeting the needs of underserved populations.

## What are the **DEGREE OPTIONS**?

### **Bachelor of Science in Integrated Health Sciences**

Concentrations:

- Health Management
- Health and Wellness
- Pre-Professional

## What are the **CONCENTRATIONS**?

The three available concentration options include **Health Management**, **Health and Wellness** or **Pre-Professional**.

**Health Management:** Students in the Health Management concentration will study marketing, finance, accounting, and communication in the context of the healthcare industry.

**Health and Wellness:** Students who choose the Health and Wellness concentration will focus on health and physical wellness, fitness, anatomy, and physiology. Depending on your career direction, you should consider any prerequisites that may be needed



for credentials or certificates.

**Pre-Professional:** This concentration is ideal for students preparing for graduate programs in athletic training, medicine, occupational therapy, pharmacy, physical therapy, or physician assistant.

## What is the **ADMISSION PROCESS**?

Students wishing to officially declare a major in Integrated Health Sciences may do so by visiting the Student Services Center in the School of Health Sciences, HHS Building, 4th floor, or visit [ssc.wcu.edu](http://ssc.wcu.edu) and select an advisor based on last name (Kimberlee Yontz for students whose last name is between A-J, or Julie Conway for students K-Z).

## What **JOBS ARE AVAILABLE**?

- **Health Management:** Healthcare administrators, medical office administrators, healthcare human resource administrators, healthcare operations specialists

- **Health and Wellness:** Fitness and exercise professionals, health educators, community health educators

- **Pre-Professional:** Careers in athletic training, medicine, occupational therapy, pharmacy, physical therapy, physician assistant

## Who employs **INTEGRATED HEALTH SCIENCES** graduates?

Our graduates are prepared to fill various roles that support healthy living in hospitals, non-profit organizations, school systems, physician offices, health and wellness facilities, health departments, rehabilitation centers, human resources, skilled nursing and assisted living facilities, and numerous other positions across the healthcare industry.

# MAJOR MAP

**How to use this map:** Review the suggestions in the four categories and when you should consider engaging in them. Remember, these are just suggestions! There is a fillable space for you to add in any other ideas you have to set yourself up for success in life after college.

## 1st YEAR

## 2nd YEAR

### EXCEL IN ACADEMICS

Be sure to take the core classes such as ENGL 101, ENVH 200, and PSY 150. Work with an academic advisor to choose liberal studies classes that both interest you and give you a broader understanding of the world around you. Be sure to check out the [8-Semester Plan and your advisor](#) for your concentration.

Students should maintain a 2.25 GPA to graduate and C or above in all major courses.

Courses your second year could include ENGL 202, MATH 170, HPE 223 or BIOL 291, HSCC 322, COMM 201, HPE 225 or BIOL 292, and MKT 201 and ACCT 251. Be sure to check out the [8-Semester Plan and your advisor](#) for your concentration.

### GET HANDS-ON EXPERIENCE

Check out [WCU's DegreePlus program](#) and choose which events in any of the four categories you want to attend. Categories include: Professionalism, Teamwork, Leadership, or Cultural Responsiveness.

See what on-campus employment opportunities are available by logging in to JobCat via your MyWCU.

Get involved with the Integrated Health Science (Pre-Professional) Student Organization.

Students planning to apply to professional schools should start researching and participating in the observation and shadowing experiences required by most professional schools.

Engage deeper with [DegreePlus](#); choose an additional competency to complete

### BE PART OF THE COMMUNITY

Connect with the [Center for Community Engagement and Service Learning \(CCESL\)](#) and ask about the [Spark Award](#), a program aimed to encourage students to be connected with their community.

Volunteer in retirement homes, schools, after-school programs, on-campus initiatives such as the [UP Program](#).

Develop deeper relationships with the organizations for which you volunteer. Ask for special projects or responsibilities that you can highlight on a resume.

If you want to [study abroad](#), this is a good year to have that experience. Consider opportunities like the American Public Health Association's [Global Health Internships](#).

### PREPARE FOR LIFE AFTER COLLEGE

Further explore your career options or career interests using the [CCPD's](#) online resources, [Vault](#), [Focus 2](#), and Onet Online.

Connect with a career counselor early on to explore opportunities and experiences you can do while in college to further develop your professional resume.

Check out [CCPD's list of career-building activities](#) and participate in an activity this year, such as attending Career Fair Plus.

Start a spreadsheet of professional schools you wish to apply to in a few years with their admission requirements so that you are aware of what the expectations are.

## Looking for a minor? Consider these options:

Biology  
Business Administration & Law  
Chemistry

Environmental Health  
Finance  
Management

Marketing  
Psychology  
Sociology

### 3rd YEAR

Third year classes will vary depending on your concentration. Students in the Health Management concentration will take many business courses including MGT 300, FIN 305, and MGT 304. Students in the Health and Wellness and Pre-Professional concentrations will take classes on issues surrounding healthcare including HSCC 331, ND 330, and HPE 350. Be sure to check the [8-Semester Plan and your advisor](#) for more information.

Consider internships or job shadowing experiences within your field. Check out CCPD's Job Shadowing Days in Atlanta, Asheville, or Charlotte.

Consider networking with professionals in your field at national or regional professional conferences such as the [International Congress on Integrative Medicine and Health](#).

Continue to build relationships and volunteer with area organizations in your field.

Connect with alumni in your field through [LinkedIn](#)

Visit the CCPD to hone your professional resume and cover letter. Apply for internships. Utilize the [Writing and Learning Commons](#) for MCAT, GRE, and other professional exam preparation sessions. Take the MCAT, GRE, etc. Use [Big Interview](#) to learn more about professional interviews.

Schedule a visit to tour professional schools of your choice, if applicable.

### 4th YEAR

Courses in your final year will still vary depending on your concentration; however, most students will enroll in HSCC 475, HSCC 472, SOC 456, and PAR 332. Double-check with the [8-Semester Plan and make an appointment with your advisor](#) to ensure you have enrolled in all of the courses you need. Speaking of which, be sure to [apply for graduation!](#)

Investigate requirements for full-time jobs. Assess what skills or experiences you're lacking and invest time in seeking additional opportunities such as certification programs, classes, or professional development workshops during your last year to fill that gap. Connect with your faculty advisor or career counselor.

Join professional IHS organizations such as the [Healthcare Administrators Association](#), [American Public Health Association](#), [American College of Healthcare Executives](#), or [Health Care Education Association](#).

Network with employers and non-profits at the annual Career Fair Plus event, held each October and February.

Apply to professional school, if applicable.

Look for and apply for jobs between 4 and 6 months before graduation.

Polish your resume, cover letter, and interview skills by using the [CCPD](#).

Internships are still the number-one educational experience employers look for in a recent college graduate resume. (Chronicle of Higher Education's study on 59,000 employers)

**DID YOU KNOW?**

# MORE INFORMATION

## INTERNSHIP Information

This degree does not require an internship. However, students are **strongly encouraged** to complete an internship on their own; students in the pre-professional track may be required to have observation or internship hours as part of the admission to a graduate program. Students can work with the Center for Career and Professional Development to learn about internships. In addition to an internship, students will take the capstone course, an experiential service learning course which provides a unique opportunity for students to work in interdisciplinary teams as they solve real-world health issues for people in our service region.

## SKILLS LEARNED in the classroom

The core competencies will center on developing skills, knowledge, and attitudes such as:

- critical thinking
- problem solving
- communication
- inter-professional teamwork and
- ethical and evidence-based decision making.

A special emphasis is placed on promoting cultural competency and sensitivity to the needs of underserved populations.

## KNOWLEDGE Base

This program will prepare students to:

- Recognize the global nature of health
- Develop awareness of the importance of cultural competence, especially in underserved populations with health disparities
- Understand the interaction among healthcare policy, economics, and healthcare delivery
- Demonstrate effective professional/ interprofessional communication and collaboration

## Professional RESOURCES

### Health & Wellness Concentration:

- Society of Health and Physical Educators (SHAPE): [shapeamerica.org](http://shapeamerica.org)
- American Public Health Association: [apha.org](http://apha.org)
- Society for Public Health Education: [sophe.org](http://sophe.org)
- Health Care Education Association: [hcea-info.org](http://hcea-info.org)

### Management Concentration:

- American College of Healthcare Executives: [ache.org](http://ache.org)
- Health Care Administrators Association: [hcaa.org](http://hcaa.org)
- American College of Health Care Administrators: [achca.org](http://achca.org)

### Pre-Professional Concentration:

- American Medical Association: [ama-assn.org](http://ama-assn.org)
- American Academy of Physician Assistants: [aapa.org](http://aapa.org)
- National Athletic Trainers Association: [nata.org](http://nata.org)
- American Association of Colleges of Pharmacy: [aacp.org](http://aacp.org)
- The American Occupational Therapy Association: [aota.org](http://aota.org)
- American Physical Therapy Association: [apta.org](http://apta.org)
- American Chiropractic Association: [acatoday.org](http://acatoday.org)

## QUESTIONS?

For questions, please visit the School of Health Sciences Student Services Center at [ssc.wcu.edu](http://ssc.wcu.edu), or call the Integrated Health Sciences program at 828-227-7113 or visit [ihs.wcu.edu](http://ihs.wcu.edu)

