



UNIVERSITY OF
BRIDGEPORT



Work toward a fulfilling career helping others

Bachelor of Science in Health Sciences

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■ Why Choose a Career in Health Sciences?

Develop a deep understanding of human health and wellness

Explore the field of human health and wellness with a bachelor's degree in Health Sciences. When you earn your BS in Health Sciences, you open yourself up to an almost endless variety of career opportunities. Depending on your passions and interests, you can tailor your degree to align what you love most about studying Health Sciences, leading to a rewarding and meaningful career. A degree in Health Sciences exposes you to the fundamental knowledge about human health you need to succeed as a health-minded professional. A degree in Health Sciences can lead to careers in community health, exercise and fitness, and nutrition, or put you on track toward a graduate degree in related fields such as medicine, health science, Physician Assistant school, and more!

At University of Bridgeport, you can earn your Health Sciences BS on a traditional four-year timeline while tailoring your degree to your career goals with one of our four degree tracks:

- Community Health
- Nutrition
- Exercise and Fitness
- Pre-Professional

Today, people care about their health more than ever and are working with professionals to take an active role in improving their everyday wellness while meeting their long-term health goals. The demand for skilled and knowledgeable health professionals is growing. There's no better time to dive into this in-demand field. Take the leap and start earning your degree in Health Sciences today!

Achieve your career goals through our Health Sciences program

Gain extensive knowledge in an interdisciplinary field

No matter your specific career goals, it's critical that you gain an in-depth understanding of the factors that influence human health. Given the landscape of community health today, you must also understand what influences human behavior and the health choices people make. At University of Bridgeport, you'll study the biological and environmental factors that affect human health at both the individual and community levels. Our program will prepare you with the skills necessary to enter a number of professional roles and achieve your career goals.

Tailor your degree based on your interests and career goals

At University of Bridgeport, you can pursue your bachelor's degree in Health Sciences with one of four concentrations. You'll work with experts in the field to develop the knowledge and critical thinking skills necessary to jump-start your professional career or go on to earn an advanced degree in the field.

Your career possibilities are endless

Earning your degree in Health Sciences will make you a versatile and highly sought-after job or postgraduate program candidate after you graduate. The skills you gain apply to a wide variety of professional fields, and your career opportunities are almost endless.

Graduates of University of Bridgeport's Health Sciences program have gone on to secure rewarding careers in the following settings:

- Community health advocacy
- Health education
- Health science publications
- Medical and health services management
- Patient care advocacy
- And more!

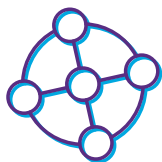
Why Choose UB?

Earn your degree at University of Bridgeport



A focus on career-readiness

Earning your Health Sciences degree can lead to a fulfilling career with high salary potential, and University of Bridgeport will prepare you for success in the field. Our curriculum is tailored to give you the skills and experiences you need to pursue any career in Health Sciences. With internships available because of our numerous community partnerships, you'll be ready for a variety of positions once you graduate.



A vibrant campus community

We believe your personal life is just as important as earning your degree — that's why we offer countless opportunities for you to get involved on campus. At UB, you'll find yourself surrounded by a diverse student body with people from over 25 countries. With 80+ career-focused degree programs and 50+ clubs and organizations, there's something for everyone here. As you immerse yourself in our community, you'll have access to internship and leadership opportunities that will serve as a launchpad for your future career.



At UB, we put you first

At University of Bridgeport, we take a student-centered approach to learning. Our expert faculty are dedicated to giving you the one-on-one attention you deserve, and we offer a variety of resources such as counseling services, financial aid, our Knight's Pantry, student involvement opportunities, and more. While earning your degree, UB will be with you every step of the way!



Earn your degree one of four ways

At UB, you can choose to pursue a BS in Human Services on a traditional four-year timeline or an accelerated timeline, or you can choose to double major in Human Services and Psychology. Our Human Services programs are composed of in-depth curricula designed to set you up for success in a variety of fields. No matter what your career goals are, the Human Services program at UB truly has something for everyone.

1 Community Health

This track prepares you for a career focused on protecting and promoting the health of underserved communities through health education and disease prevention activities. Graduates of UB's Community Health concentration go on to have rewarding careers providing patient care and influencing health policy.

2 Exercise and Fitness

This program will prepare you to provide healthcare to a growing and aging population. You'll gain the skills to develop appropriate fitness programs for people in your care. Graduates from this concentration go on to have rewarding careers as personal trainers, health educators, and more.

3 Nutrition

In this program, you'll develop a deep understanding of the science behind nutrition. You'll gain the knowledge and skills needed to analyze the health choices people make and educate diverse populations on the relationship between the food they eat and their overall health.

4 Pre-Professional

In this program, you'll develop a deep understanding of the factors that influence health. The Pre-Professional track prepares you to continue your health sciences education by obtaining your graduate degree in a number of fields.

Health Sciences graduates go on to earn the following postgraduate degrees:

- Doctor of Chiropractic
- Doctor of Health Sciences (DHSc.)
- Doctor of Medicine (MD)
- Master's degree in Human Nutrition (MS)
- Master's degree in Public Health (MPH)
- Physician Assistant master's degree (PA)
- And more!

Admission Requirements

- Complete the application for enrollment at bridgeport.edu/apply
- Submit transcripts
 - Submit proof of high school completion or its equivalent
 - Submit transcripts from all colleges and universities attended (transfer applicants)
- Students must have a minimum cumulative GPA of 2.5
- First-year students must submit a personal essay (optional if you choose to submit SAT/ACT scores)

Admission requirements and tuition information updated for the 2023-2024 academic year.



Financial Aid

Paying for college doesn't have to be stressful. At University of Bridgeport, there are a variety of financial aid programs available to you, including scholarships, grants, and student loans that need to be repaid, and work-study opportunities that provide a regular paycheck. The Office of Student Financial Services is ready to connect with you and guide you toward achieving your dream of a college education.

Check out our [financial aid page](#) to find out how University of Bridgeport can help you pay for your education.

Admission requirements and tuition information updated for the 2023-2024 academic year.





Curriculum

The Health Sciences program requires 120 total credit hours — 35 general education credit hours and 18-28 core Health Sciences credits, with the remaining credits being in your concentration.

For complete curriculum details, please visit [our website](#).

Admission requirements and tuition information updated for the 2023-2024 academic year.

Student Resources and Support

At University of Bridgeport, we are committed to helping our students succeed. That's why we offer resources and support services to help you reach your personal and professional goals!

<h2>Academic Resources</h2> <ul style="list-style-type: none"> • Academic Advising Center (AAC) • Admissions • Financial Aid • Registrar's Office 	<h2>Academic Supports</h2> <ul style="list-style-type: none"> • Career Preparation • The Heckman Center • Wahlstrom Library
<h2>Personal Support Services</h2> <ul style="list-style-type: none"> • Counseling Services • Health Services • Knight's Pantry • Student Accessibility Services 	<h2>Student Experience</h2> <ul style="list-style-type: none"> • Clubs and Organizations • Events • Greek Life • Recreation
<h2>Professional Development</h2> <ul style="list-style-type: none"> • Career Development Services 	



**UNIVERSITY OF
BRIDGEPORT**



Contact us today!

Call: 203-576-4552

Text: 203-275-0401

bridgeport.edu/healthsciences

The University of Bridgeport is accredited by the New England Commission of Higher Education. The University also is accredited by the Connecticut Office of Higher Education.

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126 Park Ave
Bridgeport, CT 06604