

ADVANCE

A NOVA | GEORGE MASON PARTNERSHIP



A.S. Health Sciences / B.S. Integrative Studies:
Life Sciences
Intended for pre-health professions
2026-2027

A.S. Health Sciences

ADVANCE Program Milestones

ADVANCE Milestone Requirements: All ADVANCE students must adhere to the following requirements. For Milestones #1-#3, failure to meet these milestones will prevent a student from matriculating to George Mason University and/or result in termination from ADVANCE. For Milestones #4-#7, failure to meet these milestones may delay matriculation to George Mason.

1. Students must graduate with the NOVA degree aligned with their ADVANCE academic pathway within 4 years of being admitted into ADVANCE. Students must ensure they are enrolled in the matching degree.
2. Students must maintain a minimum 2.5 cumulative GPA at NOVA and must have a minimum 2.5 GPA upon matriculation to George Mason.
3. Students who wish to enroll at George Mason for the fall semester must apply for NOVA spring graduation by March 1 or summer graduation by June 1. Students who wish to enroll at George Mason for the spring semester must apply for NOVA fall graduation by October 1.
4. Students must begin developmental coursework no later than the first semester in ADVANCE at NOVA.
5. Students must take first college-level MTH course and ENG 111 in the semester immediately following the completion of any MDE or EDE courses (excluding summer).
6. In the first 30 credits, students must complete ENG 111 and ENG 112 with a C or better.
7. Students must complete a college level math course with a C or better no later than one semester before NOVA graduation. Refer to your pathway to select the appropriate MTH course(s).

ADVANCE Program-Specific Information:

This pathway to the Life Sciences concentration will allow students to pursue emphasis tracks in Pre-Med, Pre-Dentistry, and Pre-Physician Assistant.

The Bachelor of Science in Integrative Studies brings together research, theory and practice across numerous disciplines. INTS coursework are designed so that you apply what you have learned to the world outside and courses from a variety of disciplines. You will enjoy small classes with ample room for discussion, collaborative learning, and experiential learning, including in community projects, volunteer opportunities, field work, internships and work with faculty on research that directly engages current social and global challenges.

Students interested in Pre-Health Professions should meet with a George Mason Advisor regarding the appropriate prerequisite courses for their field of choice. For more information, please visit: <https://prehealth.gmu.edu/>

	NOVA DEGREE REQUIREMENT	Credits	Courses	GEORGE MASON TRANSFER EQUIVALENT	GEORGE MASON CORE/DEGREE EQUIVALENT
1	SDV Course	1	SDV 100 College Success Skills OR SDV 101 Orientation to Healthcare	UNIV 100	General Elective
2	ENG 111	3	ENG 111 College Composition I	ENGH XXX	General Elective
3	Transfer Elective #1	4	BIO 101 General Biology I	BIOL 103/105	General Elective /Prerequisite
4	MTH 154 or MTH 161 or higher	3-5	Pre-Med: MTH 167 PreCalculus with Trigonometry ¹	MATH 105	Quantitative or General Elective
			Pre-Dental and Pre-Physician's Assistant: MTH 154 Quantitative Reasoning	MATH 106	
5	BIO 101 or BIO 141	4	BIO 141 Human Anatomy and Physiology I	BIOL 124	Major
6	PSY 200 or PSY 230	3	PSY 200 Principles of Psychology	PSYC 100	Major & Soc/Behav
7	HIM 111	3	HIM 111 Medical Terminology	HAP 202	General Elective or Major
8	BIO 102 or BIO 142	4	BIO 142 Human Anatomy and Physiology II	BIOL 125	Major or General Elective
9	ENG 112	3	ENG 112 College Composition II	ENGH 101	Written Comm
10	CST Course	3	CST 100 Principles of Public Speaking OR CST 110 Introduction to Human Communication	COMM 100 COMM 101	Oral Comm

11	Humanities/Fine Arts #1	3	ART 100 Art Appreciation OR ART 101 History of Art: Prehistoric to Gothic OR ART 102 History of Art: Renaissance to Modern OR CST 130 Introduction to Theatre OR CST 151 Film Appreciation I OR MUS 121 Music in Society	ARTH 101 ARTH 200 ARTH 201 THR 101 ENGH L372 MUSI 101	Arts
12	Social/Behavioral Sciences	3	SOC 200 Introduction to Sociology	SOCI 101	Major or General Elective
13	Transfer Elective #2	0-4	Pre-Dental and Pre-Physician's Assistant: INTS 204 Leadership Theory and Practice Pre-Med: Students who need MTH 167 will take this INTS elective at Mason ¹	INTS 204	Major
14	Transfer Elective #3	4	CHM 111 General Chemistry I ²	CHEM 211-213	Major & Natural Science
15	MTH 245 or higher	3-4	Pre-Med: MTH 263 Calculus I Pre-Dental and Pre-Physician's Assistant: MTH 245 Statistics I	MATH 113 STAT 250	Major
16	HIS Elective	3	HIS 101 Western Civilizations Pre-1600 CE OR HIS 102 Western Civilizations Post-1600 CE OR HIS 112 World Civilizations Post-1500 CE (<i>recommended</i>)	HIST 101T HIST 102T HIST 125	Global History
17	Humanities/Fine Arts #2	3	ENG 225 Reading Literature OR ENG 245 British Literature OR ENG 246 American Literature OR ENG 255 World Literature OR ENG 258 African American Literature OR ENG 275 Women in Literature OR Any 200-Level ENG Literature course ³	ENGH 202 or FRLN L330 (ENG 255 only)	Literature
18	Science Course	4	CHM 112 General Chemistry II	CHEM 212-214	Major & Natural Science
19	Transfer Elective #4	4	BIO 206 Cell Biology	BIOL 213-215	Major

**A. S. HEALTH SCIENCES
DEGREE TOTAL 60-62**

For academic policies and procedures, please see NOVA catalog - <http://www.nvcc.edu/catalog/index.html>

B.S. Integrative Studies - Life Sciences Concentration

This pathway to the Life Sciences concentration provides course requirements for emphasis tracks in Pre-Med, Pre-Dentistry, and Pre-Physician Assistant only.

Life Science concentration courses must be carefully sequenced to complete the degree efficiently and prepare for clinical program applications. Please see your George Mason School of Integrative Studies advisor to plan each term.

GEORGE MASON DEGREE REQUIREMENT	Credits	Course	GEORGE MASON CORE/DEGREE EQUIVALENT
20 Concentration Requirement	5	CHEM 313/315 Organic Chemistry I & Lab	Major
21 Major Requirement	1	INTS 391 Understanding Integrative Studies	Major
22 Concentration Requirement	4	INTS 410 Contemporary Health: Intersections in Science and Society	Major
23 Concentration Requirement	3	INTS 303 Introduction to International Studies OR INTS 406 Global Leadership	Major
24 Concentration Requirement	4	Upper level INTS Elective (See: Advisor) (<i>INTS 456 recommended</i>)	Major
25 Concentration Requirement	4	INTS 249 Digital Literacy	Major
26 Concentration Requirement	3	PHIL 309 Bioethics OR PHIL 344 Ethical Issues in Global Health	Major

27	Concentration Requirement	3	ANTH 363 Humans, Disease, and Death OR ANTH 381 Medical Anthropology OR SOCI 390 Sociology of Health, Illness, and Disability OR ² WMST 319 Gender, Health, and Culture in the United States OR WMST 404 Gender, Sexuality, and Disability	Major
28	Gen Ed: Written Communication (Upper-level)	3	ENGH 302 Advanced Composition	Written Comm
29	Concentration Requirement	4	Upper Level INTS Elective (See: Advisor) (<i>INTS 490 recommended</i>)	Major
Students must select one of the emphasis area options below. See George Mason INTS advisor to plan courses by term.				
30	Concentration Requirements: Pre-Med	28	BIOL 311 General Genetics AND BIOL 313 General Genetics Lab BIOL 483 General Biochemistry OR CHEM 463 General Biochemistry I CHEM 314/318 Organic Chemistry II & Lab (5 credits) INTS Elective (4 credits) (See: Advisor) ¹ PHYS 243/244 College Physics I & Lab PHYS 245/246 College Physics II & Lab STAT 250 Introductory Statistics I	Major
31	Concentration Requirements: Pre-Dental	21	BIOL 311 General Genetics AND BIOL 313 General Genetics Lab CHEM 314/318 Organic Chemistry II & Lab (5 credits) BIOL 483 General Biochemistry OR CHEM 463 General Biochemistry I PHYS 243/244 College Physics I & Lab PHYS 245/246 College Physics II & Lab	Major
32	Concentration Requirements: Pre-Physician's Assistant	18	BIOL 305/306 Biology of Microorganisms & Lab BIOL 483 General Biochemistry OR CHEM 463 General Biochemistry I PSYC 211 Developmental Psychology OR PSYC 325 Psychopathology	Major
33	Concentration Requirement	3	INTS Elective (See: Advisor)	Major
34	Gen Ed: Apex/Major Core	3	INTS 491 Senior Capstone	Apex & Writing Intensive

B.S. INTEGRATIVE STUDIES 120 - 129
DEGREE TOTAL

Denotes a course that must be taken at George Mason University while attending NOVA. Failure to complete your co-enrollment course(s) while attending NOVA can significantly affect your timeline for George Mason graduation. Please see your ADVANCE Coach for more information and to enroll.

Important Academic Information:

¹Pre-med students who places directly into MTH 263 Calculus I should complete MTH 245 at NOVA and INTS 204 through co-enrollment while at NOVA. If INTS 204 is completed prior to transfer, students will not need the INTS elective listed in the Pre-med row at George Mason.

²Students must qualify to take MTH 161 in order to take CHM 111. For more information on math placement, see the student groups tab in SIS. Students who have not qualified for MTH 161 will need MDE 60 prior to taking CHM 111.

³200-level ENG literature classes include: ENG 225, ENG 230, ENG 236, ENG 237, ENG 245, ENG 246, ENG 250, ENG 255, ENG 256, ENG 257, ENG 258, ENG 271, ENG 275, and ENG 279.

General Education Waiver Policy and Guidance:

- Students who complete a VCCS transfer associate degree (AS, AA, or AFA) will receive a waiver of the Foundation and Exploration (lower division) Mason Core general education categories, which can be found here: <https://catalog.gmu.edu/mason-core/>. To be eligible for the waiver, the students must provide the George Mason Office of Admissions with a final, official transcript reflecting the degree conferral date. As a prerequisite for ENGH 302, ENGH 101 is not waived. Students must complete ENGH 100 or ENGH 101, or an equivalent, with a C or higher.
- When a course fulfills a Mason Core requirement **and** a major or college requirement (e.g. Major & Quant), students must complete the course listed on the pathway to fulfill the major/college requirement. Courses that fulfill only Mason Core Foundation and Exploration categories are recommendations. In most pathways, ADVANCE students must complete a Quantitative Reasoning course to matriculate through ADVANCE.
- ADVANCE students must complete the associate degree indicated on their pathway (see the ADVANCE Program Milestones listed above). Students who withdraw from ADVANCE and transfer without the associate degree or UCGS are required to complete each Mason Core general education category.

Additional General Notes & Resources:

- Students must earn a minimum grade of C in all major courses.
- For academic policies and procedures, please see the George Mason catalog - <https://catalog.gmu.edu/policies/>
- Students seeking a bachelor's degree must apply at least 45 credits of upper-level courses (numbered 300 or above) toward graduation.