



At Western New Mexico University, if you're majoring in health sciences and want to supplement your studies with introductory courses in information technology (IT) and computer science, here are some options you might consider:

1. **IT 101 - Introduction to Information Technology:** This course typically covers basic concepts in IT, including computer hardware and software, networks, databases, and the Internet. It's a good starting point for understanding the fundamentals of technology.
2. **CIS 110 - Introduction to Computer Information Systems:** This course may provide an overview of computer systems and their applications in various fields. Topics might include computer hardware, software, programming concepts, and information systems in organizations.
3. **CIS 130 - Introduction to Programming:** If you're interested in learning how to write computer programs, this course could be valuable. It might cover the basics of programming languages such as Python, Java, or C++, along with problem-solving techniques.
4. **CIS 150 - Introduction to Computer Science:** This course could offer a broad introduction to the field of computer science, covering topics such as algorithms, data structures, and software development methodologies. It may include hands-on programming assignments as well.
5. **CIS 160 - Web Development:** Given the increasing importance of web technologies in various industries, this course might be relevant for health sciences students interested in building websites or web-based applications. Topics may include HTML, CSS, JavaScript, and web design principles.
6. **CIS 170 - Introduction to Database Management Systems:** Understanding databases is essential in many fields, including healthcare. This course might cover database design, SQL (Structured Query Language), and database management concepts.
7. **CIS 180 - Introduction to Cybersecurity:** In today's digital world, cybersecurity is crucial to protect sensitive information. This course could introduce you to basic cybersecurity principles, threats, and defense mechanisms.
8. **CIS 190 - Introduction to Networking:** A foundational understanding of computer networks can be beneficial in various careers. This course might cover networking concepts, protocols, and network administration basics.