

Degree Planning Guide: HEALTH PROMOTION & WELLNESS (B.S.)

First year (<28 credits)	Sophomore (28-59 credits)	Junior (60-91 credits)	Senior (92+ credits)
Semester 1 ENTR 100 BUSN 100 PSYC 111	Semester 1 EXSC 213 EXSC 240 MKTG 200	Semester 1 EXSC 326 EXSC 332 HLTH 420	Semester 1 PUBH 340 HLTH 430
Semester 2 COMM 105 CHEM 100, 101, or 111 BIOL 101 or 105	Semester 2 EXSC 214 PUBH 220 MGMT 200	Semester 2 PSYC 365 HLTH 250 Elective Course	Semester 2 PUBH 300 EXSC 450

REQUIREMENTS FOR DEGREE

Major courses (44 credits):

EXSC 213 Human Anatomy & Lab (4 cr)
 EXSC 214 Human Physiology & Lab (4 cr)
 EXSC 240 Medical Terminology (2 cr)
 EXSC 326 Kinesiology (4 cr)
 EXSC 332 Exercise Physiology (4 cr)
 HLTH 250 Personal Health and Wellness (4 cr)
 PUBH 220 Introduction to Public Health & Social Justice (4 cr)
 PUBH 300 Epidemiology (4 cr)
 PUBH 340 Health Education: Program Planning & Evaluation (4 cr)
 HLTH 420 Lifestyle Changes Promoting Health (4 cr)
 HLTH 430 Worksite Health Promotion (4 cr)
 EXSC 450 Internship 100 Hours (2 cr)

Allied Requirements (28 credits):

CHEM 100, 101, or 111 – select one course (4 cr)
 BIOL 101 or 105 – select one course (4 cr)
 ENTR 100 Entrepreneurship & Innovation (2 cr)
 BUSN 100 Business for the Common Good (2 cr)
 MKTG 200 Introduction to Marketing (2 cr)
 MGMT 200 Working Skillfully in Organizations (2 cr)
 COMM 105 Communication in the Workplace (4 cr)
 PSYC 111 General Psychology (4 cr)
 PSYC 365 Health Psychology (4 cr)

Elective Requirements (4 credits):

Any 300+ EXSC, HLTH, or PUBH course

Core Requirements:

Students need to fulfill all core requirements in addition to the courses listed on this guide.

Advising:

The Department of Health & Exercise Science encourages students to consult our faculty about opportunities to engage in enrichment outside the curriculum such as research.

Students planning to continue their studies in various graduate school programs may need to supplement the required courses with additional, related coursework as electives. Consulting your academic advisor and pre-health professions advisor is recommended.