

**BACHELOR OF SCIENCE IN HEALTH SCIENCE  
HEALTH PROMOTION AND FITNESS OPTION**

It is the student's responsibility to follow the **official** requirements of their degree, which are found in the Keene State College catalog. This planning sheet is for advising purposes.

Name: \_\_\_\_\_ Student I.D. #: \_\_\_\_\_  
 Institution(s) \_\_\_\_\_  
 Attended: \_\_\_\_\_ Credits: \_\_\_\_\_  
 \_\_\_\_\_ Update: \_\_\_\_\_

I. **GENERAL EDUCATION** 42 credit minimum

A. **English Language Competence:** ENG 101 is required of all students

ENG 101: \_\_\_\_\_

B. **Arts & Humanities:** A minimum of five (5) courses totaling at least 15 credits as follows:

One course in Literature \_\_\_\_\_  
 Any English course other than Eng 101, 202, 203, 204, 205, 301, 302, 303, 310, 311, 382.  
 FR 340, 498 or FR, GER or SP 498 (when topics focus on French, German or Spanish literature).

HISTORY \_\_\_\_\_ COMM 171 or 175 \_\_\_\_\_

Two courses from Arts & Humanities disciplines: AMST, ART, COMM, ENG, FILM, FR, GER, HIST, JRN, ML, MU, PHIL, SP, TAD or an approved interdisciplinary course (designated IDAH).

C. **Social Sciences:** A minimum of four courses totaling at least 12 credits in three (3) or more of the Social Science disciplines: ECON, GEOG, POSC, PSYC, SOC or an approved interdisciplinary course (designated IDSS).

PSYC 101 General Psych \_\_\_\_\_

D. **Sciences/Math:** A minimum of four courses totaling at least 12 credits as follows: One course in BIOLOGY. One course in a PHYSICAL SCIENCE (ASTR, CHEM, GEOL, MET, PHYS,). Two courses from Sciences/Math disciplines: ASTR, BIO, CHEM, CS, ENST, GEOL, MATH, MET AND PHYS or an approved interdisciplinary course (designated IDSM).

\*BIO 230/231 Hum Anat & Phys \_\_\_\_\_ PHYS. SCIENCE CHEM 103/107 \_\_\_\_\_

\*BIO 232/233 Hum Anat & Phys II \_\_\_\_\_ \*\*SCIENCE/MATH \_\_\_\_\_

\*Prerequisites for major coursework, and may be used for General Education.

\*\*All Health Promotion and Fitness majors must demonstrate math competency at the level of Intermediate Algebra and Trigonometry or take Math 120 during the freshman year (see catalog).

## II. MAJOR REQUIREMENTS 54 Credits

### Health Science Core 29 Credits

HLSC 100: Drugs, Personal Health & Risk Assessment	___	1
HLSC 101/PE 101: Health and Wellness Trends and Issues	___	3
HLSC 102: Introduction to Health Science	___	1
HLSC 201/PE 201: Physiology of Exercise	___	3
HLSC 215: Nutrition Science and Application	___	3
HLSC 301: Behavior Change Facilitation	___	3
HLSC 318: Health and Wellness in the Life Cycle	___	3
HLSC 380: Alcohol: Model of Chemical Dependency	___	3
HLSC 401: Health Promotion Methods	___	3
HLSC 402: Health Promotion Management	___	3
HLSC 495: Seminar: Health Science	___	3

### Health Promotion and Fitness Courses 25 Credits

PE 200: Applied Kinesiology	___	3
PE 243: Resistance Training Programs	___	1
HLSC 330: Psychology of Sport & Exercise	___	3
HLSC 332: Fitness Testing	___	3
HLSC 333: Exercise Leadership	___	3
HLSC 372: Practicum: Health Promotion & Fitness	___	3
HLSC 431: Stress Management	___	3
HLSC 472: Advanced Practicum: Health Promotion & Fitness	___	3
MGT 101: Introduction to Management	___	3

## III. ELECTIVES 27 Credits

Select courses to reach a total of 126 credits for the degree.

If you wish to use transferred courses toward major/minor requirements, you must use the course substitution process. Contact the Elliot Center for more information.

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**NOTE:** The application process for admission to the Health Promotion and Fitness option normally occurs during spring semester for first year and transfer students. The review of applicants and notification of the results of this review will be made after final grades are in at the end of the semester. When a student is not accepted, he/she may schedule a consultation with one or more members of the Admissions Committee. The student will be eligible to reapply for admission during next year's admission period.