

**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 \_\_\_\_\_  
 One course in literature, which may be any 200 or 300-level English course except 202, 203, 204, 208, 301, 302, 303, 304, 308, 312. French 303 and Spanish 303 may also be used to fulfill this requirement.

HISTORY \_\_\_\_\_ ART, FILM, MU or TAD \_\_\_\_\_

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

One additional course from Arts & Humanities disciplines: AMST, ART, COMM, ENG, FILM, FR, GER, HIST, JRN, ML, MU, PHIL, SP, TAD or an approved interdisciplinary course ( WS 201\* OR IDAH).

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**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 (WS 201\* OR 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 or PHYS or an approved interdisciplinary course (IDSM).**

\*\*BIO 230/231 Hum Anat & Phys \_\_\_\_\_ 4 \_\_\_\_\_ CHEM 103/107 \_\_\_\_\_ 4 \_\_\_\_\_

\*\*BIO 232/233 Hum Anat & Phys II \_\_\_\_\_ 4 \_\_\_\_\_ SCIENCE/MATH \_\_\_\_\_ 3 \_\_\_\_\_

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

\*WS 201 may be used only once, to fulfill either an Arts & Humanities or Social Sciences General Education requirement.

## II. MAJOR REQUIREMENTS: 57 credits

The application process takes place in the spring semester for freshmen and transfers. Courses marked with an asterisk should be taken the first two semesters. Admissions Criteria: Overall GPA of 2.5; major GPA of 2.5, and C or better in those courses marked.

### 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 318: Health and Wellness in the Life Cycle	___	3
HLSC 380: Alcohol: Model of Chemical Dependency	___	3
HLSC 385: Behavior Change Facilitation	___	3
HLSC 401: Health Promotion Methods	___	3
HLSC 402: Health Promotion Management	___	3
HLSC 495: Seminar: Health Science	___	3
MGT: 101: Introduction to Management	___	3

### Health Promotion and Fitness Courses 28 Credits

PE 200: Applied Kinesiology	___	3
PE 243: Resistance Training Programs	___	1
PE 460: Measurement and Evaluation	___	3
HLSC 214: Nutritional Fundamentals	___	3
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

## III. ELECTIVES 24 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.