

## 2003-2004 Catalog

Bachelor of Science

### HEALTH SCIENCE

#### *Health Promotion & Fitness Option*

KEENE STATE COLLEGE

*Note:* For advising support only.

See catalog for full degree requirements.

Name: \_\_\_\_\_

ID#: \_\_\_\_\_

## GENERAL EDUCATION

### ENGLISH LANGUAGE COMPETENCE:

- English 101-Essay Writing is required of all students.

### Write in/check off courses:

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

### ARTS & HUMANITIES:

A minimum of **five** courses totaling at least **15** credits, as follows:

- One course in Literature

(Any 200- or 300-level English course except 202, 203, 204, 208, 301, 302, 303, 304, 308, 312; FR 303 and SP 303 may also be used to fulfill this requirement)

Four courses from Arts & Humanities, including:

- One course in History.
- One course in the Fine Arts (ART, FILM, MU or TAD).
- Two additional courses from Arts & Humanities:

AMST, ART, COMM, ENG, FILM, FR, GER, HIST, JRN, ML, MU, PHIL, SP, TAD or an approved interdisciplinary course (WS 201\* or IDAH).

(COMM 171-Fundamentals of Speech is required for the major)

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COMM 171 \_\_\_\_\_

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### SOCIAL SCIENCES:

A minimum of **four** courses totaling at least **12** credits in **three** or more of the Social Sciences disciplines: ANTH, ECON, GEOG, POSC, PSYC, SOC or an approved interdisciplinary course (WS 201\* or IDSS).

(PSYC 101-General Psychology is required for the major)

PSYC 101 \_\_\_\_\_

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

### SCIENCES/MATHEMATICS:

A minimum of **four** courses totaling at least **12** credits, as follows:

- One course in Biology.
- One course in Physical Science (ASTR, CHEM, GEOL, MET, PHYS)
- Two additional courses from Sciences/Mathematics:

ASTR, BIO, CHEM, CS, ENST, GEOL, MATH, MET, PHYS or an approved interdisciplinary courses (IDSM).

(BIO 230/231-Anatomy & Physiology I w/Lab, BIO 232/233-Anatomy & Physiology II w/Lab, and CHEM 103/107-Fundamentals of Chemistry w/Lab are required for the major)

BIO 230/231 \_\_\_\_\_

CHEM 103/107 \_\_\_\_\_

BIO 232/233 \_\_\_\_\_

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**MAJOR REQUIREMENTS: 57 credits**

See catalog for admission criteria and full degree requirements.

**NOTE:** COMM 171, PSYC 101, BIO 230/231, BIO 232/233, and CHEM 103/107 are required for the major and may be used to fulfill General Education requirements.

**HEALTH SCIENCE CORE: 29 credits**

- HLSC 100: Drugs, Personal Health and Risk Assessment
- HLSC 101/PE 101: Health and Wellness: Trends and Issues
- HLSC 102: Introduction to Health Science
- HLSC 201/PE 201: Physiology of Exercise
- HLSC 318: Health and Wellness in the Life Cycle
- HSLC 380: Alcohol: Model of Chemical Dependency
- HSLC 385: Behavior Change Facilitation
- HLSC 401: Health Promotion Methods
- HSLC 402: Health Promotion Management
- HLSC 495: Seminar: Health Science
- MGT 101: Introduction to Management

**HEALTH PROMOTION & FITNESS OPTION REQUIREMENTS: 28 credits**

- PE 200: Applied Kinesiology
- PE 243: Resistance Training Programs
- PE 460: Measurement and Evaluation
- HLSC 214: Nutrition Fundamentals
- HLSC 330: Psychology of Sport and Exercise
- HLSC 332: Fitness Testing
- HLSC 333: Exercise Leadership
- HLSC 372: Practicum: Health Promotion and Fitness
- HLSC 431: Stress Management
- HLSC 472: Advanced Practicum: Health Promotion and Fitness

**ELECTIVES:** Select additional courses of your choice to bring total number of credits earned to 126.