

Name: _____

ID#: _____

GENERAL EDUCATION (minimum 43 credits)

ENGLISH LANGUAGE COMPETENCE: (4 credits)

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

Write in courses / credits:

ENG 101 _____ / 4

ARTS & HUMANITIES:

A minimum of **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)

- One course in History.

_____ / _____

- One course in Art, Film, Music or Theatre & Dance.

_____ / _____

- Additional credits 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 _____ / _____

_____ / _____

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

SOCIAL SCIENCES:

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

PSYC 101 _____ / _____

_____ / _____

_____ / _____

_____ / _____

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

SCIENCES/MATHEMATICS:

A minimum of **12** credits, as follows:

- One course in Biology.

BIO 230/231 _____ / _____

- One course in Physical Science (ASTR, CHEM, GEOL, MET, PHYS)

CHEM 103/107 _____ / _____

- Additional credits from Sciences/Mathematics:

BIO 232/233 _____ / _____

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)

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

MAJOR REQUIREMENTS: 54 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: 26 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: Life Cycle Nutrition and Wellness
- 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

HEALTH PROMOTION & FITNESS OPTION REQUIREMENTS: 28 credits

- PE 200: Applied Kinesiology
- PE 243: Resistance Training Programs
- HLSC 214: Nutrition Fundamentals
- HLSC 330: Psychology of Health & Physical Activity
- HLSC 332: Fitness Testing
- HLSC 333: Exercise Programming
- HLSC 334: Group Fitness Leadership
- HLSC 372: Practicum: Health Promotion and Fitness
- HLSC 431: Stress Management
- HLSC 472: Advanced Practicum: Health Promotion and Fitness
- MGT 101: Introduction to Management

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