

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-Fundamentals of Speech is required for the major)

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

\_\_\_\_\_ / \_\_\_\_\_

**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-General Psychology is required for the major)

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

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**SCIENCES/MATHEMATICS:**

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

- One course in Biology.
- One course in Physical Science (ASTR, CHEM, GEOL, MET, PHYS)
- Additional credits 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 \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_

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

**MAJOR REQUIREMENTS: 56 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: 28 credits**

- HLSC 101: Health and Wellness: Trends and Issues
- PE 201: Physiology of Exercise
- HLSC 285: Health and Society
- HLSC 318: Life Cycle Nutrition and Wellness
- HLSC 319: Life Cycle Lab
- 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 and 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.