

HEALTH SCIENCE: Health Promotion & Fitness Option – B.S. (124 cr)

Keene State College

2007-2008 Catalog

INTEGRATIVE STUDIES PROGRAM REQUIREMENTS (44 cr)

Note: Students must complete the **Thinking & Writing** requirement within their first two semesters and the **Quantitative Literacy** requirement within their first three semesters.

Foundations

ITW: Thinking & Writing _____

IQL: Quantitative Literacy _____

Perspectives

NOTE: Students may take only **one** course in any specific discipline within the **PERSPECTIVES** area. Disciplines are shown in **BOLD**, such as IAART.

IA: Arts – IAART, IAMU, IATAD

1 course: _____

IH: Humanities - IHCOMM, IHENG, IHFILM, IHFR, IHGER, IHHIST, IHJRN, IHML, IHPHIL, IHSP

2 courses: _____ _____

IA/IH: 1 additional course in either IA or IH

1 course: _____

IN: Natural Sciences – INASTR, INBIO, INCHEM, INGEOL, INMET, INPHYS

2 courses: _____ _____

IS: Social Sciences – ISANTH, ISCJS, ISECON, ISGEOG, ISPOSC, ISPSYC, ISSOC, ISSOSC

2 courses: _____ _____

Interdisciplinary

II: Any course beginning with II

1 course: _____

NOTE: Courses fulfilling **PERSPECTIVES** and **INTERDISCIPLINARY** requirements may be at the 100-400 level. All students must complete a minimum of **24** credits at the 100-200 level and a minimum of **8** credits at the 300-400 level to complete the **Integrative Studies Program (ISP)**.

MAJOR REQUIREMENTS (82 credits)

- | | |
|--|--|
| <input type="checkbox"/> HLSC 101 Health & Wellness | <input type="checkbox"/> HLSC 385 Behavior Change Facilitation |
| <input type="checkbox"/> HLSC 285 Health in Society | <input type="checkbox"/> HLSC 485 Health Promotion Practice |
| <input type="checkbox"/> HLSC 318 Life Cycle Nutrition | <input type="checkbox"/> HLSC 495 Seminar: Health Science |
| <input type="checkbox"/> HLSC 380 Addiction: Theory, Research & Practice | |

Health Promotion & Fitness Option (26 cr):

- | | |
|--|---|
| <input type="checkbox"/> HLSC 214 Nutrition Fundamentals | <input type="checkbox"/> HLSC 333 Exercise Programming |
| <input type="checkbox"/> HLSC 330 Psych. of Health & Physical Activity | <input type="checkbox"/> HLSC 372 Practicum: Health Prom. & Fitness |
| <input type="checkbox"/> HLSC 332 Fitness Testing | <input type="checkbox"/> HLSC 472 Adv. Practicum: Health Prom. & Fit. |

Choose one of the following:

- HLSC 335 Strength & Flexibility Training
- HLSC 431 Stress Management

Allied Discipline Requirements (28 cr):

- | | |
|--|--|
| <input type="checkbox"/> BIO 230 Human Anatomy & Physiology I | <input type="checkbox"/> PE 200 Applied Kinesiology |
| <input type="checkbox"/> BIO 232 Human Anatomy & Physiology II | <input type="checkbox"/> PE 201 Physiology of Exercise |
| <input type="checkbox"/> INCHEM 100 Introduction to Chemistry* | <input type="checkbox"/> PSYC 101 General Psychology |
| <input type="checkbox"/> IHCOMM 171 Public Speaking* | |

***NOTE:** Courses may be used to satisfy Integrative Studies requirements; credits only count once.

Note: Please see the catalog for COMPLETE program requirements. This sheet is for general advising purposes only.

Health Science: Health Promotion & Fitness Option

Suggested Course Sequence: 4-Credit Model 2007-2008

First Year

Fall Semester		Spring Semester	
PSYC 101: General Psychology	4	BIO 230: Human Anat. and Phys I (S)	4
INCHEM 100: Intro to Chemistry	4	IHCOMM 171 Public Speaking**	4
HLSC 101: Health & Wellness	4	IQL**	4
ITW **	4	IS Course**	4
Total Credit Hours	16		16

Second Year

Fall Semester		Spring Semester	
BIO 232: Human Anat. and Phys II (F)	4	PE 201: Physiology of Exercise	4
HLSC 285: Health in Society	4	HLSC 214: Nutrition Fundamentals	4
IS Course**	4	IS Course**	4
IS Course**	4	IS Course**	4
Total Credit Hours	16		16

Third Year

Fall Semester		Spring Semester	
HLSC 330: Psych of Health and PA (F)	4	HLSC 333: Exercise Programming	4
HLSC 332: Fitness Testing*	4	HLSC 380: Addiction: Theory, Pr., Res.	4
HLSC 318: Life Cycle Health & Wellness	4	HLSC 385: Behavior Change Facilitation	4
PE 200: Kinesiology	4	HLSC 335: Strength & Flexibility Train	4
		Or	
		Elective	4
Total Credit Hours	16		16

Fourth Year

Fall Semester		Spring Semester	
HLSC 372: Practicum: HP & F *	3	HLSC 472: Advanced Practicum	3-12 †
HLSC 485: Health Promotion Practice	4	HLSC 495: Seminar/Capstone	4
IS Course**	4	IS Course**	4
Elective	2	HLSC 431: Stress Management (S)	4
		Or	
		Elective	4
Total Credit Hours	13		15-16

(F) Fall offering	Allied Disciplines	20 credits
(S) Spring offering	Health Science Core	28 credits
	HP/F Option	26 credits
	IS Courses	44 credits
	Electives	<u>6 credits</u>
		124 total credits

† May also be taken in summer session

****Indicates IS courses**