

HLSC - Health Promotion and Fitness Option: B.S. (124 cr)

INTEGRATIVE STUDIES PROGRAM REQUIREMENTS (44 cr)

Note: Students must complete **Thinking & Writing** within their first two semesters and the **Quantitative Literacy** 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: an 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 **28** credits at the 100-200 level and a minimum of **8** credits at the 300-400 level to complete the *Integrative Studies Program (ISP)*.

Keene State College

2008-2009 Catalog

MAJOR REQUIREMENTS (82 credits)

Core Courses (28 cr)

- HLSC 101 Health & Wellness
- HLSC 285 Health in Society
- HLSC 318 Life-Cycle Nutrition and Wellness
- HLSC 380 Addiction: Theory, Research and Practice
- HLSC 385 Behavior Change Facilitation
- HLSC 485 Health Promotion Practice
- HLSC 495 Seminar: Health Science

Health Promotion and Fitness Requirements (26 cr)

- HLSC 214 Nutrition Fundamentals
- HLSC 330 Psychology of Health and Physical Activity
- HLSC 332 Fitness Testing
- HLSC 333 Exercise Programming
- HLSC 372 Practicum: Health Promotion and Fitness (3 cr)
- HLSC 472 Adv. Practicum: Health Promotion and Fitness (3 cr)

Select one of the following:

- HLSC 335 Strength and Flexibility Training
- or-** HLSC 431 Stress Management

Allied Discipline Requirements (28 cr)

- BIO 230 Human Anatomy and Physiology I
- BIO 232 Human Anatomy and Physiology II
- INCHEM 100 Introduction to Chemistry*
- IHCOMM 171 Public Speaking*
- PE 200 Applied Kinesiology
- PE 201 Physiology of Exercise
- PSYC 101 General Psychology

*Courses may also be used to fulfill Integrative Studies requirements; credits count once.

See catalog for complete program requirements. This sheet is for general advising purposes only.