

HEALTH SCIENCE – Health Promotion and Fitness

Bachelor of Science

(124 cr)

Keene State College

2009-2010 Catalog

*Meet with a faculty advisor in Health Science to discuss your academic plans.
This sheet is for general advising purposes only.*

MAJOR REQUIREMENTS (82 credits)

Core Courses (28 cr)

- HLSC 101 Health and 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 Advanced 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

I-prefixed courses may also be used to fulfill Integrative Studies requirements; credits count once.

Integrative Studies Program (ISP) Requirements: 44 cr

Keene State College

2009-2010 Catalog

Integrative Studies classes will make up one-third of your undergraduate education. With both lower- and upper-level requirements, these classes are meant to be taken across your four years. Don't just fill in the blanks, look for classes that intrigue you.

Foundations

- ITW: Thinking & Writing** (Take in either your first or second semester.)
- IQL: Quantitative Literacy** (Take within your first three semesters.)

Perspectives

*Only **one** course in any single discipline can be used to fulfill your Integrative Studies requirements within the **Perspectives** area. Disciplines are shown below in **BOLD** (such as **INBIO**) and may appear in more than one category (such as **IAENG** and **IHENG**). Write the course number and title of the classes you are taking in the spaces below. To review majors, courses and additional information, go to the on-line catalog: www.keene.edu/catalog.*

IA: Arts – *One course beginning with IA: IAART, IAENG, IAMU or IATAD.*

IH: Humanities – *Two courses in two different disciplines beginning with IH: IHAMST, IHCOMM, IHENG, IHFILM, IHFR, IHGER, IHHGS, IHHIST, IHJRN, IHPHIL, IHSP.*

_____ _____

IA/IH: One additional course in either Arts or Humanities in a discipline not used above.

IN: Natural Sciences – *Two courses in two different disciplines beginning with IN: INASTR, INBIO, INCHEM, INGEOL, INMET or INPHYS.*

_____ _____

IS: Social Sciences – *Two courses in two different disciplines beginning with IS: ISANTH, ISECON, ISGEOG, ISPOSC, ISPYSC or ISSOC.*

_____ _____

Interdisciplinary

II: One course in any discipline (even if already used in Perspectives) beginning with II:

NOTE: *In ISP, 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. A total of 24 100-200 level ISP credits (including both ITW and IQL) must be completed before taking a 300-400 level class.*

*Check your major requirements to see if any may also be used to fulfill an Integrative Studies requirement (look for the "I" prefix). Remember, however: credits count **once**.*