

BS: Health Promotion Studies — Wellness Management Option (120 S.H. required to complete the degree)

Name: _____ Adviser: _____



General Education Requirements (42 S.H.)

COMMUNICATION SKILLS (3 S.H.) Choose one of the following: COM 160 Public Speaking, COM 161 Decision Making in Groups, COM 162 Interpersonal Communication or COM 163 Introduction to Communication Skills		
COM:	3	
WRITING INTENSIVE (W) All students must complete at least one writing intensive course. W courses can be found in several disciplines. The credits will be counted in the discipline associated with the course. <i>NOTE: WRT101 does not satisfy the writing intensive requirement.</i>		
Writing Intensive	Y/N	
HUMANITIES (15 S.H.) Humanities courses can be found in seven areas including: Communications, Fine and Applied Arts <i>NOTE: Students may only use one studio course to satisfy this requirement</i>), Foreign Languages, Humanistic Studies, Literature, Philosophy, and History. You must complete courses in at least three areas. <i>NOTE: You must complete the foreign language requirement (Elementary II or higher) before counting Elementary I foreign language courses as Humanities credit.</i>		
Fine and/or Applied Arts:	3	
HIS 148 American History to 1877 or HIS 149 American History Since 1877	3	
PHI 111 Ethical Issues in Healthcare	3	
Elective:	3	
Elective:	3	
SOCIAL AND BEHAVIORAL SCIENCES (12 S.H.) Courses that satisfy this requirement can be found in Social Sciences (Anthropology, Economics, Political Science, Social Sciences, and Sociology), Non-Western Cultures, and Psychology. <i>You must select courses from at least 2 of the 3 main areas: Social Sciences, Psychology and Non-Western Cultures.</i>		
PSY 100 Introduction to Psychology	3	
SOC 100 Introduction to Sociology	3	
SW 220 Cultural Diversity	3	
PSY Elective:	3	
NATURAL SCIENCES, MATHEMATICS AND COMPUTER SCIENCE (10 S.H.) Students must complete one lab science and at least one math or computer science course in this category. <i>NOTE: MAT 100 does not satisfy this requirement.</i>		
CHE 102 Everyday Chemistry or CHE 110 General Chemistry**	4	
MAT 115 or MAT 120	3	
Math/Science/CS Elective:	3	
HEALTH PROMOTION AND EXERCISE SCIENCES (2 S.H.)		
HPX 177 Fitness for Life — Lecture	1	
HPX 177 Fitness for Life — Activity	1	

*HPX Majors must maintain a 2.5 overall G.P.A. and earn a C or better in all major courses.

**CHE 111 General Chemistry II must be taken as an elective for CHE 110 to count towards Gen Ed Science.

Major Requirements (57 S.H.)*

MAJOR REQUIREMENTS (42 S.H.)		
BIO 105 Anatomy & Physiology I	4	
BIO 106 Anatomy & Physiology II	4	
PSY 260 Health Psychology	3	
HPX 100 Health Promotion & Maintenance	3	
HPX 200 Introduction to Community Health & Organizations	3	
HPX 270 Health Education Theory and Application	3	
HPX 370 Health Promotion Program Design & Implementation	3	
HPX 371 Health Communication Methods and Strategies	3	
HPX 470 Program Planning and Evaluation	3	
HPX 490 Practicum for Health Promotion Studies	12	
HPX 491 Health Promotion Studies Senior Seminar	1	
WELLNESS MANAGEMENT OPTION (15 S.H.)		
HPX 203 Introduction to Human Nutrition	3	
HPX 254 Fitness Seminar and Lab	3	
HPX 255 Group Activity Instruction	3	
HPX 281 Principles of Wellness	3	
HPX 380 Worksite Health	3	
FREE ELECTIVES (21 S.H.)		
Elective:		
Elective:		
Elective:		
Elective:		
Elective:		
Elective:		
Elective:		

Free electives offer an opportunity to complete a minor, study a second language, study abroad, or participate in an internship. Make a plan.

NOTES

CHE 111 General Chemistry II must be taken as an elective for CHE 110 to count towards Gen Ed Science.

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Four-Year Plan This is a sample sequence of courses. Other combinations are possible.



Prerequisites are in parentheses; see catalog for details.

Class standing by credit: Freshman: 0-29 credits; Sophomore: 30-59 credits; Junior: 60-89 credits; Senior: 90+ credits

FIRST YEAR (31 S.H.)	SEMESTER 1 (15 S.H.)			SEMESTER 2 (16 S.H.)		
	WRT101 Composition I or Writing Intensive	3		Writing Intensive or Free Elective	3	
	MAT 100 or Gen Ed: Math/Science/CS (Math must be above 100 level)	3		MAT 115 or MAT 120	3	
	Gen Ed: PSY 100 Introduction to Psychology	3		HPX 100 Health Promotion & Maintenance (HPX major)	3	
	Gen Ed: SOC 100 Introduction to Sociology	3		Gen Ed: CHE 102 Everyday Chemistry	4	
	Gen Ed: COM 160, 161, 162 or 163 (choose one)	3		HIS 148 American History to 1877 or HIS 149 American History Since 1877	3	

SECOND YEAR (32 S.H.)	SEMESTER 3 (16 S.H.)			SEMESTER 4 (16 S.H.)		
	Gen Ed: PHI 111 Ethical Issues in Healthcare	3		HPX 270 Health Education Theory and Application (HPX 200)	3	
	HPX 254 Fitness Seminar and Lab (HPX 100)	3		Gen Ed: Math/CS	3	
	BIO 105 Anatomy & Physiology I (Enrollment in a BA or BS program and successful completion or test score in both MATH and WRT Gen Ed. Placement courses)	4		BIO 106 Anatomy & Physiology II (BIO 105 with a grade of "C" or better)	4	
	HPX 200 Introduction to Community Health & Organizations (HPX 100, Co-requisite with HPX 202 does not apply to Wellness Mgt. majors)	3		HPX 205 Nutrition and Health (2 credits) and HPX 207 Nutrition & Health Lab (1 credit)	3	
PSY 260 Health Psychology (PSY 100)	3		HPX 255 Group Activity Instruction	3		

THIRD YEAR (32 S.H.)	SEMESTER 5 (14 S.H.)			SEMESTER 6 (15 S.H.)		
	HPX 371 (completion of HPX 270 with a final grade of "C" or better. Co-requisite HPX 371)	3		HPX 470 (completion of HPX 370 with a final grade of "C" or better or permission of the instructor)	3	
	HPX 370 (completion of HPX 270 with a final grade of "C" or better. Co-requisite HPX 370)	3		PSY Elective	3	
	Gen Ed: SW 220 Cultural Diversity	3		HPX 281 Principles of Wellness (HPX 100)	3	
	Free Elective	3		HPX 380 Worksite Health (HPX 100)	3	
	HPX177 (Lecture and Activity)	2		Free Elective	3	
Complete a degree audit and plan for application for graduation						

FOURTH YEAR (28 S.H.)	SEMESTER 7 (13 S.H.)			SEMESTER 8 (15 S.H.)		
	HPX 490 Practicum for Health Promotion Studies (A grade of "C" or better in HPX 100, 200, 270, 370, 371, 470, BIO 105, 106 and other HPX option courses)	12		Gen Ed: Humanities	3	
				Free Elective	3	
	HPX 491 Health Promotion Studies Senior Seminar (A grade of "C" or better in HPX 100, 200, 270, 370, 371, 470, BIO 105, 106 and other HPX option courses)	1		Free Elective	3	
			Free Elective	3		
			Free Elective	3		

The number of Free Electives available will vary based on your initial math and writing placement tests. MAT100 and WRT101 if required, count as elective credit. If you have taken CHE 120 and/or 121 you may request that one of these course be substituted for CHE 102. Department approval is required.

HPX-Wellness Management Electives (prerequisites vary, see catalog): HPX 160 First Aid Safety, HPX 202 Epidemiology of Disease (Fall semester), HPX 230 Drug Studies (Fall semester), HPX 352 Mental Health (Spring semester), HPX 353 Environment and Global Health (Spring semester).