# Degree Planning Guide: HEALTH PROMOTION & WELLNESS (B.S.)

<table>
<thead>
<tr>
<th>First year (&lt;28 credits)</th>
<th>Sophomore (28-59 credits)</th>
<th>Junior (60-91 credits)</th>
<th>Senior (92+ credits)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Semester 1</strong></td>
<td><strong>Semester 1</strong></td>
<td><strong>Semester 1</strong></td>
<td><strong>Semester 1</strong></td>
</tr>
<tr>
<td>ENTR 100</td>
<td>EXSC 213</td>
<td>EXSC 326</td>
<td>PUBH 340</td>
</tr>
<tr>
<td>BUSN 100</td>
<td>EXSC 240</td>
<td>EXSC 332</td>
<td>HLTH 430</td>
</tr>
<tr>
<td>PSYC 111</td>
<td>MKTG 200</td>
<td>HLTH 420</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Semester 2</strong></td>
<td><strong>Semester 2</strong></td>
<td><strong>Semester 2</strong></td>
<td><strong>Semester 2</strong></td>
</tr>
<tr>
<td>COMM 105</td>
<td>EXSC 214</td>
<td>PSYC 365</td>
<td>PUBH 300</td>
</tr>
<tr>
<td>CHEM 100, 101, or 111</td>
<td>PUBH 220</td>
<td>HLTH 250</td>
<td>EXSC 450</td>
</tr>
<tr>
<td>BIOL 101 or 105</td>
<td>MGMT 200</td>
<td>Elective Course</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## REQUIREMENTS FOR DEGREE

**Major courses (44 credits):**
- EXSC 213 Human Anatomy & Lab (4 cr)
- EXSC 214 Human Physiology & Lab (4 cr)
- EXSC 240 Medical Terminology (2 cr)
- EXSC 326 Kinesiology (4 cr)
- EXSC 332 Exercise Physiology (4 cr)
- HLTH 250 Personal Health and Wellness (4 cr)
- PUBH 220 Introduction to Public Health & Social Justice (4 cr)
- PUBH 300 Epidemiology (4 cr)
- PUBH 340 Health Education: Program Planning & Evaluation (4 cr)
- HLTH 420 Lifestyle Changes Promoting Health (4 cr)
- HLTH 430 Worksite Health Promotion (4 cr)
- EXSC 450 Internship 100 Hours (2 cr)

**Allied Requirements (28 credits):**
- CHEM 100, 101, or 111 – select one course (4 cr)
- BIOL 101 or 105 – select one course (4 cr)
- ENTR 100 Entrepreneurship & Innovation (2 cr)
- BUSN 100 Business for the Common Good (2 cr)
- MKTG 200 Introduction to Marketing (2 cr)
- MGMT 200 Working Skillfully in Organizations (2 cr)
- COMM 105 Communication in the Workplace (4 cr)
- PSYC 111 General Psychology (4 cr)
- PSYC 365 Health Psychology (4 cr)

**Elective Requirements (4 credits):**
- Any 300+ EXSC, HLTH, or PUBH course

**Core Requirements:**
Students need to fulfill all core requirements in addition to the courses listed on this guide.

**Advising:**
The Department of Health & Exercise Science encourages students to consult our faculty about opportunities to engage in enrichment outside the curriculum such as research.

Students planning to continue their studies in various graduate school programs may need to supplement the required courses with additional, related coursework as electives. Consulting your academic advisor and pre-health professions advisor is recommended.