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

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<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>
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<tbody>
<tr>
<td><strong>Semester 1</strong></td>
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<tr>
<td>BIOL 101 or 105</td>
<td>EXSC 213</td>
<td>EXSC 326</td>
<td>HLTH 465</td>
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<td>CHEM 100 or 101 or 111</td>
<td>HLTH 120</td>
<td>EXSC 332</td>
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<td>HLTH 250</td>
<td>HLTH 345</td>
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<td>MGMT 305 (if not taking MKTG 320)</td>
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<td><strong>Semester 2</strong></td>
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<tr>
<td>COJO 105 or 112</td>
<td>EXSC 214</td>
<td>EXSC 426</td>
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<td>HLTH 250</td>
<td>HLTH 275</td>
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<td>HLTH 285</td>
<td>MKTG 320 (if not taking MGMT 305)</td>
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<td>PHED 430 or STAT 220</td>
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## REQUIREMENTS FOR DEGREE

### Major courses:
- EXSC 213 Human Anatomy (4 cr)
- EXSC 214 Human Physiology (4 cr)
- EXSC 326 Kinesiology (4 cr)
- EXSC 332 Exercise Physiology (4 cr)
- EXSC 426 Biomechanics (4 cr)
- EXSC 432 Advanced Exercise Physiology (4 cr)
- EXSC 450 Health Promotion Internship 100 (2 cr)
- HLTH 120 Foundations of Health Promotion (2 cr)
- HLTH 250 Personal Health and Wellness (4 cr)
- HLTH 275 Lifelong Stress Management (2 cr)
- HLTH 285 Alcohol, Tobacco and Other Drugs (2 cr)
- HLTH 345 Nutrition for Health and Fitness (4 cr)
- HLTH 465 Health Research Methods (4 cr)
- PHED 430 Measurement and Evaluation (4 cr) or STAT 220 Statistics I (4 cr)

First Aid/CPR/AED Certification recommended

### Allied Requirements:
- MKTG 300 Principles of Marketing (4 credits)
- MGMT 305 Management and Organizational Behavior (4 cr) or MKTG 320 Integrated Marketing Communication (4 cr)

### Allied Requirements (continued):
- BIOL 101 General Biology (4 cr) or BIOL 105 Human Biology (4 cr)
- CHEM 100 Chemistry in our World (4 cr) or CHEM 101 Environmental Chemistry (4 cr) or CHEM 111 General Chemistry (4 cr)
- COJO 105 Communication in the Workplace (4 cr) or COJO 112 Public Communication (4 cr)

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

**Note:** Eighty-four credits are required outside the areas of EXSC, HLTH and PHED.

### Advising:
The Health and Human Performance Department 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.