

HEALTH PROMOTION TRACK

HEALTH & EXERCISE SCIENCE CORE COURSES (22 Credits)

| Course Title | Prerequisites | Credits |
|---|---|---------|
| ACT 160: Fundamentals of Personal Fitness | None | 1 |
| CED 220: Foundations of Professionalism | None | 1 |
| HES 150: Foundations of Health and Exercise Science | None | 3 |
| HES 121: First Aid & Basic Life Support for Healthcare Providers | None | 1 |
| HES 224: Psychology of Human Performance OR PSY 220: Health Psychology | PSY 103 or PSY 103H | 3 |
| HES 226: Human Nutrition | ENG 101 & MTH 099 or above | 3 |
| HES 332: Epidemiology of Physical Activity and Health | ENG 101 & MTH 174 | 3 |
| HES 327: Physiological Adaptations and Management of Stress | BIO 131 or BIO 198 | 3 |
| HES 430: Research Design | HES 332 or ESC 303/303A, MTH 174, Senior Status | 3 |
| HES 394: Cooperative Education (0 credits) OR HES 396: Cooperative Education (1-3 credits) <i>Counts as EXP credit(s) in Core Curriculum</i> | Junior Status & CED 220 | 0-3 |
| HES 452: Senior Seminar | Co-requisite HES 394 or HES 396 | 1 |

HEALTH PROMOTION (18 + 21 Electives Credits = 38 Credits)

| Course Title | Prerequisites | Credits |
|--|------------------------------------|---------|
| ACT 260: Group Exercise Instruction | ACT 160 & BIO 131 | 2 |
| HLT 230: Health Promotion and Health Systems | ENG 101 | 3 |
| HLT 410: Health and Wellness Assessment and Programming & HLT 410S: Service Learning (<i>Counts as EXP credit in Core Curriculum</i>) | HLT 230, MTH 174, Junior Status | 3 |
| HLT 451: Healthcare Administration OR FIN 300: Corporate Finance OR SOC 300 Management/Fundraising in Nonprofit OR SWK 377: Evaluation, Research & Grantsmanship | Fin 300: ACC 213 | 3 |
| HES 404: Health, Physical Activity, and Aging | HES 332 | 3 |
| PSY 204: Lifespan Development | PSY 103 or PSY 103H | 4 |

Elective Courses – Minimum 9 credits | Select from the list below. At least one communication (COM) course.

| Course Title | Prerequisites | Credits |
|---|---------------------------------------|---------|
| ACC 213: Principles of Accounting I | None | 3 |
| BIO 198: Human Anatomy & Physiology for the Health Sciences II & BIO 198A: Human Anatomy & Physiology for the Health Sciences II Lab | BIO 197 with a grade of "C" or better | 4 |
| COM 220: Visual Communication | COM 100, ENG 101 | 3 |
| COM 250: Digital Video Production | None | 3 |
| COM 295: Writing for New Media Environments | ENG 101 | 3 |
| CRM 210: Drugs and Crime | None | 3 |
| ESC 303: Exercise Physiology & ESC 303A: Exercise Physiology Lab | BIO 131 or BIO 198 | 4 |
| ESC 323: Principles of Health Assessment and Exercise Prescription & ESC 323A: Principles of Health Assessment and Exercise Prescription Lab | ESC 303/303A | 4 |
| HLT 100: Pathways to the Health Professions | None | 2 |
| SWK 226: Mental Health and Social Work | SWK 220 or SOC 103 | 3 |
| SWK 410: Chemical Dependency Counseling | None | 3 |
| SWK 420: Chemical Dependency II | SWK 410 | 3 |

Socio-Psychology Minor Courses – Minimum 12 credits | Select from the list below

All PSY courses require PSY 103 or PSY 103H & All SOC Courses Require SOC 103 as Pre-Requisite

One course must be PSY and one must be SOC, the remaining 6 credits can be from either area

| Course Title | Course Title |
|--|---|
| PSY 212: Domestic Violence | SOC 202: Race, Class, and Gender |
| PSY 224: Parenting | SOC 208: Social Psychology |
| PSY 225: Human Sexuality | SOC 216: Sociology of the Family |
| PSY 309: Social Influence | SOC 218: Mars and Venus? Gender, Culture, & Society |
| PSY 342: Child Psychopathology | SOC 220: Childhood and Society |
| PSY 350: Behavioral Interventions | SOC 261: Social and Psychological Aspects of Aging |
| PSY 351: Positive Psychology: Science of Happiness | SOC 289: Women's Issues & the Law |
| PSY 340: Abnormal Psychology | SOC 302: Social Perspectives on Motherhood |
| PSY 360: Biological Psychology & PSY 360A: Lab | SOC 360: Mental Health & Aging |
| PSY 390: Counseling Theories | SOC 370: Addictions |

ELECTIVES TO REACH 120 CREDITS (10 – 12 CREDITS)

| Course Title | Credits | Course Title | Credits |
|--------------|---------|--------------|---------|
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