## **Department of Health Promotion and Exercise Sciences**

◆ Building the Mind-Body Connection

B.S. Health Promotion Studies Student:  Option: Wellness Management Campus email:				Admissions Office Evaluation of Transfer Credit  Entering Date: day/eve/full/part-time			
	Completed a writing intensive course	Yes	Trumber				
	COM 160, 161 or 162	3					
	Humanities (3 of 7 fields) (15 S.H.)						
	[Communication, Philosophy, Literature,						
	Fine & Applied Arts (only 1 studio course accepted),						
	Foreign Language, Humanistic Studies, Western History]						
	Fine and /or Applied Arts	3					
	HIS 101 American Perspectives	3					
	PH 111 Ethical Issues in Healthcare	3				<del></del> -	
	<del></del>	3 3 3 3					
	Social and Behavioral Sciences (12 S.H.)	3					
	PSY 100 Introduction to Psychology	3					
	SOC 100 Introduction to Sociology	3 3 3					
	SW 220 Cultural Diversity	3					
	PSY 218 Principles of Behavior Modification	3					
	Natural Science and Mathematics (10 S.H.)						
	CHE 102 Everyday Chemistry	4					
	MAT 115 <b>OR</b> MAT 120	3 3					
		3					
	Exercise Science Courses (2 S.H.)	2					
	HPX 177 Fitness for Life or	2					
TT	MAJOR REQUIREMENTS	57 S.H					
11.	Core Requirements (42 S.H.)	37 3.11					
	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			<del></del>		
	HPX 370 Health Promotion Program Design & Implementation	3					
	HPX 371 Health Communication Methods and Strategies	3			<del></del>		
	HPX 470 Program Planning and Evaluation HPX 490 Practicum for Health Promotion Studies	3					
	HPX 490 Practicum for Health Promotion Studies HPX 491 Health Promotion Studies Senior Seminar	12			<del></del>		
	HFX 491 Health Fromotion Studies Sellior Sellinia	1					
	Wellness Management Option (15 S.H.)						
	HPX 205 Nutrition and Health	2					
	HPX 207 Nutrition and Health Lab	1				<del></del> -	
	HPX 254 Fitness Seminar and Lab	3					
	HPX 255 Group Exercise Instruction	3	l				
	HPX 281 Principles of Wellness	3					
	HPX 380 Worksite Health	3			<del></del>	<del></del> -	
III.	<b>ELECTIVES</b> See other side for suggested electives	26 S.H.					
						. <u></u>	
					<u> </u>		
			l ———				
Mir	nimum of 125 S.H., minimum C grade in all major classes, and	G.P.A. of 2.5		Total Transfer (	Credits		
	uired for B.S. Degree in Health Promotion Studies w/ Wellness			Loui Hallstel			
opti	=					01/13	
1, ,,							
Effe	ective for the 2011/12 Catalog						
			1				

## Suggested courses to satisfy Writing Intensive requirement: (need one)

SW 270W Writing for the Human Service and Health Care Professions, ENG 245 Technical Writing, ENG 270 Basic News Writing, ENG 271 Human Interest,

ENG 339 Creative Writing

## **Wellness Management Option Course Sequencing**

Spring Semester	Freshman Year				
HIS 101	Fall Semester	Spring Semester			
PHI 111         HPX 177           SOC 100         ENG (WI)           COM 162           Sophowre Year           Fall Semester         Spring Semester           HPX 200 (fall only)         HPX 205           PSY 260 (fall only)         HPX 207 (concurrent w/205)           BIO 105         HPX 255           MAT 115 or 120         HPX 270 (spring only)           HPX 254         HPX 281           BIO 106         BIO 106           Junior Year           Fall Semester         HPX 470 (spring only)           HPX 371 (fall only)         HPX 470 (spring only)           HPX 370 (fall only)         PSY218 (spring only)           SW 220         HPX 160*(recommended for internship)           Gen. Ed. Electives         Free Elective           Senior Year           Fall Semester         Free Elective           HPX 490 (fall only)         Free Electives	PSY 100	HPX100			
SOC 100         ENG (WI)           COM 162         Gen. Ed. Elective           Sophomore Year           Fall Semester         Spring Semester           HPX 200 (fall only)         HPX 205           PSY 260 (fall only)         HPX 207 (concurrent w/205)           BIO 105         HPX 255           MAT 115 or 120         HPX 270 (spring only)           HPX 254         HPX 281           BIO 106         Junior Year           Fall Semester         Spring Semester           HPX 371 (fall only)         HPX 470 (spring only)           HPX 370 (fall only)         PSY218 (spring only)           SW 220         HPX 160*(recommended for internship)           Gen. Ed. Electives (2)         HPX 380           Free Elective         Free Elective           Senior Year           Fall Semester         Spring Semester           HPX 490 (fall only)         Free Electives	HIS 101	CHE 102			
Gen. Ed. Elective           Sophomore Year           Fall Semester         Spring Semester           HPX 200 (fall only)         HPX 205           PSY 260 (fall only)         HPX 207 (concurrent w/205)           BIO 105         HPX 255           MAT 115 or 120         HPX 270 (spring only)           HPX 254         BIO 106           Junior Year           Fall Semester         Spring Semester           HPX 371 (fall only)         HPX 470 (spring only)           HPX 370 (fall only)         PSY218 (spring only)           SW 220         HPX 160*(recommended for internship)           Gen. Ed. Electives (2)         HPX 380           Free Elective         Free Elective           Fere Elective           Fall Semester           HPX 490 (fall only)         Free Electives	PHI 111	HPX 177			
Sophowre Year           Fall Semester         Spring Semester           HPX 200 (fall only)         HPX 205           PSY 260 (fall only)         HPX 207 (concurrent w/205)           BIO 105         HPX 255           MAT 115 or 120         HPX 270 (spring only)           HPX 281         BIO 106           Junior Year           Fall Semester         Spring Semester           HPX 371 (fall only)         HPX 470 (spring only)           HPX 370 (fall only)         PSY218 (spring only)           SW 220         HPX 160*(recommended for internship)           Gen. Ed. Electives (2)         HPX 380           Free Elective         Free Elective           Senior Year           Fall Semester         Spring Semester           HPX 490 (fall only)         Free Electives	SOC 100	ENG (WI)			
Spring Semester	COM 162	Gen. Ed. Elective			
HPX 200 (fall only)       HPX 205         PSY 260 (fall only)       HPX 207 (concurrent w/205)         BIO 105       HPX 255         MAT 115 or 120       HPX 270 (spring only)         HPX 254       HPX 281         BIO 106         Junior Year         Fall Semester       Spring Semester         HPX 371 (fall only)       HPX 470 (spring only)         HPX 370 (fall only)       PSY218 (spring only)         SW 220       HPX 160*(recommended for internship)         Gen. Ed. Electives (2)       HPX 380         Free Elective       Free Elective         Senior Year         Fall Semester       Spring Semester         HPX 490 (fall only)       Free Electives	Sophomore Year				
PSY 260 (fall only)       HPX 207 (concurrent w/205)         BIO 105       HPX 255         MAT 115 or 120       HPX 270 (spring only)         HPX 254       HPX 281         BIO 106       BIO 106         Junior Year         Fall Semester         HPX 371 (fall only)       HPX 470 (spring only)         HPX 370 (fall only)       PSY218 (spring only)         SW 220       HPX 160*(recommended for internship)         Gen. Ed. Electives (2)       HPX 380         Free Elective       Free Elective         Senior Year         Fall Semester       Spring Semester         HPX 490 (fall only)       Free Electives	Fall Semester	Spring Semester			
BIO 105       HPX 255         MAT 115 or 120       HPX 270 (spring only)         HPX 254       HPX 281         BIO 106       Junior Year         Fall Semester       Spring Semester         HPX 371 (fall only)       HPX 470 (spring only)         HPX 370 (fall only)       PSY218 (spring only)         SW 220       HPX 160*(recommended for internship)         Gen. Ed. Electives (2)       HPX 380         Free Elective       Free Elective         Senior Year         Fall Semester       Spring Semester         HPX 490 (fall only)       Free Electives	HPX 200 (fall only)	HPX 205			
MAT 115 or 120       HPX 270 (spring only)         HPX 254       HPX 281         BIO 106       BIO 106         Junior Year         Fall Semester       Spring Semester         HPX 371 (fall only)       HPX 470 (spring only)         HPX 370 (fall only)       PSY218 (spring only)         SW 220       HPX 160*(recommended for internship)         Gen. Ed. Electives (2)       HPX 380         Free Elective       Free Elective         Senior Year         Fall Semester       Spring Semester         HPX 490 (fall only)       Free Electives	PSY 260 (fall only)	HPX 207 (concurrent w/205)			
HPX 254	BIO 105	HPX 255			
BIO 106     Junior Year     Fall Semester   Spring Semester     HPX 371 (fall only)   HPX 470 (spring only)     HPX 370 (fall only)   PSY218 (spring only)     SW 220   HPX 160*(recommended for internship)     Gen. Ed. Electives (2)   HPX 380     Free Elective   Free Elective     Senior Year     Fall Semester   Spring Semester     HPX 490 (fall only)   Free Electives     Free Electives	MAT 115 or 120	HPX 270 (spring only)			
Sunior Year   Fall Semester   Spring Semester	HPX 254	HPX 281			
Fall Semester         Spring Semester           HPX 371 (fall only)         HPX 470 (spring only)           HPX 370 (fall only)         PSY218 (spring only)           SW 220         HPX 160*(recommended for internship)           Gen. Ed. Electives (2)         HPX 380           Free Elective         Free Elective           Senior Year           Fall Semester         Spring Semester           HPX 490 (fall only)         Free Electives		BIO 106			
HPX 371 (fall only)         HPX 470 (spring only)           HPX 370 (fall only)         PSY218 (spring only)           SW 220         HPX 160*(recommended for internship)           Gen. Ed. Electives (2)         HPX 380           Free Elective         Free Elective           Senior Year           Fall Semester         Spring Semester           HPX 490 (fall only)         Free Electives	Junior Year				
HPX 370 (fall only) SW 220 HPX 160*(recommended for internship) Gen. Ed. Electives (2) HPX 380 Free Elective Free Elective  Senior Year  Fall Semester HPX 490 (fall only) Free Electives  Free Electives	Fall Semester	Spring Semester			
SW 220 HPX 160*(recommended for internship)  Gen. Ed. Electives (2) HPX 380 Free Elective  Senior Year  Fall Semester HPX 490 (fall only)  Free Electives  Free Electives	HPX 371 (fall only)	HPX 470 (spring only)			
Gen. Ed. Electives (2)         HPX 380           Free Elective         Free Elective           Senior Year           Fall Semester         Spring Semester           HPX 490 (fall only)         Free Electives	HPX 370 (fall only)	PSY218 (spring only)			
Free Elective         Free Elective           Senior Year           Fall Semester         Spring Semester           HPX 490 (fall only)         Free Electives	SW 220	HPX 160*(recommended for internship)			
Senior Year  Fall Semester HPX 490 (fall only)  Senior Year  Spring Semester Free Electives	Gen. Ed. Electives (2)	HPX 380			
Fall Semester HPX 490 (fall only)  Spring Semester Free Electives	Free Elective	Free Elective			
HPX 490 (fall only) Free Electives	Senior Year				
	Fall Semester	Spring Semester			
HPX 491 (fall only)	HPX 490 (fall only)	Free Electives			
	HPX 491 (fall only)				

## **HPX Wellness Management Electives**

HPX 160 First Aid & Safety

HPX 202 (fall only) Epidemiology of Disease

HPX 230 (fall only) Drug Studies

HPX 352 (spring only) Mental Health

HPX 353 (spring only) Environment & Global Health

MGT 301 Principles of Marketing

<sup>\*\*</sup>Students must average 16 credits per semester in order to graduate in four years\*\*