EXSS Health Promotion Checklist

General Education Requirements

ENG 1050 Composition I
ENG 1060 Composition II

Humanities – Choose 1 from each category below

1. Fine Arts (ART 1450, 2050, 2080, 2090; MUS 1020, 1040, 2940, 2980; THE 2500)
2. Literature (ENG 2010, 2020, 2030, 2050, 2060, 2080, 2090, 2100, 2180, 2190, 2200, 2230, 2240, 2410, 2470, 2480)
3. History (HST 1010, 1020, 1030, 1100, 1110, 1140, 1150)
4. Religion or Philosophy (REL 1080, 1300; PHI 1000, 1010, 2040, 2070)

Social Sciences – Choose any 3 of the 5 below

1. Economics (ECN 1000, 2020, 2030, 2410)
2. Geography (GGY 1010, 1020, 2000, 2060)
3. Political Science (PLS 1000, 1010)
4. Psychology (PSY 1010)
5. Sociology (SOC 1020, 1050, 2090)

Natural Sciences – Choose any 2 of the 4 below

1. Biology (BIO 1000, 1030, 1060; ENV 1100)
2. Chemistry (CHM 1300, 1400)
3. Geology (GLY 1150, 2460)
4. Physical Science or Physics (PHS 1100, 1500, 2000)

Math Requirement – Choose One

MAT 1050, 1070, 1080, 1090, 2150, 2210

PE 1-Hour Activity Requirements

1.
2.

General Education Electives (see back page)

1. ___________________________ (3)
2. ___________________________ (3)

UNV 1000 (1)

Total General Education Hours = 45

EXSS Core Requirements

HHP or HPER 3270 Creating Funding (1)
HHP 4000 Research in HHP (3)
HHP or PED 4030 Facilities Design in HHP (3)
HHP or HPER 4990 Internship (6)

All EXSS majors must pass the HHP Department’s Water Survival Test (WST) as a requirement of graduation

Health Promotion Requirements

EXPH 2100 Anatomy and Physiology I (3)
HLTH 1060 Safety and First Aid (1)
HLTH 2000 Principles of Health Promotion (3)
HLTH 2100 Nutrition (3)
HLTH 3060 Human Sexuality (3)
HLTH 3070 Women’s Health Issues (3)
HLTH 3080 Ethnic and Cultural Issues in Health (3)
HLTH 3300 Health Promotion and Fitness Skills (3)
HLTH 3650 Epidemiology of Human Diseases (3)
HLTH 3660 Health Advocacy (3)
HLTH 3670 Health Care Ethics (3)
HLTH 3770 Drugs and Society (3)
HLTH 4100 Health and Fitness Behavior Changes (3)
HLTH 4700 Program Planning, Eval. & Admin. (3)

Minor Requirement

In order to develop a specialty, HLTP majors are required to complete a minor, unless otherwise directed by the program coordinator. These minors are suggested, but others may be approved by the program coordinator.

African American Studies  American Indian Studies  American Studies  Economics  Entrepreneurship  Gender Studies  Information Technology  International Sociology  Journalism  Legal Studies  Management  Marketing  Medical Sociology  Personnel and Organizational Leadership  Psychology  Public Policy and Administration  Social Welfare  Sociology  Spanish  Substance Abuse  Sustainable Agriculture  World Studies

Free Electives = 0-4 hours depending on which minor is selected

Total Degree Hours = 120