**Exercise and Sport Science- Health Promotion Track 2021-2022**

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| **Freshman Year** | | | | | | | |
| **Fall** | | | | **Spring** | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | UNV 1000 | Freshman Seminar | 1 |  | ENG 1060 | Composition II | 3 |
|  | ENG 1050 | Composition I | 3 |  | General Education | Elective | 3 |
|  | SOC 1020 or PSY 1010 or PLS 1000/PLS 1010 or ECN 1000 | Social Science | 3 |  | SOC 1020 or PSY 1010 or PLS 1000/PLS 1010 or ECN 1000 | Social Science | 3 |
|  | General Education | Fine Art | 3 |  | University Wide Elective/Minor Course |  | 3 |
|  | MAT 1050 or MAT 1070 | Intro to College Math or College Algebra | 3 |  | General Education | Physical Education | 1 |
|  | General Education | Natural Science | 3 |  | University Wide Elective/Minor Course |  | 3 |
| **Total Credits** | | | 16 |  | **Total Credits** | | 16 |

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| **Sophomore Year** | | | | | | | |
| **Fall** | | | | **Spring** | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | SOC 1020 or PSY 1010 or PLS 1000/PLS 1010 or ECN 1000 | Social Science | 3 |  | General Education | Literature | 3 |
|  | General Education | Physical Education | 1 |  | HLTH 1060 | Safety and First Aid | 1 |
|  | General Education | Philosophy/Religion | 3 |  | EXPH 2100 | Anatomy and Physiology | 3 |
|  | General Education | History | 3 |  | HLTH 2000 | Principles of Health and Fitness Promotion | 3 |
|  | General Education | Elective | 3 |  | HLTH 3060 | Human Sexuality | 3 |
|  | University Wide Elective/Minor Course |  | 3 |  | HLTH 3070 | Women’s Health Issues | 3 |
| **Total Credits** | | | 16 |  | **Total Credits** | | 16 |

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| **Junior Year** | | | | | | | |
| **Fall** | | | | **Spring** | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | University Wide Elective/Minor Course |  | 3 |  | University Wide Elective/Minor Course |  | 3 |
|  | HHP 3270 | Funding and Grant Writing | 1 |  | HHP 4030 | Facilities Design | 3 |
|  | HLTH 2100 | Applied Nutrition | 3 |  | HLTH 3300 | Health Promotion and Fitness Skills | 3 |
|  | HLTH 3080 | Ethnic and Cultural Implications in Health Promotion | 3 |  | HLTH 3650 | Epidemiology of Human Diseases | 3 |
|  | HLTH 3770 | Drugs and Society | 3 |  | General Education | Natural Science | 3 |
| **Total Credits** | | | 13 | **Total Credits** | | | 15 |

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| **Senior Year** | | | | | | | |
| **Fall** | | | | **Spring** | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | HLTH 4700 | Planning, Administration and Evaluation of Programs | 3 |  | HLTH 4100 | Health and Fitness Behavior | 3 |
|  | University Wide Elective/Minor Course |  | 3 |  | HHP 4999 | Internship | 6 |
|  | HHP 4000 | Applied Research | 3 |  | HLTH 3670 | Health Care Ethics | 3 |
|  | HLTH 3660 | Health Advocacy | 3 |  |  |  |  |
|  | University Wide Elective/Minor Course |  | 3 |  |  |  |  |
| **Total Credits** | | | 15 | **Total Credits** | | | 12 |

**Minor or Concentration chosen from the following list (18-21 hours):**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

**Water Survival Test:** All Exercise and Sport Science majors must pass the department's Water Survival Test (WST) as a requirement of graduation.