**Exercise and Sport Science Health Promotion 2022-2023**

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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 |  | KIN 2200\* | Anatomy and Physiology | 3 |
|  | MAT 1070 | College Algebra | 3 |  | General Education Social Science | PSY 1010 or SOC 1020, 1050, 2090 | 3 |
|  | General Education Social Science | PSY 1010 or SOC 1020, 1050, 2090 | 3 |  | General Education | Fine Arts | 3 |
|  | General Education | Natural Science | 3 |  | General Education | Physical Education | 1 |
|  | General Education | Physical Education | 1 |  | KIN 1100 | Introduction to Kinesiology | 3 |
|  |  |  |  |  |  |  |  |
| **Total Credits** | | | 14 |  | **Total Credits** | | 16 |

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| **Sophomore Year** | | | | | | | |
| **Fall** | | | | **Spring** | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | HLTH 2000 | Foundations and Principles of Health Promotion | 3 |  | HLTH 3000 | Sociocultural Aspects of Health | 3 |
|  | KIN 2100 or KIN 2000 | Sociology of Sport or Foundations of Human Movement | 3 |  | KIN 2100 or KIN 2000 | Sociology of Sport or Foundations of Human Movement | 3 |
|  | General Education | History | 3 |  | General Education | Elective (Natural Science/Math or Social Science) | 3 |
|  | General Education | Social Science | 3 |  | General Education | Literature | 3 |
|  | General Education | Elective  SPE 2000 or 2010 | 3 |  | General Education | Philosophy or Religion | 3 |
|  |  |  |  |  |  |  |  |
| **Total Credits** | | | 15 |  | **Total Credits** | | 15 |

**WE/WD Requirements are included in the degree track.**

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| **Junior Year** | | | | | | | |
| Fall | | | | Spring | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | RSA 3320 | Recreational Programming | 3 |  | HLTH 3660 | Health Advocacy | 3 |
|  | HLTH 3650 | Epidemiology | 3 |  | Guided Elective | \*\* | 3 |
|  | HLTH 3300 | Health Promotion and Fitness Skills | 3 |  | HLTH 3670 | Health Care Ethics | 3 |
|  | Guided Elective | \*\* | 3 |  | University Wide | Elective | 3 |
|  | General Education | Natural Science | 3 |  | University Wide | Elective | 3 |
| **Total Credits** | | | 15 | **Total Credits** | | | 15 |

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| **Senior Year** | | | | | | | |
| **Fall** | | | | **Spring** | | | |
|  | Course Number | Course Title | Credits |  | Course Number | Course Title | Credits |
|  | HHP/KIN 4000 WE | Applied Research | 3 |  | HHP/KIN 4990 | Internship | 6 |
|  | HLTH 4100 WD | Health Fitness and Behavior Change | 3 |  | Guided Elective | \*\* | 3 |
|  | HTLH 2100 | Nutrition | 3 |  | HLTH 4700 | Planning and Evaluation | 3 |
|  | University Wide | Elective | 3 |  | University Wide Elective |  | 3 |
|  | University Wide Elective |  | 3 |  |  |  |  |
| **Total Credits** | | | 15 | **Total Credits** | | | 15 |

\*Students planning to apply for AT/OT/PT should take BIO 2110 and 2120 instead of KIN 2200, BIOL 1000 and CHM 1310 also need to be taken as General Education courses

\*\***Guided Electives** - Choose 3 (9 hours)

HLTH 3770 Drugs and Society (3) Recommended

AIS 4600 American Indian Health (3)

PSY 2200 Behavior Modification (3)

PSY 2250 Health Psychology: Wellness and Health (3)

SOC 3010 Community Health Organizations and Services (3)

SOC 3730 Health Promotion and Wellness (3)

HHP 4160 Leadership